ABOUT IAT

OUR PHILOSOPHY

IAT's goal is to provide a diverse and well-rounded therapeutic approach to autism by providing the best practice encompassing Applied Behavioral Analysis (ABA), Occupational Therapy (OT), Speech Pathology and other evidence-based practices. At IAT, we like to dive a bit deeper in addressing the root cause of the issues that impact behavior, health, motor skills, and speech so that our clients can get the most out of these services. We have found 8 domains that impact autism and progress: 1) Family and home environment; 2) Neurophysiology; 3) Biochemistry; 4) Sensory motor; 5) Communication; 6) Cognition; 7) Behavior; and 8) Health -- including sleep, movement, nutrition, and screen time. Our goal is to provide our clients with quality services that address as many of these 8 domains as possible. The skilled IAT Team will integrate the many therapies used for ASD and collaborate when providing services for each of our clients instead of working as separate entities. Realization of the importance of all 8 domains and coordinating their efforts is how IAT came to be. We are proud to announce that we have a team of some of the best BCBAs, Occupational Therapy Professionals, Speech and Language Pathologists, and additional professionals involved in developing our client's programs. We carefully and meticulously select a team of like-minded and compassionate professionals to provide your loved ones with the best tools and services possible in order to be happy, successful and empowered.

# SMOKE-FREE/DRUG-FREE WORKPLACE & ENVIRONMENT

* IAT does not allow its employees, clients, or guests to smoke, use alcohol, or use illegal substances in company buildings, cars, work areas, schools, or at a client's residence.
* Smoking is only allowed on breaks and must be further than 50 feet from the building.
* No alcohol or illegal substances should be used by a parent/caregiver while the therapist is providing service during sessions.
* Any unlawful possession, purchase, sale, distribution, use, or being under the influence of any illegal drug/and or the misuse of legal drugs while on company or client premises, or while performing for or receiving services from IAT is strictly prohibited.
* Please contact Barb@iatutah.com or call 801-885-1700 if any staff or parent/caregiver is suspected of violating this policy.

# CLIENT & CAREGIVER RELATIONSHIPS & PROFESSIONALISM

IAT expects its therapy providers to maintain a professional relationship with parents/caregivers and clients. As directed by the BACB, SLP, and OT governing bodies:

* IAT employees are NOT allowed to:
	+ attend personal parties, activities, sporting activities, or events after work hours for clients.
* IAT employees are NEVER allowed to:
	+ Accept gifts above $10 from parent/caregivers.
	+ Personally pay for or provide client gifts, field trips, incentive, food, activities, etc.
		- IAT has a budget set for each client to purchase supplies, incentives, birthday gifts, and special activities that are offered to all IAT clients.
		- A parent may pay for the IAT therapist IF they are having the therapist accompany them to an event, activity or location approved by IAT supervision during the therapy session.
	+ Recreate with parents/caregivers or clients outside work hours.
	+ Accept friend requests or follow client or parents/caregivers on social media.
	+ Request money, gifts, or incentives from parent/caregivers.
	+ Transport a client to or from IAT therapy sessions privately without the approval of the parent/caregiver, the direct supervisor, and IAT management.
		- A transportation form can be provided for field trips or therapy activities that are off campus.
		- IAT employees may assist clients with medical-related visits and other activities that have been previously approved by their supervisor during scheduled therapy hours.
	+ Contact or interact with former IAT clients for at least a 12-month period after services have ended.
* Upon termination of employment with IAT, a past IAT therapist is NEVER allowed to:
	+ Recruit parents/caregivers, clients, or other team members to move to another company or service provider.
	+ Contact a current IAT parent/caregiver or client within 12 months of termination of employment.
	+ Follow a current IAT parent/caregiver or client on social media for 12 months after termination of employment.
	+ Discuss any IAT business, IAT team member, or IAT client with parents/caregivers and current IAT team members.
	+ Share, distribute or use any IAT materials or products.

# TERMINATION OR TRANSITION OF SERVICES

IAT reserves the right to terminate services if a parent/caregiver or client violates IAT policies, is a threat or safety risk, or if IAT can't effectively and ethically meet the needs of the client. Services may be transitioned or terminated if the parent/caregiver feels the client's needs are not being met, sufficient progress is not being made, the client needs exceed what IAT can provide, or the client has progressed enough and no longer needs services. IAT providers will provide a letter of release and all the information needed to ensure a smooth transition is made. Documentation will include why services were terminated, the date of termination, records/reports, and any other parent/caregiver concerns or facts.

# WRITTEN PHYSICIAN/PROVIDER REFERRAL

If IAT providers feel the client may benefit from health services not provided by IAT (Allergist, Immunologist, Physical Therapy, Neurologist, etc.), or at the request of the parent/guardian, a Physician/Provider Referral Letter can be provided.

Our Services

All IAT’s therapies integrate concepts and principles from each other. However, each specialty therapy has a primary focus treat behaviors, brain development, or emotional/coping skills.

# **APPLIED BEHAVIOR ANALYSIS (ABA): BEHAVIORAL THERAPY & COPING SKILLS**

ABA is a form of therapy focused on improving behavior. ABA is always suggested for Autism Spectrum Disorder (ASD) as well as several other disabilities. Regular and consistent ABA therapy, paired with family involvement can be successful in improving behaviors, coping skills, and enhancing life for those under the spectrum.​

# **OCCUPATIONAL THERAPY (OT): NEUROLOGICAL & COPING SKILLS**

Occupational Therapy services include evaluation and treatment of an individual’s ability to participate in areas of daily living occupations at home and in the community. These areas may include feeding, dressing, grooming, work, play, leisure, sensory processing, community mobility, and social participation. Goals and strategies will be developed in collaboration with family and caregivers to work towards enhancing overall participation in desired occupations and quality of life.

# SPEECH & LANGUAGE PATHOLOGY (SLP): NEUROLOGICAL

Speech Language Pathologists are vital to understand the scope and impact of speech delay or disorder. Difficulty with language is not always a lack of ability to express thoughts and feelings. The cause may be a challenge with perception, understanding, or even cognitive communication and memory. At IAT we focus on the whole picture, striving to understand and identify the origin of the communication roadblock to help our clients navigate the world around them and learn to effectively express themselves.

# SOCIAL COMPETENCIES GROUPS: COMMUNCATION

This program group is offered in two 8-week phases. It is designed to help participants engage with peers to promote more fluid social interactions by using their eyes, ears, and heart to search for clues to decipher what others are thinking and feeling in various social situations. Social Competency is a newer term to highlight that social skills are not just responses to be memorized and regurgitated, but that they are to be truly learned and internalized. Internalizing these social competency skills will help your child use them their way to navigate the endlessly unique social situations they will experience throughout their lives.

# MANDT TRAINING: DESCIALTION TRAINING & RELATIONSHIP SKILLS

The MANDT system's mantra is "In this place and with these people I am safe". It was designed on the basis of using healthy relationships, effective communication, and respect to deescalate situations, and if necessary, intervene in situations where there is a threat of harm to self or others. All our IAT team members are required to be Mandt certified within 3 months of hire. Family/Caregiver training is also available.

# PAYMENT, INSURANCE & CHANGE OF INSURANCE

* Parents/Caregivers must ensure all payments of services not covered by insurance are paid within 30 days of billing.
	+ Services may be discontinued or put on hold until outstanding bills (60 days late) are paid.
* If at any time your insurance company or insurance plan is changing, please reach out to Mark@iatutah.com or call 801-885-1700 ahead of time or as soon as possible.
	+ It is the responsibility of the parent/guardian to inform IAT of any changes in insurance.
	+ All the services IAT provides generally require a pre-authorization from the client's current insurance provider. Any services provided by IAT under a new insurance plan without preauthorization may result in the parent /guardian being 100% responsible for all services rendered.

# QUESTIONS/CONCERNS REGARDING THERAPY SESSIONS OR PROVIDERS

* For scheduling questions or to cancel a session, contact scheduling at (385-743-1118).
* For concerns regarding the therapy provider Board Certified Behavior Analyst (BCBA), Occupational Therapist (OT), Speech Language Pathologist (SLP) contact Barb@iatutah.com or Mark@iatutah.com or call 801-885-1700.
* For concerns regarding a Registered Behavior Technician (RBT), Occupational Therapy Assistant (OTA), or Speech and Language Pathology Assistant (SLPA) contact the appropriate therapist supervisor:
	+ - BCBAs supervise RBTs
		- Occupational Therapist supervise OTAs
		- Speech and Language Pathologist supervise SLPAs.
		- If you do not know who to contact, email Barb@iatutah.com or Mark@iatutah.co or call 801-885-1700.

# ILLNESS

* Please provide scheduling (385-743-1118) and your therapist as much notification as possible if a session needs to be cancelled due to illness, fever, infection, or a medical emergency.
	+ Sessions may need to be cancelled for the following reasons:
		- Yellow, white, or colored discharges or mucous from eyes, ears, nose, throat, or vomiting accompanied with a fever.
		- Vomiting, diarrhea, rash, and/or irritability accompanied with a fever.
		- Fever without symptoms. Uncontrollable bouts of rage, aggression or violence that put the client, staff, or others at risk.
			* Services may continue after a physician's release or the client has been fever-free, symptom free, or on an antibiotic for 24 hours.
		- Positive COVID-19 test.
			* Services may be resumed 3-5 days from onset of symptoms of diagnosis, provided no other family members become ill in that time period.
	+ Any cancelled session will need to be rescheduled to ensure the safety of staff and other clients.
	+ Cancelled sessions can be rescheduled based on client and provider availability once the client and family are medically cleared, the family is symptom free for 3 days, or the client has been on an antibiotic 24 hours.
	+ Cancelled sessions can be rescheduled based on client and provider availability.
	+ Frequently cancelled sessions due to illness may result in services being put on temporary hold and/or reassignment of the therapist.
	+ A doctor’s note may be requested if a child has missed several sessions due to health issues as a means to provide documentation for insurance providers.
	+ Please notify the staff before services in the case of any non-contagious health concerns (runny nose, lingering cough, etc.) so your IAT team member can take any necessary precautions (gloves, masks, etc.)
* Frequently cancelled sessions due to chronic health conditions can result in termination of services on the days and times the sessions are cancelled, and the therapist requesting or being reassigned to another case.

# CANCELLATIONS

* Please provide scheduling (385-743-1118) and your therapist as much notification as possible if a session needs to be cancelled, covered or rescheduled:
	+ **Please respond to an RBTs or therapist messages about cancelation, coverage, or rescheduling as soon as possible, and within a minimum of 30 minutes prior to the scheduled session time.**
	+ **A minimum of 24 hours’** notice must be provided for cancelled sessions due to special events or other scheduling conflicts.
	+ **A minimum of 7 days’ notice** is required for sessions that need to be cancelled due to travel, vacations, or school breaks.
	+ **Please provide scheduling with at least 2 weeks’ notice** if you are requesting additional days/hours during time your child will be out of school.
		- An attempt will be made to find a therapist that can add additional hours but cannot be guaranteed.
* **Frequently cancelled sessions, no-shows, and sessions cancelled without providing adequate notice can result in termination of services** on the days and times the sessions are cancelled, and the therapist being reassigned to another case.
	+ A parent may request a new therapist if the therapist frequently cancels therapy sessions without proper notice or frequently enough to impact therapy quality and consistency.
	+ Cancelled sessions can be rescheduled based on client and provider availability.
* ***Three consistent cancellations of services without providing 24 hours’ notice OR three consistent no-shows will result in the child being taken off the schedule either for that day and time or completely removed from the schedule and put on a waiting list until a consistent schedule can be provided.***
* **Cancellations on days of combined ABA, Speech, and/or Occupational therapy sessions**:
	+ If an RBT cancels an ABA session on the same day the client has a combined scheduled therapy session with our Speech and Language Pathologist (SLP) and/or Occupational Therapist (OT), the SLP and/or OT **IS** still planning on the therapy session at the originally scheduled time.
	+ If a parent/caregiver needs to cancel **ALL** scheduled therapy sessions for the day, they must:
		- 1) Contact scheduling with clear instructions that **ALL** therapy sessions are cancelled for that day; and/or
		- 2) Directly contact the child’s Speech Pathologist and/ Occupational Therapist to inform them the session needs to be cancelled.
	+ An RBT, OTA or SLPA can cancel a session mid-session if the child becomes sick, therapist becomes sick, or the environmental condition interferes with the safety or comfort of the child or therapist.

# CHANGE OF SCHEDULE & ADDITIONAL HOURS REQUEST

* Please discuss with your therapy provider and contact scheduling (385-743-1118) for any requests to change therapy hours, days, and/or time, and for request of additional hours of services.
* **Please provide scheduling with a minimum of 2 weeks**’ notice if you are requesting a change in your child’s therapy schedule.
	+ Due to a substantial waiting list for services and therapists’ availability, changes in a client’s current therapy schedules CANNOT be guaranteed and can require a significant time to organize.
	+ It can take up to 6 weeks to accommodate a request to change schedule therapy times, and/or days.
* **Please provide scheduling with at least 2 weeks’ notice** if you are requesting additional days/hours during time your child has a break from school or other services.
	+ - Our best attempt will be made to find therapists that can add additional hours during your child’s availability.
		- IAT cannot guarantee a therapist will be available to accommodate requests for temporary additions in therapy hours.

# GIFTS/INCENTIVES

* Staff are not to receive gifts from parents/caregivers above the cost of $10, as advised by their certifying advisory board and IAT company policy. Refer to Client & Caregiver Relationship & Professionalism Section (pages 1-2).
* Staff are not to use their own funds to purchase food, incentives, or gifts for a client.
	+ IAT does have a set budget for each client that can be used for incentives, supplies or special events.
	+ Any additional incentive or supplies requested by the client and/or parent/caregiver, that is not provided by IAT, must be provided by the parent/caregiver.
	+ Staff can cover urgent purchases for parents/caregivers (feminine hygiene products, lotions, etc) with parent/caregiver permission and text documentation that the staff will be reimbursed by the parent, when they will be reimbursed, and how (venmo or cash).

IN-HOME SESSION POLICY

* IAT providers (ABA, OT, SLP, etc.) and/or scheduling will make ***no more than 3 attempts by phone/text and email to reach a parent/caregiver over a period of 3 business days to start up new or additional services***.
	+ When contacted with the opportunity to begin services, it is the responsibility of the parent/caregiver to follow up with the service providers within 3 business days.
		- If you cannot contact the service provider directly choose one of the following:
			* Contact scheduling at 385-743-1118
			* Contact IAT at 801-885-1700
			* Email barb@iatutah.com
	+ If a parent/caregiver has not made any attempt to start, schedule or reschedule a therapy session within 3 business days of being contacted, the service provider/scheduling team will assume there is no longer an interest in services. At that point the service provider will move on to the next client on the waiting list.
* Sign up for the parent portal by contacting the scheduling number or Ali by email ali@iatutah.com or text here 801-913-9973.
	+ The parent portal enables you to view the time and location of scheduled therapy sessions, to see the therapist working with your child, review therapy notes, and to sign therapy sessions remotely.
* Contact scheduling and/or your therapy team immediately when you have a change of phone number or address. Communication is essential to ensure quality and consistent therapy.
* At least one parent or adult caregiver must be home during therapy sessions at all times.
* Please exchange contact information with your RBT/therapists in case of emergency or illness.
* Due to allergies and severe sensitivities with our clients, we are a fragrance-free service.
* Staff members with allergies and sensitivities may be reassigned from your child’s case if the home includes any animals, food, or products that impact their allergies or aggravate their health conditions.
* The client must be awake and fully clothed prior to scheduled services.
* Any prescription medications the client needs during therapy times must be given by the parent/caregiver.
* Parents/caregivers must be prepared to assist the therapist and intervene if the client becomes aggressive, defiant, needs assistance with toilet training, requires first aid/medical treatment, or needs assistance with certain personal hygiene issues.
* For safety and insurance purposes, RBT's cannot:
	+ Shower or bathe clients
	+ Administer prescription medications (this includes sunscreen)
	+ Transport clients without another IAT employee or parent.
		- Any transportation will require a consent from the parent/caregiver.
* Parents/caregivers are encouraged to sign the therapy session notes at the completion of each therapy session, or virtually sign for the session on the parent portal.
* Parents/caregivers are requested to interact with the therapists (RBT, OTA, SLPA) at the end of each therapy session to review the day’s session and sign the session notes.
* Parents/caregivers are requested to attend a parent meeting every 4-6 weeks with your child’s service providers (BCBA, Speech Language Pathologist, and/or Occupational Therapist) for training, support, progress reports, and to provide input on your child's therapy programs.
* Parents, caregivers, and family members living within the home are welcome to sit in and observe the therapist if it is not distracting for the child and does not interfere with the therapy being provided.
	+ The RBT, OTA, and/or SLPAs sole responsibility is to the child receiving therapy.
	+ Siblings may be asked to leave the area during therapy times if they are agitating the client receiving services or interfering with the therapist’s ability to provide a quality therapy session.
* Clients should not have friends or associates over for play dates or play time during scheduled therapy sessions (unless it is written specifically as a program plan by the therapy provider).

IN-CLINIC SESSIONS POLICY

# DROP OFF & PICK UP

* Only approved parents/caregivers are given an access code and allowed to drop off or pick up clients at the clinic.
	+ In special cases (parents that are separated or divorced and not communicating) a second code can be provided for parents that do not feel comfortable sharing codes.
	+ Access codes are not to be shared with family members or friends that are not responsible for picking up or dropping off your child.
	+ Please DO NOT share your access code with your child.
	+ Codes can be deactivated and changed as needed by request to scheduling.
	+ Please provide the scheduling team with a list of 2-4 responsible adults (18 and older) that will be dropping off or picking your child up on a regular basis. These are the only individuals IAT will allow into the clinic and to pick up your child from their therapy session.
		- Provide scheduling with 24 hours’ notice if someone new or not listed will be picking up or dropping off your child that day so they can be added to your approved list.
	+ Due to HIPPA laws and safety, we ask that you do not bring any additional family or friends into the clinic at the time of drop off and pick up.
		- A therapist can assist you to your car or meet you in the parking lot if you have additional children in the car with you at the time of drop off and pick up.
		- Please try to park in front of the building at time of drop off and pickup whenever possible.
* If possible, and to reduce traffic, only have one parent/caregiver pick up or drop off your child.
* To ensure the safety of your child, all clients must be signed in by the parent/caregiver at drop off and signed out before leaving.
* Before leaving, a parent/caregiver is to wait until they are met by the child's therapist, and the therapist initials they have contact with the child.
* If you are running late for pick up or drop off, contact scheduling (385-743-1118).

# PUNCTUALITY & COMMUNICATION

* IAT providers (ABA, OT, SLP, etc.) and/or scheduling will make ***no more than 3 attempts by phone/text and email to reach a parent/caregiver over a period of 3 business days to start up new or additional services***.
	+ When contacted with the opportunity to begin services, it is the responsibility of the parent/caregiver to follow up with the service providers within 3 business days.
		- If you cannot contact the service provider directly:
			* Contact IAT at 801-885-1700
			* Contact scheduling at 385-743-1118.
			* Email barb@iatutah.com
	+ If a parent/caregiver has not made any attempt to start, schedule or reschedule a therapy session within 3 business days of being contacted, the service provider/scheduling team will assume there is no longer an interest in services. At that point the service provider will move on to the next client on the waiting list.
* Contact scheduling and/or your therapy team immediately when you have a change of phone number or address. Communication is essential to ensure quality and consistent therapy.
* **Due to life threating allergies and sensitivities with both staff and clients, we are a fragrance-free, peanut-free, and pet-free facility (exceptions are made for certified service dogs).**
* Sign up for the parent portal by contacting Ali by email ali@iatutah.com or text 801-913-9973.
	+ This portal enables you to view the time and location of scheduled therapy sessions, to see the therapist working with your child, review therapy notes, and to sign therapy sessions remotely.
* Please exchange contact information with your RBT/therapists in case of emergency or illness.
* Please be on time for drop off and pick up for your scheduled sessions.
	+ Most our therapists have tight schedules and tend to have clients' sessions scheduled back-to-back.
	+ Provide your RBTs ample notice if you are running late.
	+ Clients that are more than 30 minutes late for their sessions without providing notification to their therapist will be billed for the therapist's time and the session will be cancelled.
	+ Parents/caregivers that are consistently late for pickup may be taken off the schedule if it interferes with staff or other clients' schedule.
* **Parents/caregivers must make sure the child is fed, clothed, and has a fresh diaper at the start of the session.**
* Please provide labeled snacks for your child.
* Please provide the front desk and/or your therapist with specific food restrictions for your child.
* Please provide 1 complete change of clothing that can be left at the clinic.
	+ For safety and insurance purposes, RBTs cannot:
		- Shower or bathe clients
		- Administer prescription medications without written permission (this includes sunscreen)
		- Transport clients without another IAT employee or parent.
			* Any transportation will require a consent form signed by the parent/caregiver.
		- Work alone in the clinic with a client without another parent or IAT team member present.
* Any prescription medications the client needs during therapy times must be accompanied by a written note and clear instructions provided from the parent/caregiver.
* Parents/caregivers must interact with the therapists at the conclusion of the session to discuss the therapy session and sign the daily session notes.
* Parents are to meet with the BCBA, OT, or SLP every 4-6 weeks to address your child’s program plan, progress, provide instruction, and answer questions and concerns regarding therapy program.
* Parents/caregivers are welcome to sit in and observe the sessions as long as it doesn’t interfere with the therapy session.
	+ Therapists may request a parent/caregiver to step away or not be visible if their presence is interfering with the process of the therapy session.
* There are times a sibling may be asked to be involved in a clinic therapy session upon request of the parent and/or BCBA, SLP, or OT for therapy purposes.
	+ A specific amount of time and day will be scheduled on approval of the therapy provider (BCBA, OT, SLP) or therapist.
		- These days are not random and must always be cleared with the therapists.
	+ The therapy session must not interfere with your child’s therapy session or interfere with therapy being provided to other clients.
	+ A parent must also be present during these sibling therapy sessions.
* Parent/caregivers must attend a parent meeting every 4-6 weeks with service providers for training, support, progress reports, and input on your child's therapy programs.

ADDITIONAL HEALTH/NUTRITION SERVICE

# FOR MORE INFORMATION ABOUT ADDITIONAL SERVCIES

IAT is constantly adding service options to our service menu. Some services may have been added after the publication of this document.

* Contact Barb@iatuah.com and join our IAT Parent & Caregivers Face Book page to stay up to date with any new or additional programs or services IAT is in the process of adding.

# FUNCTIONAL NUTRITION/FUNCTIONAL MEDICINE/ HEALTH COACHING

Functional Nutrition, Lifestyle Medicine Coaching, and Functional Medicine Health Education/Coaching can be provided upon request by Barb@iatutah.com. Barb has a 30-year background in public health, fitness, nutrition, and 8 years' experience in functional and integrative medicine. She has her credentials as a Public Health Educator, Personal Trainer, Behavior Change Specialist, Functional Medicine Certified Health Coach, and American Council on Exercise Certified Health Coach. She has also completed training as a Diagnostic Nutrition Practitioner and with The BioIndividual Nutrition Institute’s Foundations Training program. She is currently working on earning her IFNCP credentials with the Integrated and Functional Nutrition Academy. Functional nutrition relies on a more personalized approach to nutrition therapies with the goal of addressing underlying factors that lead to chronic health conditions. It dives deeper by assessing health, nutrition status, and lifestyle factors that can lead to the root cause of most chronic health issues. Socioeconomics impacts food security, and the purported solution of industrialized farming and commercial food production has played a key role in making poor-quality foods more available and affordable. As the shelf life and stability of processed foods have increased, the quality of food consumed has declined. Healthy dietary choices, appropriate meal timing, nutrient density, and an improved quality of food all impact the trajectory of disease and can support improved or optimal health. Functional medicine is the science of creating health by looking at the body as a whole and not just the symptoms. It looks for underlying causes and mediators of illness and disease. It focuses on the individual over the illness and includes all the pillars that contribute to overall health (sleep, exercise, nutrition, stress management, environment, toxin load, allergies/sensitivities, epigenetics, etc.).

# HYPERBARIC OXYGEN THERAPY

For information, indication of needs, and contraindications contact Barb@iatutah.com. HBO therapy is a procedure wherein 100% of oxygen concentration is used and introduced into the lungs to hyper oxygenate the blood for circulation and sufficient perfusion. The procedure is performed at a level higher than the atmospheric pressure. In order to deliver 100% oxygen, the procedure requires a pressure chamber as well as an oxygen source. During the procedure, the concentration of oxygen being administered is three times higher than the normal breathing oxygen at normal air pressure. The primary purpose of HBO therapy is to increase the amount of oxygen that the tissues are receiving by increasing the amount of oxygen that the blood can carry. Since plasma covers most of the blood, the bloodstream is now capable of carrying more oxygen. With the help of oxygen-rich RBC and hyper-oxygenated plasma, the tissue will now receive more oxygen as compared to normal blood circulation. Since plasma is capable of seeping into different areas within the body, this would ensure that the tissues that are diminished and compromised will be well-perfused. Other than blood, plasma can also go into different body fluids, like cerebrospinal fluid (CSF), lymph nodes, and bone. HBO therapy also helps in fighting infections because it enhances the ability of WBC to kill bacteria. Two people can occupy the chamber during a session for 20 - 90 minutes sessions. HBO therapy is proven to be safe, painless, affordable, and non-invasive.

# ENHANCE SUCCESS WITH DIET

We recognize that individuals under the spectrum are picky. Some can have food addictions or aversions. Our OT may be able to assist a child with feeding therapy. Barb has been trained in functional nutrition and functional medicine and has been in your shoes with her own son. She will meet you where you are to help gradually guide you and your child through the process of adding or eliminating certain foods to ensure success and help you to avoid any additional and unnecessary frustration. More detailed information and lists of symptoms and food sources (gluten, dairy, oxalates, sulfates, etc.) can be provided by contact barb@iatutah.com.

Due to their proven negative impacts on health and behaviors, the following foods are recommended to be avoided or limited, when possible:

* Artificial Colors
* Artificial Sweeteners
* Some Alcohols (for SIBO or other GI Issues)
* Gluten/Wheat products (for high inflammation, celiac disease, crones' disease, gluten allergies/sensitivity, headaches, GI issues - requires DPPIV enzyme to digest).
* Dairy/Lactose/Casein (for inflammation, skin conditions, ear infections, allergies/sensitivies, headaches, GI issues -- requires DPPIV enzyme to digest).
* Sugar (for inflammation, blood sugar regulation, diabetes, and poor immune response) Corn (for GI issues and can be linked to gluten allergies/sensitivities) Soy (if GI issues -- requires DPPIV enzyme to digest).
* Peanuts (high allergen and inflammation)
* Eggs (IF allergen/sensitivity)
* Shellfish (IF allergen/sensitivity)
* Fried Foods (highly inflammatory, low food quality, and contributes to toxic AGES when fat is fried at a higher temperature with a carbohydrate).
* Oxalates (those on frequent antibiotics, antifungals, family history of kidney stones, mitochondrial issues, or issues with methylation, transulfation and sulfation.
* Histamines, Mono Sodium Glutamate, and Salicylates (for breathing issues, asthma, headaches, behavior issues, itchy skin, allergies/sensitivities, GI issues, flushed cheeks, red ears, aggression, self-injurious, sulfation and transulfation issues).