

# Skill Building Stays

A low arousal, highly structured environment provides the consistency needed to build essential emotional regulation and daily living skills.

**Real change requires more than short sessions or inconsistent environments. Our highly individualised Skill Building Stay combines structure, low-arousal supports, and embedded therapeutic strategies to stabilise behaviour and build lasting skills. It also involves intensive family training.**

## Our support is autism-specific

### Mansfield Based

A Skill Building Stay with Mansfield Autism provides a structured, supportive environment that helps children develop everyday living skills to increase independence and wellbeing. It is an intensive stay, offering consistent, high-level support and a clear focus on transferring skills learned back to the home, school, and community.

### Intensive Family Training

Many Skill Building Stays include 2–4 days of training, observation, and hands-on coaching for parents, carers, and often schools. The program intends to support families to confidently review their parenting and adopt strategies they think will support their children at home and in the community. A key goal of the Skill Building Stay is ensuring families build confidence and competencies in a way they feel can be sustained into the future.

### Skill Building

Our goal is to support the child to feel regulated and to develop a consistent daily rhythm across 24 hours. By building emotional, sensory, thinking, and relationship skills, we create the right conditions for learning and practising new behaviours. With ongoing support, real-time coaching, and therapeutic strategies built into daily routines, skills can be practised consistently and safely throughout the day.

### Health and Wellbeing

Our underlying principles centre around the importance of the child learning respectful relationships, exercise, a nourishing diet, and enough sleep. We remove screens and reintroduce them with boundaries. We explore new activities and build healthy outdoor habits and the social capabilities of our young people.

Every parent who lives with an autistic child should experience this amazing program

My son is safe and happy at MASS. It is the only place I feel I can safely leave him. It means a lot to us that he is understood and supported.

# More information

Our Skill Building Stays are NDIS-friendly, flexible in duration and can be funded from a range of budgets.



## Key details:

- Skill building stays are delivered in Mansfield, Victoria in purpose-built houses that are safe and supportive.
- The stays are of flexible duration and provide 24/7 care.
- Children are supported by a staff ratio of 1:1 or 1:2, depending on assessed risk and support needs.
- Our multidisciplinary team includes Behaviour Support Practitioners and Support Workers.
- Our Skill Building program draws on evidence-based frameworks and approaches such as Positive Behaviour Support, trauma-informed practice, structured teaching, and high intensity, routine-based intervention.
- Parents, carers, and support staff are supported through practical coaching, including real-life scenarios, video examples, observation, and in-person guidance.

## In our service, we aim to:

- Reduce behaviours of concern and increase self regulation and communication skills.
- Increase adaptive behaviours (daily living skills like toileting, sleeping, diet & self care).
- Increase the social and emotional wellbeing of families and support networks.
- Build the family's confidence and understanding of autism. We empower families to use evidence based strategies and supports for their child.
- Increase participation of children and young people in leisure activities and within the community.
- Improve the health and wellbeing of autistic children and young people.
- We align our services with the recommendations set out in the Autism CRC's National Guideline for supporting the learning, participation, and wellbeing of autistic children and their families in Australia.

Contact us!  
128 Ogilvies Road  
Mansfield  
info@autismmansfield.org.au  
03 5775 2876

Mansfield Autism Statewide Services are committed to promoting and protecting at all times the best interests of children and young people involved in its programs.

Any child having contact with Mansfield Autism Statewide Service, has the right to feel safe and be safe. The wellbeing of children in our care will always be our first priority and we have zero tolerance to child abuse.

Visit [autismmansfield.org.au](http://autismmansfield.org.au)

Information in this brochure is correct at 5Jun26

