



Lighthouse ABA Therapy Expands Services as Autism Prevalence Reaches 1 in 31 Children

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Lighthouse ABA Therapy has expanded its Applied Behavior Analysis services into North Carolina with immediate availability and no waitlist in response to the CDC's most recent estimate which shows that autism prevalence among United States children now stands at 1 in 31, up from a prior estimate of 1 in 36. The BCBA-owned company, which also operates in New York, aims to address a growing access gap facing families seeking early intervention across the state.

The latest figures from the Centers for Disease Control and Prevention have renewed national attention on the availability of qualified providers. As diagnoses rise, many families encounter waitlists and limited local options, particularly in areas outside major metropolitan centers. Lighthouse's model in North Carolina is built around in-home sessions, community-based support, and telehealth. It's meant to reach children who might otherwise face delays in getting care.

Early intervention remains a central concern within the field. Research has consistently indicated that access to structured therapy during a child's formative years supports skill development and long-term outcomes. Rising prevalence figures place additional pressure on a provider network that in many regions has not kept

pace with demand.

"The number moving from 1 in 36 to 1 in 31 is not an abstraction for families in North Carolina, it represents more children who need timely support and more parents navigating waitlists," said Chayaleh Hurwitz BCBA, LBA, Founder and CEO of Lighthouse ABA. "The priority is closing the gap between diagnosis and the start of services, because the period between those two points is where families often feel the most alone."

The company provides therapy for children aged 2 to 21 with autism spectrum disorders. Services are delivered in the child's home environment, in community settings such as parks and shopping centers, and through remote telehealth sessions for families in areas with fewer local resources. Each child receives an individualized treatment plan rather than a standardized program, and parents are offered training and coaching intended to keep them involved throughout the process.

Hurwitz noted that reducing administrative barriers forms part of the expansion strategy. "Insurance and authorization steps can add weeks to an already difficult wait," she said. "Handling that process on behalf of families, matching them with a board-certified behavior analyst, and beginning services allows parents to focus on their child rather than paperwork."

Lighthouse ABA Therapy accepts Medicaid, BCBS, Aetna, Cigna, Alliance Health and assists families in determining eligibility. The company maintains ongoing communication with parents, providing regular updates on a child's progress so that families remain informed and engaged. The company's approach centers on personalized care and the belief that no single approach fits every child.

About Lighthouse ABA Therapy:

Lighthouse ABA Therapy is a BCBA-owned provider of Applied Behavior Analysis therapy for children with autism spectrum disorders. Operating in New York and North Carolina, the company delivers in-home therapy, community-based support, parent training, and telehealth services through individualized treatment plans. Further information and media inquiries can be directed to intake@thelighthousech.com or by calling +1 (718) 218-5528.

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The Lighthouse ABA Therapy

Lighthouse ABA is an ABA therapy provider serving all five boroughs of New York City and the state of North Carolina.

Chayaleh Hurwitz BCBA, LBA is the founder and CEO of Lighthouse ABA Therapy.

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