What are Evidence-Based Practices (EBPs) for ASD?
How many results do you think you would get if you did a Google search for: “AUTISM TREATMENT”?
Results 71,900,000 for “AUTISM TREATMENT” !!!!! (October 26, 2015)
Myriad of ASD Treatments

- Treatments for ASD are more diverse than any other known disability

- Treatment claims range from amelioration to recovery

- Many interventions with no scientific evidence have been recommended for individuals with ASD
# 2 Important ASD EBP Resources

<table>
<thead>
<tr>
<th>National Professional Development Center (NPDC)</th>
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<tbody>
<tr>
<td>1. 27 Evidence Based Practices Briefs</td>
<td>1. National Standards Project Report-Phase NSP2</td>
</tr>
<tr>
<td>2. AFIRM</td>
<td>Released April 2015</td>
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<tr>
<td>3. EBPs for Young Children</td>
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**National Standards Project Report-Phase NSP2**

- [http://autismpdc.fpg.unc.edu](http://autismpdc.fpg.unc.edu)
- [http://afirm.fpg.unc.edu/](http://afirm.fpg.unc.edu/)
- [http://asdtoddler.fpg.unc.edu](http://asdtoddler.fpg.unc.edu)
- [www.captain.ca.gov](http://www.captain.ca.gov)
A History of Systematic Reviews of the Literature for Evidence Based Practices (EBPs)

- In 2009, 11 Established Treatments
  - Reviewed by National Standards Project from National Autism Center, Phase 1 (NSP1)
  - Included research for the years: 1957-2007

www.nationalautismcenter.org
A History of Systematic Reviews of the Literature for Evidence Based Practices (EBPs)

• In 2010, 24 EBPs
  – National Professional Development Center (NPDC)
  – Included 10 years, 1997-2007

• In 2014, 27 EBPs
  – 2nd review by NPDC
  – Included 22 years, 1990-2011
    • 29,101 possible studies → 456 studies
    • RCT, quasi-experimental, single case design
  – Strength of evidence for assessment
  – Based on number, type of studies using each EBP

http://autismpdc.fpg.unc.edu/
A History of Systematic Reviews of the Literature for Evidence Based Practices (EBPs)

• In 2015, 14 Established Interventions Under Age 22
  1 Established Intervention Age 22+

  – 2nd Review by National Standards Project, National Autism Center, Phase 2 (NSP2)

• Reviewed studies published in peer reviewed journals between 2007 and February of 2012
  – 351 articles (ages 0-22) and 27 articles (ages 22+)
  – included studies if the interventions could be implemented in or by school systems, early intervention, home, hospital, vocational, and/or community-based programs or in clinic settings

www.nationalautismcenter.org
## 2 Important ASD EBP Resources

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www.nationalautismcenter.org
www.captain.ca.gov
What’s in this report?
NPDC definition of an EBP:

“Focused intervention practices that have substantial evidence for effectiveness in promoting positive outcomes for learners with ASD”
NPDC Criteria for EBP

To be considered an EBP for individuals with ASD, efficacy must be established through peer-reviewed research in scientific journals using:

- At least two high quality experimental or quasi-experimental group design articles conducted by at least two different researchers or research groups

OR

- At least five high quality single case design articles conducted by at least three different researchers or research groups having a total of at least 20 participants across studies

OR

- A combination of at least one high quality experimental or quasi-experimental group design article and at least three high quality single case design articles conducted by at least two different research groups
What are these 27 EBPs?

The 27 EBPs are listed and defined in Table 7 of the report!
27 Evidence – Based Practices (2014)

Antecedent-based interventions
Cognitive behavioral intervention*
Differential reinforcement
Discrete trial training
Exercise*
Extinction
Functional behavior assessment
Functional communication training
Modeling*
Naturalistic interventions
Parent-implemented intervention
Peer-mediated instruction/intervention
Picture Exchange Communication System™

Pivotal response training
Prompting
Reinforcement
Response interruption/redirection
Scripting*
Self-management
Social narratives
Social skills training
Structured play groups*
Task analysis
Technology-aided intervention/instruction*
Time delay
Video modeling
Visual supports

* Added from 2014 literature review
<table>
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<tr>
<th>Evidence-Based Practice</th>
<th>Definition</th>
<th>Empirical Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Antecedent-based intervention (ABI)</td>
<td>Arrangement of events or circumstances that precede the occurrence of an interfering behavior and designed to lead to the reduction of the behavior.</td>
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<tr>
<td>Cognitive behavioral intervention (CBI)</td>
<td>Instruction on management or control of cognitive processes that lead to changes in overt behavior.</td>
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</tr>
<tr>
<td>Differential reinforcement of Alternative, Incompatible, or Other Behavior (DRA/V/O)</td>
<td>Provision of positive/desirable consequences for behaviors or their absence that reduce the occurrence of an undesirable behavior. Reinforcement provided: a) when the learner is engaging in a specific desired behavior other than the inappropriate behavior (DRA), b) when the learner is engaging in a behavior that is physically impossible to do while exhibiting the inappropriate behavior (DRA), or c) when the learner is not engaging in the interfering behavior (DRO).</td>
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<tr>
<td>Discrete trial teaching (DTT)</td>
<td>Instructional process usually involving one teacher/service provider and one student/client and designed to teach appropriate behavior or skills. Instruction usually involves massed trials. Each trial consists of the teacher's instruction/presentation, the child's response, a carefully planned consequence, and a pause prior to presenting the next instruction.</td>
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<tr>
<td>Exercise (ECE)</td>
<td>Increase in physical exertion as a means of reducing problem behaviors or increasing appropriate behavior.</td>
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<tr>
<td>Extinction (EXT)</td>
<td>Withdrawal or removal of reinforcers of interfering behavior in order to reduce the occurrence of that behavior. Although sometimes used as a single intervention practice, extinction often occurs in combination with functional behavior assessment, functional communication training, and differential reinforcement.</td>
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<tr>
<td>Functional behavior assessment (FBA)</td>
<td>Systematic collection of information about an interfering behavior designed to identify functional contingencies that support the behavior. FBA consists of describing the interfering or problem behavior, identifying antecedent or consequent events that control the behavior, developing a hypothesis of the function of the behavior, and/or testing the hypothesis.</td>
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<tr>
<td>Functional communication training (FCT)</td>
<td>Replacement of interfering behavior that has a communication function with more appropriate communication that accomplishes the same function. FCT usually includes FBA, DRA, and/or EX.</td>
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</tr>
<tr>
<td>Modeling (MD)</td>
<td>Demonstration of a desired target behavior that results in imitation of the behavior by the learner and that leads to the acquisition of the imitated behavior. This EBP is often combined with other strategies such as prompting and reinforcement.</td>
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<tr>
<td>Naturalistic intervention (NI)</td>
<td>Intervention strategies that occur within the typical setting/activities/routines in which the learner participates. Teachers/service providers establish the learner's interest in a learning event through arrangement of the setting/activity/routine, provide necessary support for the learner to engage in the targeted behavior, elaborate on the behavior when it occurs, and/or arrange natural consequences for the targeted behavior or skills.</td>
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<tr>
<td>Parent-implemented intervention (PII)</td>
<td>Parents provide individualized intervention to their child to improve/increase a wide variety of skills and/or to reduce interfering behaviors. Parents learn to deliver interventions in their home and/or community through a structured parent training program.</td>
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<tr>
<td>Peer-mediated instruction and intervention (PMII)</td>
<td>Typically developing peers interact with and/or help children and youth with ASD to acquire new behavior, communication, and social skills by increasing social and learning opportunities within natural environments. Teachers/service providers systematically teach peers strategies for engaging children and youth with ASD in positive and extended social interactions in both teacher-directed and learner-initiated activities.</td>
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<td>Evidence-Based Practice</td>
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<tr>
<td><strong>Picture Exchange Communication System (PECS)</strong></td>
<td>Learners are initially taught to give a picture of a desired item to a communicative partner in exchange for the desired item. PECS consists of six phases which are: (1) &quot;how&quot; to communicate, (2) distance and persistence, (3) picture discrimination, (4) sentence structure, (5) responsive requesting, and (6) commenting.</td>
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<tr>
<td><strong>Pivotal response training (PRT)</strong></td>
<td>Pivotal learning variables (i.e., motivation, responding to multiple cues, self-management, and self-initiations) guide intervention practices that are implemented in settings that build on learner interests and initiative.</td>
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<tr>
<td><strong>Prompting (PP)</strong></td>
<td>Verbal, gestural, or physical assistance given to learners to assist them in acquiring or engaging in a targeted behavior or skill. Prompts are generally given by an adult or peer before or as a learner attempts to use a skill.</td>
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<tr>
<td><strong>Reinforcement (R+)</strong></td>
<td>An event, activity, or other circumstance occurring after a learner engages in a desired behavior that leads to the increased occurrence of the behavior in the future.</td>
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<tr>
<td><strong>Response interruption/ redirection (RIR)</strong></td>
<td>Introduction of a prompt, comment, or other distracters when an interfering behavior is occurring that is designed to divert the learner's attention away from the interfering behavior and results in its reduction.</td>
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<tr>
<td><strong>Scripting (SC)</strong></td>
<td>A verbal and/or written description about a specific skill or situation that serves as a model for the learner. Scripts are usually practiced repeatedly before the skill is used in the actual situation.</td>
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<tr>
<td><strong>Self-management (SM)</strong></td>
<td>Instruction focusing on learners discriminating between appropriate and inappropriate behaviors, accurately monitoring and recording their own behaviors, and rewarding themselves for behaving appropriately.</td>
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<tr>
<td><strong>Social narratives (SN)</strong></td>
<td>Narratives that describe social situations in some detail by highlighting relevant cues and offering examples of appropriate responding. Social narratives are individualized according to learner needs and typically are quite short, perhaps including pictures or other visual aids.</td>
<td>0 17</td>
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<tr>
<td><strong>Social skills training (SST)</strong></td>
<td>Group or individual instruction designed to teach learners with autism spectrum disorders (ASD) ways to appropriately interact with peers, adults, and other individuals. Most social skill meetings include instruction on basic concepts, role-playing or practice, and feedback to help learners with ASD acquire and practice communication, play, or social skills to promote positive interactions with peers.</td>
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<tr>
<td><strong>Structured play group (SPG)</strong></td>
<td>Small group activities characterized by their occurrences in a defined area and with a defined activity, the specific selection of typically developing peers to be in the group, a clear delineation of theme and roles by adult leading, prompting, or scaffolding as needed to support students’ performance related to the goals of the activity.</td>
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<tr>
<td><strong>Task analysis (TA)</strong></td>
<td>A process in which an activity or behavior is divided into small, manageable steps in order to assess and teach the skill. Other practices, such as reinforcement, video modeling, or time delay, are often used to facilitate acquisition of the smaller steps.</td>
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<tr>
<td><strong>Technology-aided instruction and intervention (TAI)</strong></td>
<td>Instruction or interventions in which technology is the central feature supporting the acquisition of a goal for the learner. Technology is defined as “any electronic item/ equipment/application/or virtual network that is used intentionally to increase/maintain, and/or improve daily living, work/productivity, and recreation/leisure capabilities of adolescents with autism spectrum disorders” (Odom, Thompson, et al., 2013).</td>
<td>9 11</td>
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# DEFINITIONS OF 27 EBPs

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<td>Time delay (TD)</td>
<td>In a setting or activity in which a learner should engage in a behavior or skill, a brief delay occurs between the opportunity to use the skill and any additional instructions or prompts. The purpose of the time delay is to allow the learner to respond without having to receive a prompt and thus focuses on fading the use of prompts during instructional activities.</td>
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<tr>
<td>Video modeling (VM)</td>
<td>A visual model of the targeted behavior or skill (typically in the behavior, communication, play, or social domains), provided via video recording and display equipment to assist learning in or engaging in a desired behavior or skill.</td>
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<tr>
<td>Visual support (VS)</td>
<td>Any visual display that supports the learner engaging in a desired behavior or skills independent of prompts. Examples of visual supports include pictures, written words, objects within the environment, arrangement of the environment or visual boundaries, schedules, maps, labels, organization systems, and timelines.</td>
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</tbody>
</table>
FACT SHEETS AVAILABLE IN THE REPORT FOR EACH OF THE 27 EBPs

Definition of the intervention
Age range of participants
Type of outcomes it has generated

- Citations for the specific articles that provide the evidence for the efficacy of the practice
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<td>Cognitive Behavioral Intervention (CBI): <strong>Instruction on cognitive processes leading to changes in behavior</strong></td>
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<td>Differential Reinforcement of Alternative, Incompatible, or Other Behavior (DRA/I/O): <strong>Consequences provided for desired behaviors that reduce the occurrence of interfering behaviors</strong></td>
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<td>Discrete Trial Teaching (DTT): <strong>Instructional process of repeated trials, consisting of instruction, response, and consequence</strong></td>
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<td>Exercise (ECE): <strong>Antecedent based physical exertion to reduce interfering behaviors or increase appropriate behaviors</strong></td>
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<td>Extinction (EXT): <strong>Removal of existing reinforcement in order to reduce an interfering behavior</strong></td>
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<td>Functional Behavior Assessment (FBA): <strong>Systematic protocol designed to identify contingencies that maintain an interfering behavior</strong></td>
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<td>Function Communication Training (FCT): <strong>Replacement of an interfering behavior with communication that accomplishes the same function</strong></td>
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<td>Modeling (MD): <strong>Demonstration of a desired behavior that results in skill acquisition through learner imitation</strong></td>
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<td>Naturalistic Intervention (NI): <strong>Intervention strategies that occur with the learner's typical settings and routines</strong></td>
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<td>Parent-Implemented Intervention (PII): <strong>Parent delivered intervention learned through a structured parent training program</strong></td>
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<td>Peer-Mediated Instruction and Intervention (PMII): <strong>Typically developing peers are taught strategies that increase social learning opportunities in natural environments</strong></td>
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<td>Picture Exchange Communication System (PECS): <strong>Systematic 6 phase protocol teaching the exchange of pictures between communicative partners</strong></td>
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<td>Pivotal Response Training (PRT): Pivotal learning variables guide intervention implemented in settings that build on learner interests and initiative</td>
<td>0-5</td>
<td>6-1.4</td>
<td>15-22</td>
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<td>Reinforcement (R+): A response occurring after a behavior resulting in an increased likelihood of future reoccurrence of the behavior</td>
<td>0-5</td>
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<td>Response Interruption/Redirection (RIR): Use of prompts or distracters during an interfering behavior that diverts attention and reduces the behavior</td>
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<td>Scripting (SC): A verbal or written model of a skill or situation that is practiced before use in context</td>
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<td>Self Management (SM): Instruction on discrimination between appropriate and inappropriate behaviors and accurate self-monitoring and rewarding of behaviors</td>
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<tr>
<td>Social Narratives (SN): Descriptions of social situations with examples of appropriate responding</td>
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<tr>
<td>Social Skills Training (SST): Direct instruction on social skills with rehearsal and feedback to increase positive peer interaction.</td>
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<tr>
<td>Structured Play Group (SPG): Adult lead small group activities that include typically developing peers and use prompting to support performance</td>
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<td>Task Analysis (TA): The process of breaking a skill into small steps that are systematically chained together</td>
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<tr>
<td>Technology-Aided Instruction and Intervention (TAII): Intervention using technology as a critical feature</td>
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<td>Time Delay (TD): Delaying a prompt during a practice opportunity in order to fade the use of prompts</td>
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<td>Video Modeling (VM): A video recording of a targeted skill that is viewed to assist in learning</td>
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<td>Visual Support (VS): Visual display that supports independent skill use.</td>
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</table>
27 EBPs Matrix
Available on the CAPTAIN Website
English and Spanish!
www.captain.ca.gov
Implementation Fidelity is Critical!

What does this mean?

“Implementing an intervention in the same manner in which it was done in the evidence-based research”
Implementation Fidelity is Critical!

How implementation fidelity achieved:

1. Use Briefs and Implementation Checklists for the EBP to capture fidelity of implementation
2. Refer to EBP Fact Sheets
3. Use self-learning modules on practices
4. Attend training on the practice
5. Access coaching on the EBP until fidelity is attained
Brief Packages For Evidence Based Practices (EBPs)

Brief Package Ensures Fidelity and Consists of:

- Overview of practice
- Evidence-base for practice
- Steps for implementation
- Implementation Checklist
- Data Collection Forms
Since 2007, the National Professional Development Center on Autism Spectrum Disorder (NPDC) has worked to develop free professional resources for teachers, therapists, and technical assistance providers who work with individuals with ASD. Resources include detailed information on how to plan, implement, and monitor specific evidence-based practices.
WHAT ARE EVIDENCE-BASED PRACTICES?

Many interventions exist for autism spectrum disorder (ASD). Yet, scientific research has found only some of these interventions to be effective. The interventions that researchers have shown to be effective are called evidence-based practices (EBPs). One reason for using EBPs is because, by law, teaching practices must be based on evidence of effectiveness.

WHAT EBPS HAVE BEEN IDENTIFIED?

The NPDC used a rigorous criteria to classify 27 focused interventions as EBPs in 2014. The 27 identified EBPs have been shown through scientific research to be effective when implemented correctly with students with ASD. The NPDC is currently developing online modules, called AIRM, for each of the 27 identified practices.

You can currently access online modules for the original 24 evidence-based practices on the Autism Internet Modules (AIM) website from the Ohio Center for Autism and Low Incidence (OCALI).

Select an EBp below to access a brief about the practice. Each brief provides an overview and general description, step-by-step instructions of implementation, an implementation checklist, and the evidence-base which includes the list of references that demonstrate the practice meets the NPDC's criteria.

To print out a specific section of a brief, download the EBp and open using Adobe Reader. You can navigate to different sections of the brief using the menu bar while viewing in Adobe Reader.

**EVIDENCE-BASED PRACTICES**

| Antecedent-based Intervention (ABI) | Naturalistic Intervention (NI) | Self-management (SM) |
| Intervention (PBIS)** | Parent-implemented Instruction (PI) | Social Narratives (SN) |
| Cognitive Behavioral Intervention (CBI)** | Peer-mediated Instruction and Intervention (PMII) | Social Skills Training (SST)** |
| Intervention (IBI)** | Picture Exchange Communication System (PECS) | Structured Play Group (SPG)** |
| Differential Reinforcement of Alternative, Incompatible, or Other Behavior (DRA/IO) | | Task Analysis (TA) |
| Discrete Trail Teaching (DTT) | | Technology-aided Instruction and Intervention (TII)** |
| Exercise (EX)** | | Previously Social Skills Groups |
| Extinction (EXT) | | Computer Aided Instruction and |
| Functional Behavior Assessment (FBA) | | Speech Generating Devices |
| Functional Communication Training (FCT) | | Time Delay (TD) |
| Modeling (MDI)** | | Prompting (PP) |
| | | Reinforcement (R) |
| | | Response Intervention/Restriction (RI) |
| | | Scripting (SC)** |
| | | Video Modeling (VM) |
| | | Visual Support (VS) |

* Indicates new EBp identified in 2014 revision. Practice briefs are not available for these practices, but are currently being developed as part of AIRM.

See the working definitions of each EBp in this excerpt from the 2014 Evidence-Based Practices for Children, Youth, and Young Adults with Autism Spectrum Disorder report. The full report is available here.
Evidence-Based Practice Brief: Video Modeling

This evidence-based practice brief on video modeling includes the following components:

1. Overview, which gives a quick summary of salient features of the practice, including what it is, who it can be used with, what skills it has been used with, settings for instruction, and additional literature documenting its use in practice
2. Steps for Implementation, detailing how to implement the practice in a practitioner-friendly, step-by-step process
3. Implementation Checklist, to be used to monitor fidelity of the use of the practice
4. Evidence Base Summary, which details the NPDC-ASD criteria for inclusion as an evidence-based practice and the specific studies that meet the criteria for this practice
Module: Video Modeling

Steps for Implementation: Video Modeling

These steps for implementation were adapted from:


The implementation process for video modeling is similar for each type of video modeling strategy (i.e., basic video modeling, video self-modeling, point-of-view modeling, video prompting). Ten steps are outlined below which describe how video modeling is implemented with learners with ASD.

**Step 1. Targeting a Behavior for Teaching**

In Step 1, teachers/practitioners focus on identifying a behavior for the learner with ASD to acquire and then clearly describe it so that accurate data can be collected throughout the intervention process.
Module: Video Modeling

Implementation Checklist for Video Modeling

The implementation checklist steps were adapted from:


**Instructions:** The Implementation Checklist includes each step in the process of implementing video modeling. Please complete all of the requested information including the site and state, individual being observed, and the learner’s initials. To assure that a practice is being implemented as intended, an observation is always preferable. This may not always be possible. Thus, items may be scored based on observations with the implementer, discussions and/or record review as appropriate. Within the table, record a 2 (implemented), 1 (partially implemented), 0 (did not implement), or NA (not applicable) next to each step observed to indicate to what extent the step was implemented/addressed during your observation. Use the last page of the checklist to record the target skill, your comments, whether others were present, and plans for next steps for each observation.

Site: ___________________________ State: ___________________________

Individual (s) Observed: ___________________________ Learner’s Initials: ___________________________

**Skills below can be implemented by a practitioner, parent, or other team member**

<table>
<thead>
<tr>
<th>Observation Date</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Observer’s Initials</td>
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</tbody>
</table>

**Planning (Steps 1 – 6)**

**Step 1. Targeting a Behavior for Teaching**

1. Identify a target behavior that is important to be taught. **Score**

2. Define and describe the target behavior so that it is observable and measurable.

**Step 2. Having the Correct Equipment**
AFIRM
Autism Focused Intervention Resources and Modules
http://autismmpdc.fpg.unc.edu/npdc-resources
www.captain.ca.gov

AFIRM Modules

Prompting
Use prompting to reduce incorrect responding as learners with ASD acquire new skills.

Learn more about Prompting

AFIRM Modules are designed to help you learn the step-by-step process of planning for, using, and monitoring an EBP with learners with ASD from birth to 22 years of age. Supplemental materials and handouts are available for download.

Visit the Learn with AFIRM section to find out more.
AFIRM
Autism Focused Intervention Resources and Modules

• Modules Include:
  
  – Key components of an EBP including the various approaches that can be used with learners with ASD
  
  – Behaviors and skills that can be addressed using the practice
  
  – A step-by-step process for applying the practice
  
  – Specific resources that you can download and customize for your own use
AFIRM
Autism Focused Intervention Resources and Modules

What you’ll learn with AFIRM Modules:

• Key components of an EBP

• Behaviors and skills that can be addressed

• A step-by-step process for applying the practice

• Specific resources that you can download and customize for your own use

You can even choose to earn a Certificate!
AFIRM
7 of the 27 EBP Modules Available as of 10/26/15

1. ECE   Exercise
2. PMII   Peer-Mediated Instruction and Intervention
3. PP     Prompting
4. R+     Reinforcement
5. SN     Social Narratives
6. TD     Time Delay
7. VS     Visual Supports

Next to be developed:

   FBA    Functional Behavior Assessment
   TA     Task Analysis
SELF LEARNING MODULES FOR TODDLERS!
NPDC-ASD Early Start Website
http://asdtoddler.fpg.unc.edu
www.captain.ca.gov
SELF LEARNING MODULES FOR TODDLERS!
(Young Children Birth to 3)
http://asdtoddler.fpg.unc.edu
www.captain.ca.gov

6 Toddler Modules Available as of 10/13/15

- Prompting
- Naturalistic Instruction
- Pivotal Response
- Functional Behavior Assessment
- Reinforcement
- Video Modeling
YET MORE SELF LEARNING MODULES ON EBPs
Autism Internet Modules
www.autisminternetmodules.org
www.captain.ca.gov

"These modules give teachers ideas on what they can do to include students with ASD more and maximize learning."

– Michael Picetti,
Olentangy Schools,
Intervention Specialist

Explore Modules Covering a Variety of Topics
AIM is designed to provide high-quality information and professional development for anyone who supports, instructs, works with, or lives with children with autism spectrum disorders (ASDs).
Online learning modules includes information on:

- Evidence-based practices and interventions
- Recognizing and understanding behaviors
- Assessment and identification of ASDs
- Transition to adulthood and employment
45 Autism Internet Modules so far....
25 more on the way!

- Antecedent-Based Interventions (ABI)
- ASD-4-EI: What Early Interventionists Should Know
- Assessment for Identification
- Autism and Medication
- Autism and the Biopsychosocial Model: Body, Mind, and Community
- Cognitive Differences
- Comprehensive Program Planning for Individuals With Autism Spectrum Disorders
- Computer-Aided Instruction
- Customized Employment
- Differential Reinforcement
- Discrete Trial Training
- Extinction
- Functional Behavior Assessment
- Functional Communication Training
- Home Base
- Language and Communication
- Naturalistic Intervention
- Overview of Social Skills Functioning and Programming
- Parent-Implemented Intervention
- Peer-Mediated Instruction and Intervention (PMII)
- Picture Exchange Communication System (PECS)
- Pivotal Response Training (PRT)
- Preparing Individuals for Employment
- Prompting
- Reinforcement
- Response Interruption/Redirection
- Restricted Patterns of Behavior, Interests, and Activities
- Rules and Routines
- Screening Across the Lifespan for Autism Spectrum Disorders
- Self-Management
- Sensory Differences
- Social Narratives
- Social Skills Groups
- Social Supports for Transition-Aged Individuals
- Speech Generating Devices (SGD)
- Structured Teaching
- Structured Work Systems and Activity Organization
- Supporting Successful Completion of Homework
- Task Analysis
- The Employee with Autism
- The Incredible 5-Point Scale
- Time Delay
- Transitioning Between Activities
- Video Modeling
- Visual Supports
Use these Quick Links on the CAPTAIN website to access these EBP resources!
# 2 Important ASD EBP Resources

<table>
<thead>
<tr>
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- [http://autismpdc.fpg.unc.edu](http://autismpdc.fpg.unc.edu)
- [http://afirm.fpg.unc.edu/](http://afirm.fpg.unc.edu/)
- [http://asdtoddler.fpg.unc.edu](http://asdtoddler.fpg.unc.edu)
- [www.captain.ca.gov](http://www.captain.ca.gov)
- [www.nationalautismcenter.org](http://www.nationalautismcenter.org)
- [www.captain.ca.gov](http://www.captain.ca.gov)
Based on research conducted in the field from 2007 to February 2012

Provides an update to the previously published summary of empirical treatment literature (2009)

351 articles (ages 0-22) and 27 articles (ages 22+)

included studies if the interventions could be implemented in or by school systems, early intervention, home, hospital, vocational, and/or community-based programs or in clinic settings

www.nationalautismcenter.org

www.captain.ca.gov
Strength of Evidence Classification System

**Established:**
Sufficient evidence is available to confidently determine that an intervention produces favorable outcomes for individuals on the autism spectrum. That is, these interventions are established as effective.

**Emerging:**
Although one or more studies suggest that an intervention produces favorable outcomes for individuals with ASD, additional high quality studies must consistently show this outcome before we can draw firm conclusions about intervention effectiveness.

**Unestablished:**
There is little or no evidence to allow us to draw firm conclusions about intervention effectiveness with individuals with ASD. Additional research may show the intervention to be effective, ineffective, or harmful.
The National Standards Project-Phase 2 (NSP2)

Overall Findings for Individuals Under Age 22

• 14 Established Interventions

• 18 Emerging Interventions

• 13 Unestablished Interventions
The following interventions have been identified as falling into the Established level of evidence:

- Behavioral Interventions
- Cognitive Behavioral Intervention Package
- Comprehensive Behavioral Treatment for Young Children
- Language Training (Production)
- Modeling
- Natural Teaching Strategies
- Parent Training
- Peer Training Package
- Pivotal Response Training
- Schedules
- Scripting
- Self-Management
- Social Skills Package
- Story-based Intervention
Emerging Interventions are those for which one or more studies suggest they may produce favorable outcomes. However, before we can be fully confident that the interventions are effective, additional high quality studies are needed that consistently show these interventions to be effective for individuals with ASD. Based on the available evidence, we are not yet in a position to rule out the possibility that Emerging Interventions are, in fact, not effective.

A large number of studies fall into the Emerging level of evidence. We believe scientists should find fertile ground for further research in these areas.

The following interventions have been identified as falling into the Emerging level of evidence:
- Augmentative and Alternative Communication Devices
- Developmental Relationship-based Treatment
- Exercise
- Exposure Package
- Functional Communication Training
- Imitation-based Intervention
- Initiation Training
- Language Training (Production & Understanding)
- Massage Therapy
- Multi-component Package
- Music Therapy
- Picture Exchange Communication System
- Reductive Package
- Sign Instruction
- Social Communication Intervention
- Structured Teaching
- Technology-based Intervention
- Theory of Mind Training

18 EMERGING INTERVENTIONS
(for individuals under age 22)
Unestablished Interventions are those for which there is little or no evidence in the scientific literature that allows us to draw firm conclusions about their effectiveness with individuals with ASD. There is no reason to assume these interventions are effective. Further, there is no way to rule out the possibility these interventions are ineffective or harmful.

The following interventions have been identified as falling into the Unestablished level of evidence:

- Animal-assisted Therapy
- Auditory Integration Training
- Concept Mapping
- DIR/Floor Time
- Facilitated Communication
- Gluten-free/Casein-free diet
- Movement-based Intervention
- SENSE Theatre Intervention
- Sensory Intervention Package
- Shock Therapy
- Social Behavioral Learning Strategy
- Social Cognition Intervention
- Social Thinking Intervention

13 UNESTABLISHED INTERVENTIONS
(for individuals under age 22)
Research Findings for Adults (22+ Years)

Established Interventions for Adults

The only intervention to be identified as Established for individuals ages 22 years and older is Behavioral Interventions. The Behavioral Intervention category consists of applied behavior analytic interventions to increase adaptive behaviors and decrease challenging behaviors. Examples of specific strategies identified in the 17 articles supporting Behavioral Interventions are provided in the table on the following page.

Emerging Interventions for Adults

Emerging Interventions are those for which one or more studies suggest they may produce favorable outcomes. However, before we can be fully confident that the interventions are effective, additional high quality studies are needed that consistently show these interventions to be effective for individuals with ASD. Based on the available evidence, we are not yet in a position to rule out the possibility that Emerging Interventions are, in fact, not effective.

The following intervention has been identified as falling into the Emerging level of evidence:
- Vocational Training Package

Unestablished Interventions for Adults

Unestablished Interventions are those for which there is little or no evidence in the scientific literature that allows us to draw firm conclusions about their effectiveness with individuals with ASD. There is no reason to assume these interventions are effective. Further, there is no way to rule out the possibility these interventions are ineffective or harmful.

The following interventions have been identified as falling into the Unestablished level of evidence:
- Cognitive Behavioral Intervention Package
- Modeling
- Music Therapy
- Sensory Integration Package
Another Reliable Resource for Older Individuals with ASD

www.csesa.fpg.unc.edu
NSP2
Example of EBP

Modeling

Established Intervention

One of the most effective ways to teach someone what to do is to show him or her how to do it. The goal of modeling is to correctly demonstrate a target behavior to the person learning the new skill, so that person can then imitate the model. Children can learn a great deal from observing the behavior of parents, siblings, peers, and teachers, but they often need to be taught what behaviors should be imitated.

Basic Facts

Number of articles reviewed:
NSP1 = 51  NSP2 = 28
Effective ages: Children and adolescents 3-18 years

Skills increased:
• higher cognitive functions (NSP1)
• academic (NSP2)
• communication, interpersonal, personal responsibility, and play (NSP1/2)

Behaviors decreased:
• problem behaviors (NSP1)
• sensory or emotional regulation (NSP1)

Detailed Description

There are two types of modeling—live and video modeling.

Live modeling occurs when a person demonstrates the target behavior in the presence of the child with autism spectrum disorder (ASD). When providing live modeling:
• Clearly outline, in writing, the target behavior to model.
• Ensure all individuals modeling the target behavior are doing so in a consistent manner. It may be helpful for parents/caregivers/therapists to practice together to make certain each person provides the same model.
• Obtain the child’s attention prior to modeling the target behavior.
• Develop a plan to fade or stop the use of modeling to encourage the child to independently display the target behavior.

Video modeling occurs when you pre-record a person demonstrating the target behavior. Video modeling can be a great option for children/adolescents with an affinity for television shows, movies, or interest in seeing themselves on a monitor (i.e., television screen, computer monitor, video recorder monitor). Some children/adolescents may enjoy assisting in the production of the video.
NSP2
Recommendations For Intervention Selection
Established Interventions have sufficient evidence of effectiveness

“We recommend the decision-making team give serious consideration to these interventions because:

• these interventions have produced beneficial effects for individuals involved in the research studies published in the scientific literature

• access to interventions that work can be expected to produce more positive long-term outcomes

• there is no evidence of harmful effects

However, it should not be assumed that these interventions will universally produce favorable outcomes for all individuals with ASD”
EMERGING INTERVENTIONS

“We generally do not recommend beginning with these interventions.

However, Emerging Interventions should be considered promising and warrant serious consideration if Established Interventions are deemed inappropriate by the decision-making team, or were unsuccessful in producing positive outcomes.”
UNESTABLISHED INTERVENTIONS

“Unestablished Interventions either have no research support or the research that has been conducted does not allow us to draw firm conclusions about intervention effectiveness for individuals with ASD.

When this is the case, decision-makers simply do not know if this intervention is effective, ineffective, or harmful because researchers have not conducted any or enough high-quality research.

Given how little is known about these interventions, we would recommend considering these interventions only after additional research has been conducted and this research reveals favorable outcomes for individuals with ASD.”
CAPTAIN Recommends

- Use 27 EBPs from NPDC
- Use 14 Established Interventions for Ages 0-22 from NAC
- Use 1 Established Intervention for Ages 22+ from NAC
### 2 Important ASD EBP Resources

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**Released:**
- March 2014
- April 2015

http://autismmpdc.fpg.unc.edu
http://afirm.fpg.unc.edu/
http://asdtoddler.fpg.unc.edu
www.captain.ca.gov

www.nationalautismcenter.org
www.captain.ca.gov
Why Are these EBP resources so important?
Knowing of these EBPs:

– helps us know which treatments have *evidence of effectiveness* and which treatments do not

– allows us to make *informed decisions* when we select treatments

– provides us with the opportunity to support individuals with ASD in *reaching their full potential*
Implementing EBPs goes right along with......

The Individuals with Disabilities Education Act
IDEA 2004 * Sec. 300.320
Definition of Individualized Education Program......

......(4) A statement of the special education and related services and supplementary aids and services, based on peer-reviewed research to the extent practicable, to be provided to the child, or on behalf of the child, and a statement of the program modifications or supports for school personnel that will be provided to enable the child--

(i) To advance appropriately toward attaining the annual goals;
(ii) To be involved in and make progress in the general education curriculum in accordance with paragraph (a)(1) of this section, and to participate in extracurricular and other nonacademic activities; and
(iii) To be educated and participate with other children with disabilities and nondisabled children in the activities described in this section;......
IDEA 2004
Part C: Infants and Toddlers with Disabilities

SEC. 635. REQUIREMENTS FOR STATEWIDE SYSTEM
(a) In General.--A statewide system described in section 633 shall include, at a minimum, the following components:

(2) A State policy that is in effect and that ensures that appropriate early intervention services based on scientifically based research, to the extent practicable, are available to all infants and toddlers with disabilities and their families, including Indian infants and toddlers with disabilities and their families residing on a reservation geographically located in the State and infants and toddlers with disabilities who are homeless children and their families.

SEC. 636. INDIVIDUALIZED FAMILY SERVICE PLAN
(d) Content of Plan.--The individualized family service plan shall be in writing and contain--

(4) a statement of specific early intervention services based on peer-reviewed research, to the extent practicable, necessary to meet the unique needs of the infant or toddler and the family, including the frequency, intensity, and method of delivering services;
Implementing These EBPs goes right along with……

CDE’s encouragement of the use of Multi-tiered System of Support (MTSS) as a framework for implementation of CCSS for the success of all students.
Multi-tiered System of Supports (MTSS): A Comprehensive Framework for Implementing the CCSS

www.mydigitalchalkboard.org
Implementing the CA CCSS Through MTSS

“...Implementing the Common Core State Standards within a framework of a Multi-Tiered System of Support will help ensure that all students have an evidence-based system of instruction to assist them in achieving success.”

(Gamm, Elliott, Halbert, et. al., 2012)
Multi-tiered System of Supports (MTSS): A Comprehensive Framework for Implementing CCSS

www.mydigitalchalkboard.org

MTSS Principles and Practices

- Early Intervention
- Multi-tiered model
- Evidence-based supports and practices
- Fluidly driven by data
- Individualized interventions
- Principles of UDL
- Differentiated learning
- Integration of intervention and instructional supports
- Classroom instruction aligned with the CA CCSS
- Strong, predictable, and consistent classroom management structures

(www.kansasmtss.org)
Implementing EBPs Aligns With CCSS Instruction and UDL

The principles of **Universal Design for Learning (UDL)** provide a framework for educators to use:

- multiple ways to teach the content
- multiple ways for students to demonstrate knowledge
- multiple ways to engage ALL learners
Implementing EBPs goes right along with Senate Bill 946….

Health and Safety Code Section 1374.73 (4)(c)(1)
Insurance Code Section 10144.51 (4)(c)(1)

"Behavioral health treatment" means professional services and treatment programs, including applied behavior analysis and **evidence-based behavior intervention programs**, that develop or restore, to the maximum extent practicable, the functioning of an individual with pervasive developmental disorder or autism and that meet all of the following criteria…”
Implementing EBPs goes right along with the Lanterman Act……

“4686.2. (b) Effective July 1, 2009, notwithstanding any other provision of law or regulation to the contrary, regional centers shall:
(1) Only purchase ABA services or intensive behavioral intervention services that reflect evidence-based practices, promote positive social behaviors, and ameliorate behaviors that interfere with learning and social interactions…”
Implementing EBPs goes right along with Lanterman Act......

“4686.2. (d) (3) "Evidence-based practice" means a decision making process that integrates the best available scientifically rigorous research, clinical expertise, and individual's characteristics. Evidence-based practice is an approach to treatment rather than a specific treatment. Evidence-based practice promotes the collection, interpretation, integration, and continuous evaluation of valid, important, and applicable individual- or family-reported, clinically-observed, and research-supported evidence. The best available evidence, matched to consumer circumstances and preferences, is applied to ensure the quality of clinical judgments and facilitates the most cost-effective care. “
“Children and families cannot benefit from evidence-based practices that they do not experience”

-Fixsen, NIRN, 2006
You can easily access all these EBPs, NPDC tools and EBP Resources through the CAPTAIN website!
Use these Quick Links on the CAPTAIN website to access these EBP resources!
STAY CONNECTED and UP-TO-DATE!

www.captain.ca.gov
CAPTAIN Website
www.captain.ca.gov

Welcome
CAPTAIN is a multi-agency network developed to support the understanding and use of evidence-based practices for individuals affected by Autism Spectrum Disorders. CAPTAIN is dedicated to the following:

- Promoting statewide access to training and resources in evidence-based practice (EBP) that are culturally sensitive, family centered, cost-effective, and competency-based.
- Establishing supports that are locally based with teams of trainers at the local level.
- Emphasizing here to use EBP's to assist students in acquiring the California Common Core State Standards and developing College and Career Readiness.
- Providing ongoing training, support, and technical assistance to implement EBP's and ensure fidelity of implementation.
- Supporting the development of local multi-agency collaborations to support consistent use of EBP's.
- Providing an annual training summit and a forum for college communication and support to CAPTAIN member institutions.
- Providing web-based access to materials and resources that are verified and aligned with current EBP's.
- Providing information and outreach to other interested stakeholders and provide groups with access to tools and resources to support evidence-based practice (Professional Organizations, Higher Education, Self Advocates, Allied Health Providers).

Quick Links
- National Professional Development Center on Autism Spectrum Disorders
- ATSSC ASQ Learning Modules
- National Autism Center
- Autism Internet Resources
- CAPTAIN Summit Resources
- EBP trainings
- Autism and Specials
- English/Spanish
- Other Languages
- Ask a Specialist - ASD CAPTAIN Center
- Regional Plans
- CAPTAIN Leadership
- Learn the Signs, Act Early survey (SB120)
- Effective Early Childhood Transitions Guide
- ASQ Toddler Initiative
- Autism Ukraine Education Parent Training
- CAPTAIN Partners
- Diagnostic Centers, CDD
- Family Resource Centers Network of California
- Center for Excellence for Developmental Disabilities at UC Davis
- UCSD University Center for Excellence in Developmental Disabilities (UCSD UCEDD)
- California Department of Developmental Services

Social Media Links here
What are Evidence-Based Practices (EBPs) for ASD?