

# CAPTAIN San Diego/Imperial County



Regional Goals 2025

**REGIONAL Problem of Practice:** *What issues, challenges or needs exist for individuals with Autism that our Regional Network wants to try to address?*

<p><b>Current Regional Issue, Challenge or Problems of Practice</b></p>	<p>Individuals with autism in San Diego and Imperial Counties have a variety of unmet needs (including access to high-quality services in areas such as mental health, communication, and socialization), which impedes their access to equitable opportunities and meaningful community participation.</p>
<p><b>Probable Root Cause of the Problem (identify the top probable root cause)</b></p>	<p>Across school and community environments, there is a general ableist mindset as well as a lack of understanding of neurodiversity and how to create welcoming, inclusive environments. People within the system of support (family members, school personnel, mental health providers) may be misinformed or have limited knowledge and skills within their scope of practice to provide support to autistic individuals across domains. Families may be unaware of how to overcome roadblocks to access services. Supports that do exist may not be high-quality or evidence-based and are often provided “in silos” rather than a collaborative effort. Additionally, there may be limited resources, especially in remote areas.</p>
<p><b>Change Ideas (list 1 change idea for the probable root cause)</b></p>	<p>If people within the system of support (family, school, community) have:</p> <ul style="list-style-type: none"> <li>● a better understanding of neurodiversity and ableism</li> <li>● skills in creating welcoming, inclusive environments</li> <li>● increased knowledge and skills to access support or provide support (depending on their role)</li> <li>● opportunities to provide support in a collaborative way</li> </ul> <p>Then autistic individuals may experience:</p> <ul style="list-style-type: none"> <li>● fewer unmet needs</li> <li>● greater access to opportunities and community participation</li> </ul>
<p><b>Action plan to support change idea (may need additional space to action plan)</b></p>	<p>See our annual regional goals to target this problem of practice</p>
<p><b>Expected Outcome if change idea is an improvement</b></p>	<p>People within the system of support (family, school, community) will have:</p> <ul style="list-style-type: none"> <li>● increased understanding of neurodiversity and ableism</li> <li>● Increased skills in creating welcoming, inclusive environments</li> <li>● increased knowledge and skills to access support or provide support (depending on their role)</li> <li>● Increased opportunities to provide support in a collaborative way</li> </ul> <p>Then autistic individuals will experience:</p> <ul style="list-style-type: none"> <li>● fewer unmet needs</li> <li>● greater access to opportunities and community participation</li> </ul>
<p><b>Measurement of change</b></p>	<p>Increase in awareness/knowledge          Increase in access to supports          Increase in collaborative support</p>

***Goal Area 1 (Collaboration):*** How can the cadre collaborate to address the region’s specific need, issue or challenge that relates to autistic individuals and their families

<i>Current Level of Performance Data (0)</i>	Have established collaborative partnership with Autism Society San Diego and Point Loma Nazarene University Conference Center
<i>Initial Objective (1)</i>	Plan “user experience” for attendees, define desired content, group agencies (e.g. birth to 5, elementary, middle- high school and beyond)
<i>Secondary Objective (2)</i>	Contact agencies to participate in the conference and confirm participation
<i>Expected level of Outcome (3)</i>	Collaborate with and confirm 10 agencies to participate in a conference connecting families with resources
<i>Exceeds Expected Outcome (4)</i>	Collaborate with and confirm more than 10 agencies to participate in a conference connecting families with resources

**Goal Area 2 (Dissemination):** How can members of our regional network strategically disseminate to groups identified by the region as needing to know about autism and EBPs/CAPTAIN

<i>Current Level of Performance Data (0)</i>	Held annual conferences focusing on mental health, neurodiversity, and EBPs
<i>Initial Objective (1)</i>	Determine conference logistics: date, location, time, etc.
<i>Secondary Objective (2)</i>	Develop materials for dissemination, advertise and invite participants
<i>Expected level of Outcome (3)</i>	Hold a conference focused on connecting families and resources
<i>Exceeds Expected Outcome (4)</i>	Hold additional conferences or virtual conference option