

Building a Bridge, Together



An educational initiative brought to you by

CASP The Council of Autism
Service Providers



CHANGING LIVES

“On the spectrum.” Hearing these words in diagnosis of your child can steal your breath. Confirm your fears. Leave you scrambling to figure out *what’s next*.

No matter your child’s development journey so far—or the severity of autism symptoms—there are treatments and interventions that can offer support *right now*. Programs that can help your child build skills to live every day more fully and securely. Applied Behavior Analysis is a program that has significantly improved the lives of countless autistic children and their families.

What is ABA?

Applied Behavior Analysis (ABA) is a treatment and teaching methodology based on decades of research into how people learn and what drives behavior.

Using positive reinforcement, ABA gives children with autism the tools to learn new skills, better communicate, and make safe, productive choices. When children can clearly express their wants and needs, they’re much less likely to engage in risky, challenging, or harmful behaviors that put themselves and others at risk.

ABA helps even the youngest of children with things like:

- » Learning to speak or communicate.
- » Recognizing a loved one.
- » Engaging with family, friends, and others.
- » Building friendships.
- » Toilet training and getting dressed.
- » Food choices and food refusal.
- » Safety skills and being outside the home.
- » Sharing, taking turns, or knowing what comes next in a process or sequence.

“ *ABA is not changing who a person is or making them ‘less autistic.’ It’s teaching them how to best navigate a world that was not designed for them.”*

Kate W.

FORMER ABA CHILD CLIENT,
ADULT WITH AUTISM

It supports caregivers and their families by:

- » Partnering with you to help your child reach developmental milestones.
- » Creating a safe environment to learn and play.
- » Helping your child connect with you.
- » Providing the guidance you need to help your child succeed in and outside the home (in schools, restaurants, the ballpark, the grocery store, and more).
- » Dramatically reducing aggression, destruction, or self-harm.
- » Giving you time back to focus on other family members, work, and yourself.



WHAT'S NEXT?

The resources you need.

To learn how ABA could help your child and family better navigate autism, visit [TheSpectrum.org](https://www.thespectrum.org). Here you can watch videos of candid conversations between parents, autism service providers, BCBAs, other autism experts. It's a window into this community, connecting you with families like yours. You'll find you're not alone as these parents share their autism journeys.

You also can access additional resources on the website like:

- » A list of must-ask questions for interviewing ABA providers.
- » Evidence-based research supporting ABA as an effective autism treatment.
- » The ability to connect with a BCBA directly to answer your questions.

If you're ready to explore the merits of ABA for your child, here are three steps to start that process.

- » View a list of ABA providers that have demonstrated a commitment to evidence-based care at casproviders.org/member-directory. Find a practitioner near you.
- » Reach out to certified ABA practitioners to identify where and how they provide ABA services.
- » Meet them in person and, if possible, observe an ABA session firsthand to determine if they are a good fit for your family.

Individualized. Compassionate. Collaborative.

Strong ABA programs are developed and supervised by [Board Certified Behavior Analysts®](#) (BCBAs®) who use industry best practices and the latest research to develop treatment plans with clients and their families. Safety, respect, and choice are the bedrocks of the provider-child-family relationship. Treatment strategies are tailored to the child's strengths and autism-related challenges, and the family's input is crucial for accurate assessments, timely interventions, and a comprehensive treatment plan.

Behavior analysts and technicians walk hand-in-hand with families and a child's entire care team, building 360-degree support for their clients. It's how ABA programs help children with autism better engage with the world around them at home, in school, and in the community. It's a true partnership—one that could improve the trajectory of your child's life forever.

“ABA helped my son connect to the world around him. He has so much to give. I don't know that we would be able to access it if it weren't for the ability behavior therapy gave him.”

Judith U.

PARENT OF CHILD WITH AUTISM + ABA CLIENT

www.thespectrum.org

