



*Macomb County Community Mental Health*  
*Autism Benefit*

# Best Practices for Autism Treatment

1. Screening, Identification, and Referrals
2. Evaluation and Diagnosis
3. Assessment & Linkage to Evidenced-Based Practice (EBP)
  - ❖ ABA – 11 EBP treatments identified by the National Standards Project (NSP)



# Applied Behavior Analysis (ABA)

- ❖ Focuses on behavior management and skill development to improve functioning
- ❖ Uses data-driven decision making for modifying behaviors
- ❖ Ultimate goal is generalization and maintenance of skills and improve functioning
- ❖ ABA approaches may vary depending on the needs of the child:
  - # of hours needed
  - Parent/Guardian involvement
  - Location of the services (home, community, clinic)
  - Early intervention is key

## Applied Behavior Analysis (ABA) Continued

- ❖ Functional Behavior Assessment (FBA) – collecting *antecedent, behavior, consequence* (ABC) data to determine what is reinforcing or maintaining the undesired behavior
- ❖ Interventions are **DEPENDENT** on the function of behavior
  - Skills may be broken down by step and each step in process is learned and mastered
  - Data is collected to track improvements

## Applied Behavior Analysis (ABA) Continued

- ❖ ABA behavior intervention plans are developed and direct service providers are supervised by Board Certified Behavior Analysts (BCBAs)\*
- ❖ Two Types of Treatment Packages:
  - ❖ Early Intensive Behavior Intervention (EIBI) for individuals with Autism Spectrum Disorder Diagnosis
  - ❖ Applied Behavior Intervention (ABI) for individuals with Autism Spectrum Disorder, Aspergers Disorder or Pervasive Development Disorder Diagnosis

# Other Services

❖ Speech & Language

❖ Occupational Therapy



# Implementation Discussion

## *Screening, Identification, and Referrals*

- ❖ Screening is completed by Primary Care Physician:
  - ✓ M-CHAT (18-30mos.) or SCQ (30 months +) Tools
    - *Screening is not an assessment or diagnosis*
- ❖ Identification of need for in depth Autism Spectrum Disorder (ASD) assessment, evaluation, and diagnosis is made by Primary Care Physician
- ❖ Referral to CMH for in depth Autism Spectrum Disorder (ASD) assessment, evaluation, and diagnosis is made directly by Primary Care Physician Office

# Implementation Discussion

## *Evaluation and Diagnosis*

- ❖ CMH receives referral from Primary Care Physician:
  - Contacts parent/guardian
  - Asks follow-up questions as needed
  - Schedules face-to-face evaluations
- ❖ Evaluation is completed by CMH:
  - ✓ Standardized tests – ADOS-2 & ADIR
  - ✓ Additional information collected
- ❖ Diagnosis is made by Licensed Psychologist or Physician



# Implementation Discussion

## *Assessment & Linkage to Evidenced-Based Practice*

### ❖ If ASD diagnosis is identified:

- ✓ Consumer is connected to intake appointment for supports coordination or case management
- ✓ Assessment and Person Centered Plan is completed by CMH Supports Coordinator/Case Manager
- ✓ Linkage to qualified evidenced-based treatment providers is facilitated

### ❖ If ASD diagnosis is not identified:

- ✓ Referrals provided to applicable other services

# Implementation Discussion

## *Challenges and Obstacles to Overcome*

- ❖ The state of Michigan does not have enough providers to service all the children with autism who need therapy
  - BCBAAs are limited
  - It will take time to ‘ramp up’ provider qualifications
  - Other states have taken 3-5 years for supply to meet demand
  - Exceptions have been identified by MDCH for this position until 9/30/16
  - This will be a challenge and is frustrating for all parties involved
    - The State of Michigan, the Autism Alliance of Michigan, and several universities in the state are aggressively working to increase access as quickly as possible
    - Macomb CMH is working to add service providers and improve current provider qualifications

# Community Resources

- ❖ The National Autism Center (NAC) National Standards Project (NSP) – [www.nationalautismcenter.org/about/national.php](http://www.nationalautismcenter.org/about/national.php)
- ❖ The Autism Alliance of Michigan Website: [www.autismallianceofmichigan.org](http://www.autismallianceofmichigan.org)
- ❖ Autism Society of Macomb & St Clair Website: [www.macombasa.org](http://www.macombasa.org)
- ❖ Macomb County Community Mental Health Website: [www.mccmh.net](http://www.mccmh.net)
- ❖ Association for Science in Autism Treatment Website: [www.asatonline.org](http://www.asatonline.org)
- ❖ Behavior Analyst Certification Board: [www.bacb.com](http://www.bacb.com)
- ❖ Centers for Disease Control and Prevention: [www.cdc.gov/ncbddd/autism/](http://www.cdc.gov/ncbddd/autism/)
- ❖ National Professional Development Center: <http://autismpdc.fpg.unc.edu>
- ❖ Statewide Autism Resources and Training: <http://www.gvsu.edu/autismcenter>