

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



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Main Facility

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Phone

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Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

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www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Applied Behavior Analysis (ABA)

An Evidence-Based Practice

What is Applied Behavior Analysis (ABA)?

Applied Behavior Analysis (ABA) is a therapy based on the science of learning and behavior.

Behavior analysis helps us to understand:

- How behavior works
- How behavior is affected by the environment
- How learning takes place

ABA therapy applies our understanding of how behavior works to real situations. The goal is to increase behaviors that are helpful and decrease behaviors that are harmful or interfere with learning.

ABA therapy programs can help:

- Increase language and communication skills
- Improve attention, focus, social skills, memory, and academics
- Decrease problem behaviors

The methods of behavior analysis have been used and studied for decades. They have helped many kinds of learners gain different skills; from healthier lifestyles to learning a new language. Therapists have used ABA to help children with autism and related developmental disorders since the 1960s.

How does ABA work?

Applied Behavior Analysis involves many techniques for understanding and changing behavior. ABA is a flexible treatment:

- Can be adapted to meet the needs of each unique person
- Provided in many different locations – at home, at school, and in the community
- Teaches skills that are useful in everyday life
- Can involve one-to-one teaching or group instruction

Who is ABA for?

Many experts consider ABA to be the gold-standard treatment for children with autism spectrum disorder (ASD) or other developmental conditions. In order to be eligible for ABA, an individual must be under the age of 21, have a diagnosis of ASD, and meet medical necessity criteria.

For More Information

Discuss ABA eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

