

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of 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>.



SAGINAW COUNTY COMMUNITY MENTAL HEALTH AUTHORITY

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

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 works

ABA therapy relates to our understanding of how behavior works in 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:

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

These ways of doing behavior analysis have been used and studied for many years. They have helped many kinds of learners gain different skills. Therapists have used ABA to help children with autism and related developmental disorders since the 1960s.

How does ABA work?

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

- Can be changed to meet the needs of each unique person
- Provided in many different places— at home, at school, and in the community
- Teaches skills that are useful in everyday life
- Can involve one-to-one teaching or be done in groups

Who is ABA for?

Many experts consider ABA to be the best way to help children with autism spectrum disorder (ASD) or other developmental conditions. In order to be eligible for ABA, a person must be under the age of 21, have a diagnosis of ASD, and meet medical necessity criteria.

To Learn More

Is ABA right for my child? Talk with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.

