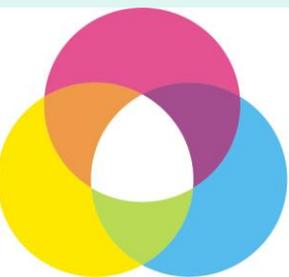


***Evidence-Based Practices in  
Autism Spectrum Disorders:  
What Are They and  
How Can We  
Implement Them?***

**Lisa Sullivan, PhD**



THE NATIONAL PROFESSIONAL DEVELOPMENT CENTER ON  
AUTISM SPECTRUM DISORDERS

# Goals for This Presentation

- Give an overview of NPDC and Evidence Based Practices (EBPs)
- Provide resources related to EBPs from NPDC



# Why we use EBPs?

- Research supported
- Increased evidence of effectiveness
- Better chance of success
- Best practice
- Informed clinical decisions
- The standard for medicine, psychology, education, and allied health
- It's the law - NCLB

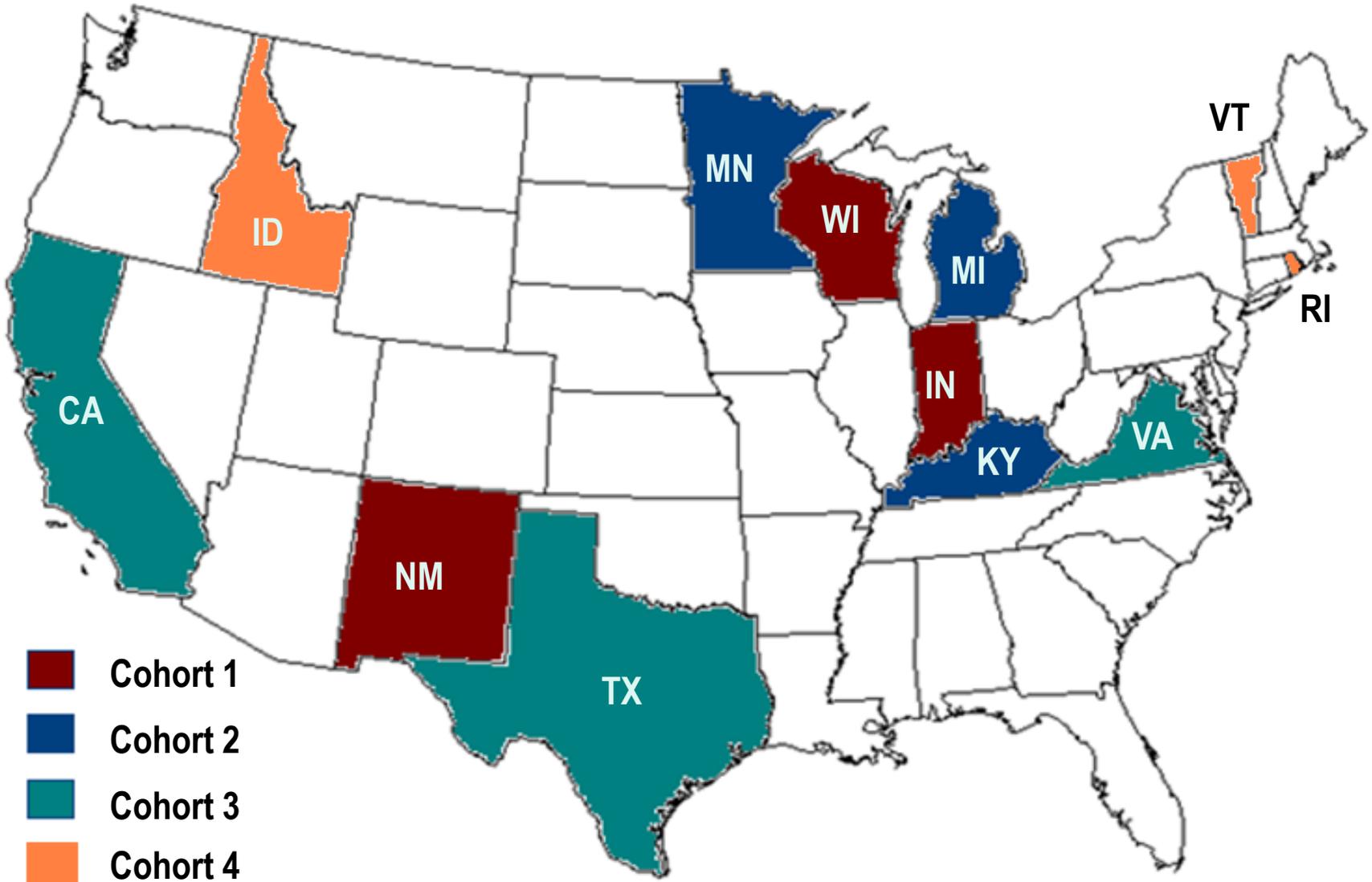


# Goals of the NPDC

- Promote optimal learning for students with ASD and support for their families through use of evidence-based practices (EBP)
- Increase state capacity to implement EBPs in early identification, intervention, and education
- Increase the number of highly qualified personnel serving children with ASD through sustainable technical assistance and professional development



# State Involvement to Date



# NPDC EBPs

- Antecedent-based interventions\*
- Computer-aided instruction\*
- Differential reinforcement
- *Discrete trial training*
- Extinction
- Functional behavior assessment
- Functional communication training\*
- Naturalistic interventions\*
- *Parent-implemented intervention\**
- Peer-mediated instruction/intervention\*
- *Picture Exchange Communication System\*<sup>TM</sup>*
- *Pivotal response training\**
- *Prompting*
- *Reinforcement\**
- Response interruption/redirection\*
- Self-management\*
- Social narratives
- Social skills training groups
- Speech generating devices
- *Structured work systems\**
- Task analysis
- *Time delay\**
- Video modeling
- Visual supports\*



# Let's Walk Through an EBP Brief

- Briefs contain the key elements of the module
  - Overview
  - Evidence Base
  - Step by Step Directions
  - Implementation Checklist
  - Data Collection Sheets



# Where are the briefs and modules found?



## THE NATIONAL PROFESSIONAL DEVELOPMENT CENTER ON AUTISM SPECTRUM DISORDERS

A multi-university center to promote the use of evidence-based practice for children and adolescents with autism spectrum disorders

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Each year, three states are selected through a competitive application process for a two-year partnership with the Professional Development Center.

[Learn more about the application process >>](#)

The National Professional Development Center on Autism Spectrum Disorders is a multi-university center to promote the use of evidence-based practice for children and adolescents with autism spectrum disorders. The Center operates through three sites that include the [FPG Child Development Institute](#) at the University of North Carolina at Chapel Hill, the [M.I.N.D. Institute](#) at University of California at Davis Medical School, and the [Waisman Center](#) at the University of Wisconsin at Madison. Each year, three states are selected through a competitive application process for a two-year partnership with the Professional Development Center. The Center works in coordination with each state's Department of Education, Part C agency, and University Center for Excellence in Developmental Disabilities to provide professional development to teachers and practitioners who serve individuals from birth through twenty-two years with autism spectrum disorders.

### NEWS AND EVENTS

[PRT online module now available](#)

[First COP Online Discussion begins Feb. 1](#)

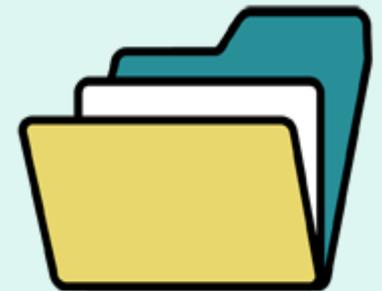


# Where are the Briefs and Modules?

- NPDC Website:  
<http://autismpdc.fpg.unc.edu/>
- Just set up a user name and password on NPDC and AIM websites and the resources are available.
- Let's do this now...

# *Let's Walk Through a sample Autism Internet Module*

- Modules contain:
  - Overview of the practice
  - Evidence Base for the practice
  - Step by Step Directions
  - Implementation Checklist
  - Data Collection Sheets
  - Case Studies
  - Video Examples
  - Activities
  - Glossary
  - Frequently Asked Questions



# Let's Walk Through a Sample of Step by Step Directions

- Outlines steps to take prior to implementing the practice.
- Outlines steps necessary to monitor implementation.



# Let's Walk Through an Implementation Checklist

- Parallels the Step by Step Directions
- Provides a system for trainers to support and monitor implementation.
- NPDC Collects the baseline checklist and an end of the year checklist.



# Goal Attainment Scaling

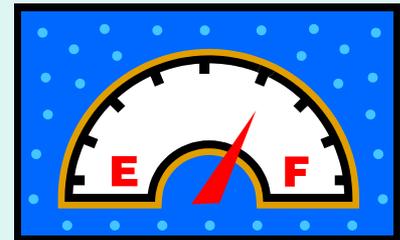
Summarizing progress  
on IEP objectives



# Goal Attainment Scaling (GAS)

- What is it?

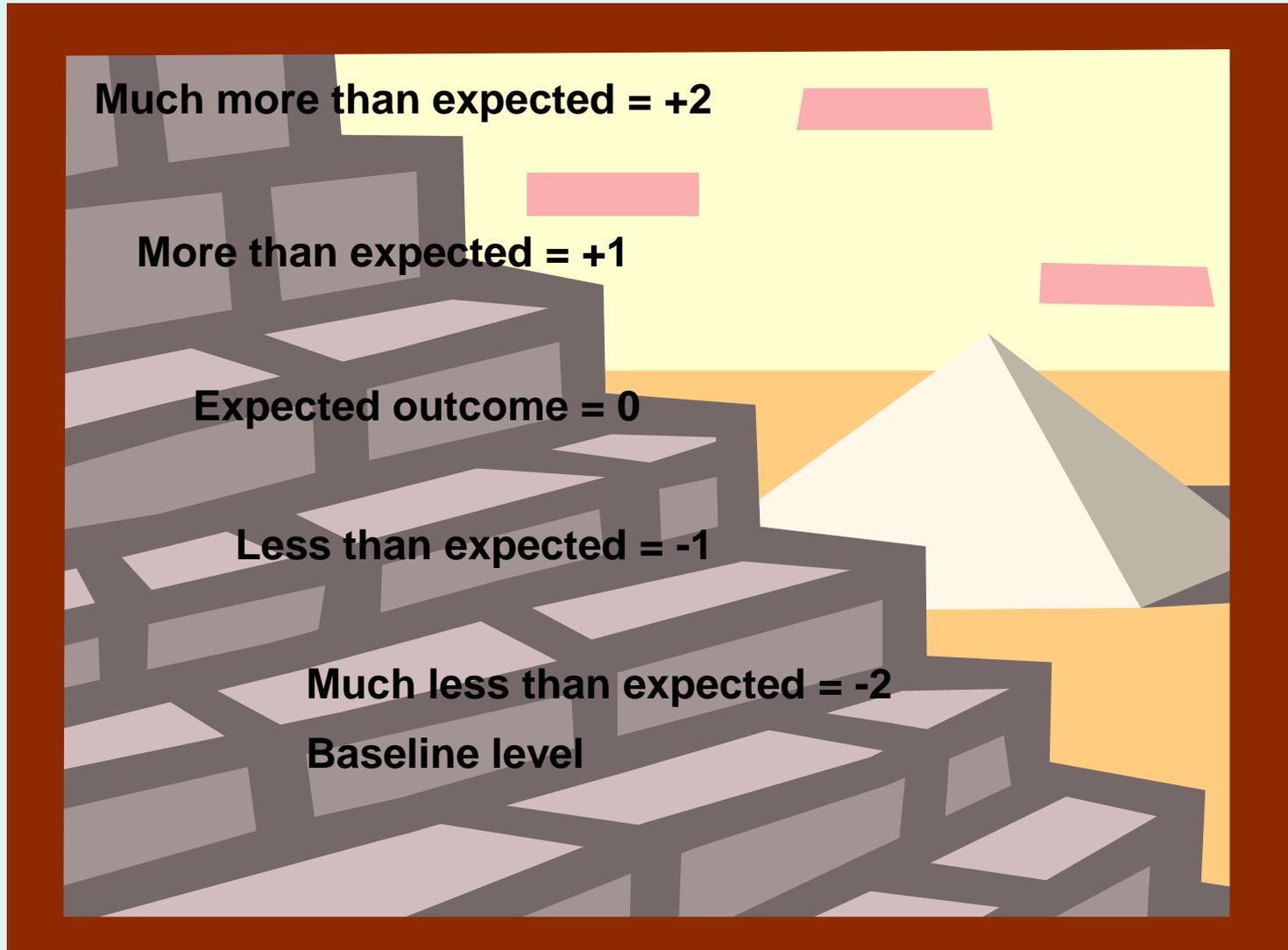
- A method for measuring amount of progress made on a goal, objective, or benchmark.
- Content free
- Allows progress to be easily summarized across multiple goals or students
- Not a substitute for objective measurement or progress – it's a supplement



# Goal Attainment Scaling Form

Level Of Attainment	Goal 1	Goal 2	Goal 3
Much less than expected -2			
Somewhat less than expected -1			
Expected level of outcome 0			
Somewhat more than expected +1			
Much more than expected +2			
Comments			

# Goal Attainment Scaling



# Activity: Shaping the behavior of those we love

- Use the form in your packet
- Identify a behavior you would like to see increase – write a measurable objective for this defining the target behavior for six months from now – BE REALISTIC!
- Write the current baseline level of this behavior
- Describe a much better than expected outcome(+2)
- Identify a much worse than expected outcome (-2)
- Identify the midpoints



# Which EBP's to use?

- Use GAS to select priority goals
- EBP charts help determine which practices will work best for your individual student
- Use your professional judgment, consult with families and educational team

# Resources

- National Professional Development Center  
<http://autismpdc.fpg.unc.edu>
- National Research Council  
[http://www.nap.edu/catalog.php?record\\_id=10017](http://www.nap.edu/catalog.php?record_id=10017)
- National Standards Project  
[www.nationalautismcenter.org](http://www.nationalautismcenter.org)
- California State Guidelines  
<http://www.dds.ca.gov/Autism>
- Autism Internet Modules  
<http://www.autisminternetmodules.org>

# Additional Resource

## UCEDD Modules

- [http://www.ucdmc.ucdavis.edu/ddcenter/CEEDD\\_ourproducts.html#online.](http://www.ucdmc.ucdavis.edu/ddcenter/CEEDD_ourproducts.html#online)

THANK YOU

Questions?