

# OAKLAND COMMUNITY HEALTH NETWORK

## Autism Services: Applied Behavioral Analysis

Autism is a mental health condition characterized by:

- Difficulty in communication
- Restricted repetitive behavior, activities, interests
- Difficulty with abstract concepts
- Difficulty forming relationships with other people and in using language

### What is Applied Behavioral Analysis (ABA)?

- ABA focuses on how learning takes place. It identifies which learning techniques increase useful behavior, and which decrease behavior that may interfere with learning
- ABA is a behavioral-based treatment that can bring positive changes in the communication, social interaction, and repetitive behaviors that are typical of someone with autism

### Learning Techniques

Learning techniques have been developed for building useful skills in learners with autism:

- Some methods are set in the structure of a classroom setting
- Other techniques focus on everyday situations like family dinner, or spending time outside

### ABA Services

- Every plan is individually designed for a child's needs and breaks down desired skills into manageable steps to be taught
- ABA therapy is provided on an average of 5 to 25 hours of direct, face-to-face intervention
- Services can be provided in the home or in a clinic setting
- Some ABA therapy sessions involve one-on-one interactions or group instruction
- Analysis involves parent / guardian training and participation

**ABA therapy is available through OCHN for individuals in Oakland County who receive Medicaid supports or are Medicaid eligible**

**For more information about Applied Behavioral Analysis visit: [www.oaklandchn.org](http://www.oaklandchn.org)**



Developmental Disabilities • Mental Health • Substance Recovery

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