

Information on Evidence-Based Practices for Families of Children with Autism Spectrum Disorder (ASD) and Other Developmental Disabilities



CAPTAIN (California Autism Professional Training and Information Network) is a multiagency (Schools, Regional Centers, and Family Resource Centers) network developed to support the understanding and use of evidence-based practice for individuals with Autism Spectrum Disorder across the state.

What is Evidence-Based Practice?

- An intervention, service, or other practice for which there is scientifically-based research that demonstrates its effectiveness.
- Practices that rely on rigorous, systematic, and objective procedures to deliver reliable interventions and activities.

How Does Understanding Evidence-Based Practice Benefit Families?

- Families are the experts on their own children and their participation in intervention planning is vital. However, identifying effective interventions can be challenging.
- Many people promoting interventions now use the phrase “evidence-based practice”—even when there is no scientifically sound research that supports their use. This can make it extremely difficult to know which interventions have research showing they are effective, and which do not.
- Providing information, support, and resources help parents recognize evidence-based practices established through the National Autism Centers and the National Professional Development Center on Autism Spectrum Disorder. This knowledge increases their capacity and confidence as partners with their children's service providers.

Where Can I Find Information on Evidence-Based Practice?

- **National Autism Center:**
<https://www.nationalautismcenter.org/>
<https://www.nationalautismcenter.org/090605-2/>
- **National Professional Development Center on Autism Spectrum Disorder:**
<https://autismpdc.fpg.unc.edu/national-professional-development-center-autism-spectrum-disorder>
<https://autismpdc.fpg.unc.edu/evidence-based-practices>

Other Parent and Family Support Links:

- **CAPTAIN website:** <http://www.captain.ca.gov/>
- **Learn the Signs, Act Early:** <https://www.cdc.gov/ncbddd/actearly/index.html/>
<https://www.cdc.gov/ncbddd/childdevelopment/screening.html>
- **Autism Fact Sheets:** <https://www.cdc.gov/ncbddd/autism/facts.html>
<https://www.uscuedd.org/publications-resources/autism-pubs/autism-fact-sheets>
- **Autism Focused Intervention Resources & Modules (AFIRM):** <https://afirm.fpg.unc.edu/afirm-modules>
- **Autism Distance Education Parent Training (ADEPT) Modules:**
<https://health.ucdavis.edu/mindinstitute/centers/cedd/adept.html>

