

Developmental and Autism Spectrum Disorder Interventions (Child & Adolescent)



Developmental and Autism Spectrum Disorder Interventions (Child & Adolescent) are defined by the CEBC as interventions to meet the needs of youth who have been diagnosed with a developmental disorder, including autism spectrum disorder (ASD), due to an impairment in learning, language, communication, or behavior areas. Interventions may include behavior-based approaches that are focused on teaching children new behaviors and skills by using specialized, structured techniques; developmental approaches that help children form positive, meaningful relationships with other people; or a combination of both behavioral and developmental methods. Developmental and Autism Spectrum Disorder Interventions (Child & Adolescent) may differ in terms of timing and may target different age groups. Interventions can occur in a variety of settings, including schools, homes, other community settings, and health care settings, and may be delivered in family, group, or individual formats. Programs included in this topic area may also be child welfare focused and include changes in the methods used to assess youth with developmental disorders for child welfare service planning and changes in the implementation of services to intervene with them. In addition, programs may include systems-based practices that are meant to increase the effectiveness of working with these youth, the availability of needed supports for those who work with this population, and the reduction of barriers between the multiple service systems to which these youth and families may be connected.



Developmental and Autism Spectrum Disorder Interventions (Child & Adolescent) topic area criteria:

- **Target population:** Children and adolescents who have been diagnosed with a developmental disorder which can include Autism Spectrum Disorder
- **Services/types that fit:** Home, community- or school-based interventions, healthcare and outpatient services (either individual or group) that may include their parents and other family members, teachers, and other members of a youth's ecosystem
- **Delivered by:** Child and family serving professionals, including educators, mental health providers, physicians, community-based organizations, and advocacy organizations
- **In order to be included in this topic area on the CEBC:** Program must specifically target developmental and/or autism spectrum disorders
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines outcomes related to developmental and/or autism spectrum disorders, such as youth symptom levels, behaviors, and/or functioning or child welfare outcomes for families involving a child or adolescent in this population (e.g., placement stability).

The table below provides a summary of the rated programs currently listed in the [Developmental and Autism Spectrum Disorder Interventions \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
AIM HI	Caregiver and child skill-building intervention and therapist training model for children ages 5–13 years old with autism receiving mental health services	2	Medium
RUBI Parent Training (RUBI-PT)	Teaches caregivers a range of skills, based on principles of applied behavior analysis, that are designed to support the building of a behavioral strategy toolbox	2	Medium
DIRFloortime®	Designed to help children with a wide range of emotional, sensory, regulatory, motor, learning, and developmental challenges including having an autism spectrum disorder	3	Medium

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Early Start Denver Model (ESDM)	Relationship-based intervention designed to help children with an autism spectrum disorder that involves parents and families	3	Medium
LEAP Preschool	Designed to be both a behaviorally and developmentally appropriate approach for teaching children with and without disabilities within an inclusive early childhood environment	3	Medium
Lovaas Model of Applied Behavior Analysis	Behavioral treatment model typically starts with children between ages 2–8 years old who have developmental delays	3	Medium
Picture Exchange Communication System (PECS)	Alternative/augmentative communication system designed for preschool students diagnosed with autism	3	Medium
Pivotal Response Treatment® (PRT®)	Naturalistic intervention model derived from Applied Behavior Analysis (ABA) for children diagnosed with an autism spectrum disorder	3	Medium
Program for the Education and Enrichment of Relationship Skills (PEERS®) for Adolescents	Social skills intervention designed for motivated teens in middle school or high school, including those with an autism spectrum disorder who are interested in learning ways to help them make and keep friends	3	Medium
Project ImPACT (Improving Parents as Communication Teachers)	Parent-mediated, naturalistic developmental behavioral intervention (NDBI) for young children with autism spectrum disorder and related social communication delays	3	Medium
Social Communication Emotional Regulation and Transactional Support (SCERTS)	Educational model for working with children with ASD and their families, designed to build competence in social communication, emotional regulation, and transactional support	3	Medium