

Interventions for Autism Spectrum Disorder

Therapy Services

1. **Applied Behavioral Analysis**
 - a. This can be provided in a center, at home, or at daycare or school by a private agency. Schools may use some of these techniques but are not required to provide these services.
2. **Speech/Language Therapy**
 - a. This can be provided by a private agency, SoonerStart under age 3, or public school over age 3.
3. **Occupational Therapy**
 - a. This can be provided by a private agency, SoonerStart under age 3, or public school over age 3.
4. **Physical Therapy**
 - a. This can be provided by a private agency, SoonerStart under age 3, or public school over age 3.
5. **DIR/Floortime**
 - a. This is an alternative intervention specifically for autism spectrum disorder. It is less available in Oklahoma, but there is some training for parents available and a few providers.
<https://www.icdl.com/home>
6. **Medical Providers: Developmental Behavioral Pediatricians, Child and Adolescent Psychiatrists and Pediatricians** – Medical providers with experience in working with children with autism can help to make sure families have referrals to needed therapies and supports, can advise on school plans and IEPs, and can help with medication management at times. Medications are sometimes used in children with autism to help with sleep, aggression, anxiety, depression, and ADHD related behaviors such as inattention, hyperactivity, eloping, and impulsive behaviors.

Other Supports

1. **AAC – Alternative Augmentative Communication**
 - a. This can include use of pictures as in PECS – Picture Exchange Communication System
<https://pecsusa.com/pecs/>
 - b. Other forms of alternative communication are available using iPads or other technology.
 - i. **Oklahoma Able Tech** provides support and device loans, grants, or trials.
<https://www.okabletech.org/>
 - c. <https://communicationfirst.org/>
2. **Social Stories** – There is a specific way of teaching social interactions and what to expect in new places or situation using social stories. These can be found in The New Social Story Book by Carol Gray. Many therapists use social stories with children. Some of the TV shows on PBS Kids teach in this manner, such as Daniel Tiger’s Neighborhood.
3. **Cognitive Behavioral Therapy** – this can be helpful for older children with symptoms of anxiety when the therapist is experienced in working with children on the autism spectrum. <https://afirm.fpg.unc.edu/afirm-modules>
4. **Collaborative & Protective Solutions** – a method of problem solving with children promoted by Ross W. Greene, PhD. This is a method for handling difficult behaviors/meltdowns and is more likely to be helpful when a child can communicate in order to participate in problem solving. <https://www.cpsconnection.com/>
5. **The RUBI Autism Network** <https://www.rubinetwork.org/> - a parent education and support network
6. **AFIRM** – Autism Focused Intervention Resources and Modules <https://afirm.fpg.unc.edu/afirm-modules> - parent and professional online modules – free training on ABA and other interventions