Applied Behavior Analysis (ABA)

Behavior support plus skill building

LOW ····· LEVEL OF TREATMENT INTENSITY ····· HIGH

SPECIALIZED REFERRAL requires a SINGLE ASSESSMENT to determine medical necessity, level of care, and service eligibility.

What is Applied Behavior Analysis (ABA)?

ABA is a home and community-based program for children and youth who have unsafe or very disruptive behaviors getting in the way of their learning, safety, or daily life. The team works together to understand why the behavior happens, such as escape, attention, sensory needs, pain, or getting something, and teaches safer replacement skills such as asking for a break or using a calm-down tool. ABA is often used for Autism or related developmental needs when the child meets policy criteria.

What Families May Be Seeing

- Signs of aggression, self-injury, running away, property damage, severe tantrums, or safety concerns from refusal.
- Behaviors may happen often, last a long time, or stop the child from learning or joining family life.
- The child may not yet know how to safely ask for a break, help, attention, or a needed item.
- Less intense help has not been enough, or the child needs a data-based plan.

Practice for Parents & Guardians

- Use the replacement behavior from the plan: asking for a break, asking for help, using a picture, or using safe words.
- Practice the prevention steps before behavior starts, such as offering choices, visual schedules, transition warnings, or first-then language.
- Reinforce the exact behavior the team is building, such as safe hands, staying nearby, waiting, using words, or following one direction.
- Write down simple behavior notes: what happened before, what your child did, what helped, and how long recovery took

Services May Include:

- A Functional Behavior Assessment to learn what triggers and rewards the behavior.
- A behavior plan that teaches safe replacement skills and uses positive reinforcement.
- Practice with communication, safety, self-care, social, leisure, sleep, medical, or daily living skills.
- Data collection so the team can see what is improving and what needs to change.
- A step-down or discharge plan

Signs the Service is Working

- Unsafe behavior happens less often or is less intense.
- Your child uses safer words, signs, tools, or actions.
- Adults feel more confident using the plan.
- The team can slowly reduce service when gains last.
- The family can name the next lower level of support.

Signs this Service may NOT be the Best Fit

- Behavior is mild and improves with simple routines.
- The child needs 24-hour safety care right now.

Where May Services Occur?



HOME COMMUNITY

Parent participation is crucial. Children make the most progress when parents and caregivers practice the same service-specific skills with the team. Parent training and daily participation help skills carry over after the service reaches its logical conclusion.

How Often? · Services delivered to meet the member's need

For additional information: Email CBHS-Support@maine.gov or call (207) 287-2595