

Within the first 30 days of **3-Tier ABA treatment**, prior to implementing H2019 hours, the BHPN's clinical guideline is to focus on providing caregiver training with a cadence of no less than 1 time per week, for an average of 30-90 minutes per session.

### **Research:**

Behavioral parent training is an evidence-based practice (Johnson et al., 2019; Wong et al., 2015) leading to positive outcomes for children (Bearss et al., 2015; Postorino et al., 2017; Rogers et al., 2019; Scahill et al., 2016; Shiri et al., 2020) as well as their parents (Iadarola et al., 2018; Sofronoff et al., 2004; Sofronoff & Farbotko, 2002). Research has consistently demonstrated the effectiveness of parent training positive impacting areas such as communication, social skills, and challenging behaviors (Kasari et al., 2015; Nevill et al., 2018; Oono et al., 2013; Postorino et al., 2017). In addition to this, parent training is associated with significant improvements in parenting stress and parenting self-efficacy (Kuravackel et al., 2018; Postorino et al., 2017; Sofronoff et al., 2004; Sofronoff & Farbotko, 2002). Additionally, studies demonstrate the more significantly involved parents are in their child's treatment, the greater parental self-efficacy and that regardless of treatment intensity parents who are more heavily involved in treatment demonstrated greater competency in their ability to effectively parent their child with autism spectrum disorder (Kurzrok et al., 2021).

On average, effective parenting training occurs at a duration of 30-90 minutes per week at an average cadence of one time per week (Johnson et al., 2019). More intensive parent-mediated treatments (e.g., Parent-Led ABA) occur at an average duration of 30-90 minutes per session at an average cadence of 2-3 times per week (Johnson et al., 2019). For these reasons, parent training is an essential component of behavioral health treatment for individuals with autism spectrum disorder and other developmental disabilities. Therefore, at the onset of treatment significant caregiver involvement is mandatory to both support the parent and child for the above stated reasons.

### References

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