



Regional Goals

2023-2024



CAPTAIN CALIFORNIA AUTISM PROFESSIONAL
TRAINING AND INFORMATION NETWORK

CAPTAIN San Diego/Imperial County



REGIONAL Problem of Practice: What issues, challenge or need exists for individual with Autism that our Regional Network wants to try to address?

<i>Current Regional Issue, Challenge or Problems of Practice</i>	Individuals with autism across the lifespan experience higher rates of mental health challenges and difficulties with developing a sense of belonging. In addition autistic individuals have difficulty accessing mental health supports within schools and in the community.
<i>Probable Root Cause of the Problem (identify the top probable root cause)</i>	There is a general ableist mindset and lack of understanding of neurodiversity across school and community environments. People within the system of support (family members, school personnel, mental health providers) don't have the knowledge and skills within their scope of practice to provide mental health supports to individuals with autism.
<i>Change Ideas (list 1 change idea for the probable root cause)</i>	If people within the school and community environments have a better understanding of neurodiversity and ableism, autistic individuals may experience fewer mental health challenges and a greater sense of belonging. If people within the system of support have increased knowledge and skills to provide mental health supports (within their scope of practice), autistic individuals will experience greater access to services.
<i>Action plan to support change idea (may need additional space to action plan)</i>	Set our annual regional goals to target this problem of practice
<i>Expected Outcome if change idea is an improvement</i>	People within the school and community environments would have a better understanding of neurodiversity and ableism and as a result , autistic individuals may experience fewer mental health challenges and greater sense of belonging. People within the system of support would understand common mental health challenges associated with autism, understand that mental health supports are a spectrum, and have evidence-based tools and resources to provide those supports.
<i>Measurement of change</i>	Change in awareness/knowledge

Goal Area 1 (Collaboration): How can the cadre collaborate to address the region's specific need, issue or challenge that relates to autistic individuals and their families

<i>Current Level of Performance Data (0)</i>	Created a needs assessment and disseminated at the conference and at CAPTAIN summit. Established partnerships/sponsorships with Autism Society San Diego, PLNU, SDUSD, El Dorado Charter SELPA.
<i>Initial Objective (1)</i>	Disseminate needs assessment within our own organizations. Identify sponsors for the conference (e.g. venue, refreshments, etc.) Form interagency networks for needs assessment review and conference planning with intentional groupings and include neurodiverse individuals.
<i>Secondary Objective (2)</i>	Collaborate with organizations to provide CEUs at the conference (e.g. NCCSE for BACB, NISER for ASHA, etc.) Collaborate with professionals and neurodiverse individuals to identify speakers Identify organizations to participate in resource fair
<i>Expected level of Outcome (3)</i>	Collaborate with a variety of community partners and agencies to plan and host a conference on the topics of ableism, neurodiversity, and the use of EBPs to address mental health challenges in autistic individuals.
<i>Exceeds Expected Outcome (4)</i>	Develop ongoing partnerships with new organizations and community partners

Goal Area 2 (Dissemination): How can members of our regional network strategically disseminate to groups identified by the region as needing to know about autism and EBPs/CAPTAIN

<i>Current Level of Performance Data (0)</i>	A conference was held in September 2023 and sessions were recorded.
<i>Initial Objective (1)</i>	Disseminate recorded conference to reach more people. Develop a “call for presenters” form with clear description detailing our focus, timeframe, topic etc.
<i>Secondary Objective (2)</i>	Ensure that accessibility features are included in presentations. Offer CEUs to improve attendance Develop information on the conference and disseminate widely.
<i>Expected level of Outcome (3)</i>	Hold a conference on the topics of ableism, neurodiversity, and the use of EBPs to address mental health challenges in autistic individuals. Livestream the conference to reach a broader audience throughout the San Diego/Imperial County region
<i>Exceeds Expected Outcome (4)</i>	Provide interpretation services in Spanish, ASL and include support/stations/activities for individuals with autism (including children) at the conference.