

New Crossroads for Parents: Choosing Applied Behavior Analysis (ABA), Naturalistic Developmental Behavioral Interventions (NDBI), or Developmental Relationship Based Interventions (DRBI)

With the 2026 rollout of California SB 805, health insurers will be required to cover all evidence-based behavioral health treatments for children with developmental disorders. This session reviews current research and key distinctions among ABA, NDBI, and DRBI approaches, equipping providers with tools to help families evaluate options, values, and individual needs with confidence.

By the end of this session, participants will be able to:

1. **Differentiate** the core theoretical foundations and relational assumptions underlying Applied Behavior Analysis (ABA), Naturalistic Developmental Behavioral Interventions (NDBI), and Developmental Relationship-Based Interventions (DRBI).
2. **Summarize** current research findings and methodological distinctions relevant to early childhood developmental outcomes.
3. **Evaluate** how each intervention framework aligns with infant–family mental health, including caregiver–child relationship as well as the role of the family in the processes of regulation and child development.
4. **Support** parents in reflective, values-informed decision-making when navigating expanded treatment options under California Senate Bill 805.