



# ABACS, LLC

ABA CONSULTATION & SERVICES

## Insurance Coverage for Applied Behavior Analysis (ABA)

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# Applied Behavior Analysis

- ▶ ABA Consultation and Services (ABACS, LLC)
  - ▶ Clients, staff, funding sources
    - ▶ In network: Aetna, UBH (Harvard Pilgrim subcontracts with UBH), Tricare
    - ▶ Single case agreements: BCBS, Cigna, Beacon



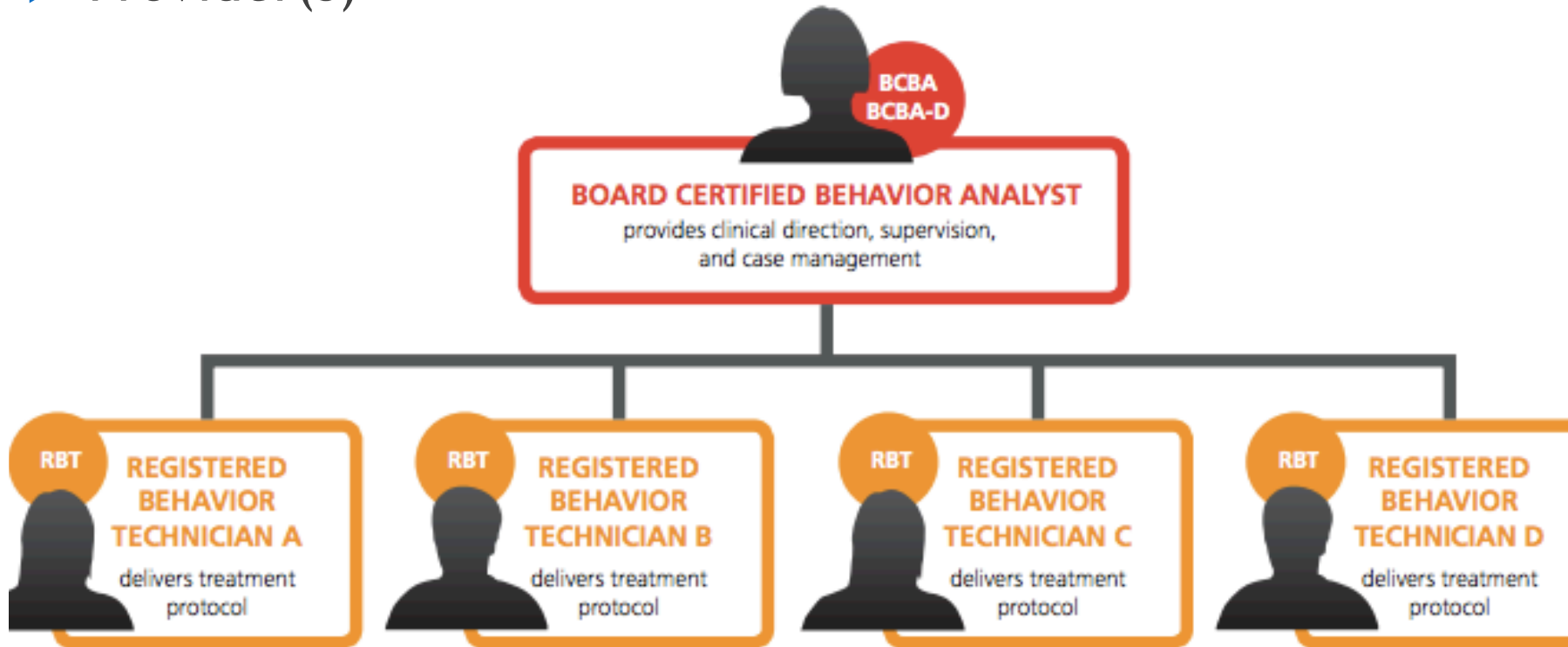
# Our presentation

- ▶ About ABA
  - ▶ Who?
  - ▶ What?
  - ▶ When/Where?
  - ▶ Why?
- ▶ Insurance Coverage for ABA



# Who

## ► Provider(s)





# Who

## ▶ Clients

### ▶ Parents/Caregivers

### ▶ Behaviors

### ▶ Population

- adaptive and self-care skills
- attending and social referencing
- cognitive functioning
- community participation
- coping and tolerance skills
- emotional development
- family relationships
- language and communication
- play and leisure skills
- pre-academic skills
- reduction of interfering or inappropriate behaviors
- safety skills
- self-advocacy and independence
- self-management
- social relationships
- vocational skills



# What

- ▶ Services
  - ▶ Functional assessment & functional analysis
  - ▶ DTT vs. NET
  - ▶ Social skills



# What

- ▶ Services
  - ▶ *Functional assessment & functional analysis*
  - ▶ DTT vs. NET
  - ▶ Social skills

# Video 1





# What

- ▶ Services
  - ▶ Functional assessment & functional analysis
  - ▶ *DTT vs. NET*
  - ▶ Social skills

# Video 2

# Video 3



# What

- ▶ Services
  - ▶ Functional assessment & functional analysis
  - ▶ DTT vs. NET
  - ▶ *Social skills*



# What

- ▶ EIBI vs. VB vs. Lovaas
- ▶ Focused ABA - 10-25+ hours per week
- ▶ Comprehensive ABA - 30-40 hours of 1:1 direct treatment to the client per week



## When/Where

- ▶ Supplementary/Complimentary to other services
- ▶ Setting
  - ▶ School, home, clinic, community



# Why

## ▶ Effectiveness of ABA

- ▶ ABA has been demonstrated to be an evidence-based and effective treatment for children with ASD (APBA, 2008; Larsson, 2012)
- ▶ Resources Available



# Insurance & ABA

## 1. Diagnosis

- ▶ 299 to 299.9

## 2. LOMN

- ▶ Provided by a...
  - ▶ Child psychiatrist
  - ▶ Developmental pediatrician
  - ▶ Pediatric neurologist
  - ▶ Psychologist with child/adolescent expertise

## 3. Assessment

- ▶ Comprehensive = 20+ hours or longer; Focused treatment program may be less time
- ▶ Focused = Less time (8-12 hours)





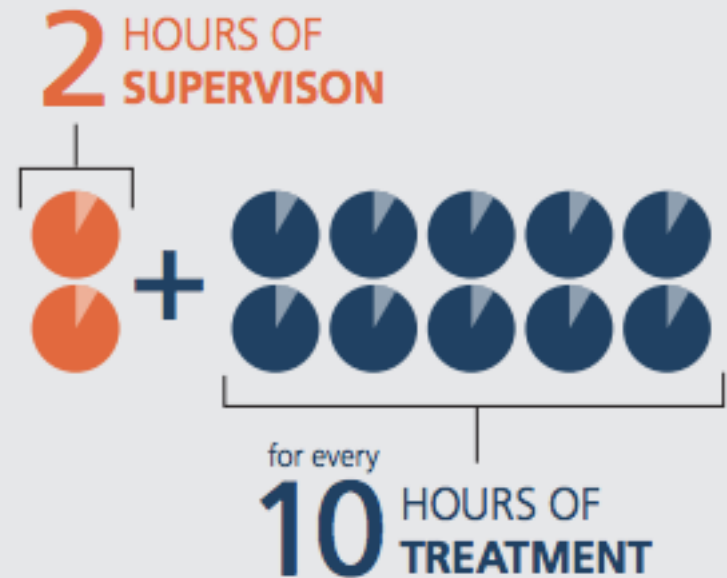
# Insurance & ABA

4. Report & Recommendation for services
  - ▶ What is recommended
  - ▶ Hours & ratio
5. Authorization - typically 6 months
6. Service delivery
  - ▶ Usually 6-12 hours/week
  - ▶ Up to 40/week



## FAQs

- ▶ School versus Insurance?
- ▶ What about early intervention services?
- ▶ What are the current limitations of insurance coverage?
  - ▶ Self-funded Plans
  - ▶ Mass Health
  - ▶ Diagnosis
  - ▶ Number of hours authorized or ratio of supervision
  - ▶ Restriction on the location of services
  - ▶ High out-of-pocket expenses





# References

- ▶ [Autism Treatment Reviews for Physicians](#)
- ▶ [BACB Practice Guidelines for Healthcare Funders & Managers](#)
- ▶ [APBA](#)
- ▶ [Larsson, 2012](#)
- ▶ [National Standards Project](#)