



# Steps to Care: Applied Behavior Analysis A Guide for Families and Caregivers

## Steps to Getting Care

### STEP 1: Medical Diagnosis

Before a child can get Applied Behavior Analysis (ABA) treatment, they must have an Autism Spectrum Disorder or Stereotypic Movement Disorder diagnosis. The diagnosis **must** come from a doctor or care provider who is an expert in making this kind of diagnosis. Speak with your child's pediatrician or call your physical health plan to find a doctor who can evaluate your child.

At Health Share, you have access to the following physical health plans:

**Care Oregon:** 503-416-4100 or 1-800-224-4840

**Kaiser Permanente NW:** 503-813-2000 or 1-800-813-2000

**Providence Health and Services:** 503-574-8200 or 1-800-898-8174

**Tuality Health Alliance:** 503-844-8104 or 1-866-575-8104

Your physical health plan is listed on your Health Share ID Card. If it is not listed, please call Health Share Customer Service at 503-416-8090 or toll free at 1-888-519-3845.

Autism Spectrum Disorder is a developmental disability where an individual has challenges with social skills and restricted or repetitive behavior. It is called a "spectrum" disorder because of the variation in the strengths and deficits of individuals with Autism.

There are several treatment options, including occupational therapy, physical therapy, speech and language therapy, and ABA. Most families don't do all of these treatments at once, but instead work with their doctor to make a plan that will work for them. For more information on Autism Spectrum Disorder and treatment options, including ABA, the following websites may be helpful:

[Autism Speaks](http://www.autismspeaks.org) (www.autismspeaks.org)

[Autism Society of Oregon](http://www.autismsocietyoregon.org) (www.autismsocietyoregon.org)

[Autism Empowerment](http://www.autismempowerment.org) (www.autismempowerment.org)

[Swindells Resource Center](http://www.oregon.providence.org/our-services/s/swindells-resource-center/) (www.oregon.providence.org/our-services/s/swindells-resource-center/)

## **STEP 2: Referral**

After your child is diagnosed with an Autism Spectrum Disorder or Stereotypic Movement Disorder, the provider who made the diagnosis will make a referral to your mental health plan for them to approve an ABA assessment. Your provider will need to send information about your child to your mental health plan.

At Health Share, your mental health plan is based on the county you live in:

**Clackamas County**

**Multnomah County**

**Washington County**

Your mental health plan is listed on your Health Share ID Card. If it is not listed, please call Health Share Customer Service at 503-416-8090 or toll free at 1-888-519-3845.

## **STEP 3: Prior Authorization**

Your mental health plan will look at the information sent by your child's doctor or care provider.

- If your mental health plan agrees with your child's doctor that an ABA assessment is needed, they will send information to an ABA provider who works with them. The ABA provider will contact you to schedule an appointment.
- If your mental health plan does not agree with your child's doctor that an ABA assessment is needed, they will send you a letter saying why and what you can do about it. Your mental health plan will also let your doctor know. Your mental health plan and/or doctor will work with you to come up with another plan.

## **STEP 4: ABA Assessment**

Your ABA provider will meet with you and your child for an assessment.

## **STEP 5: Prior Authorization**

After your child has an assessment, the ABA provider will send your mental health plan information about your child, including their plan for services.

- If approved, your mental health plan will pay for ABA services for up to six months at a time.
- If ABA treatment is not approved, your mental health plan will send you a letter saying why, and what you can do about it. They will also tell your doctor and ABA provider about their decision. Your mental health plan will still pay for the ABA assessment. Your mental health plan and/or doctor will work with you to come up with another plan.

## **STEP 6: ABA Treatment**

When the ABA treatment starts, it will be paid for up to six months at a time.

## Steps for Continued Care

### **STEP 1: Referral**

If your ABA provider thinks your child needs ABA for more time, they will send information to your mental health plan to show them why.

### **STEP 2: Prior Authorization**

Your mental health plan will look at the information sent by your ABA provider.

- If approved, your mental health plan will pay for ABA services for up to six months at a time. Your mental health plan will keep paying for ABA for up to six months at a time as long as your provider sends information showing why your child needs more ABA treatment.
- If ABA treatment is not approved, your mental health plan will send you a letter saying why, and what you can do about it. They will also let your doctor and ABA provider know. Your mental health plan will still pay for the ABA assessment and the treatment which has already happened. Your mental health plan and/or doctor will work with you to come up with another plan.

**If you have questions about ABA treatment, please call your mental health plan:**

**Clackamas County:** 503-742-5335

**Multnomah County:** 503-988-5887

**Washington County:** 503-291-1155