

The CT BHP and Your Medicaid-Covered Autism Spectrum Disorder (ASD) Services

The Centers for Disease Control and Prevention estimates that one in 68 children today are affected by Autism Spectrum Disorders (ASD), representing a 119 percent increase since 2000.

As the administrator for the Connecticut Behavioral Health Partnership (CT BHP), Beacon Health Options (Beacon) began managing ASD benefits for Medicaid beneficiaries in January 2015. The goal of the Autism Spectrum Disorder State Plan is to connect HUSKY A, C, and D members younger than age 21 and living with ASD, to appropriate services and supports within their communities.

What makes our program unique is the support of Beacon's Peer Specialists and Care Coordinators who help members and their families to navigate and access available services. All Beacon ASD peers and most care coordinators have lived experience with ASD. They offer the necessary tools and services to ensure families are connected to effective resources in their communities by:

- Helping members and their families understand what benefits are available to them through their Medicaid coverage
- Assessing the needs of the member and their family/caregiver
- Helping families/caregivers navigate the health care system
- Coordinating nontraditional services



**Nearly 1,500
ASD members
receive direct
service**



**300+ are
working with
Beacon to
become service
eligible**

**We continue
to grow our
CT ASD
NETWORK**

**Increasing
capacity
3X this
past year**

**With over 180
participating
ASD providers***

What Do I Need to Get Services Started?

- Must be active HUSKY A, C, or D member and younger than age 21
- An Autism Diagnostic Evaluation (ADE) demonstrating the assessment tools used and resulting in a diagnosis of an Autism Spectrum Disorder (ADOS, ADI-R, CARS, GARS) completed by a licensed clinician, MD, APRN, or licensed psychologist
- If the ADE was completed more than a year ago, a supporting letter by a current treating provider supporting the ASD diagnosis
- Releases of Information for providers within our Medicaid network, past and current providers, as well as for any related service

* For a list of ASD Medicaid enrolled providers, go to:
www.ctbhp.com/asd/ASD-Provider-Contact-List.pdf

ASD SERVICES FOR HUSKY MEDICAID

- **Diagnostic evaluation:**
For those members who are not yet diagnosed but suspected to meet criteria for an Autism Spectrum Disorder diagnosis.
- **Behavioral assessment:**
A functional behavior assessment (FBA) is completed to determine the specific behavioral needs of the member, (eight to 10 hours to complete).
- **Treatment plan development:**
A Behavior Intervention Plan (BIP) is developed from the FBA and will include a plan to decrease maladaptive behaviors and increase replacement behaviors with observable and measurable goals and objectives. This guides the direct intervention of qualified behavior technicians. This plan also includes parent training goals and a crisis plan.
- **Direct intervention:**
In-home and community-based services provided by behavior technician(s) supervised by a board certified behavior analyst or licensed clinician (number of hours is based on medical necessity and the recommendation within the treatment plan).
- **Group treatment services:**
These include social skills groups and parent groups for members and their families.

BEACON FAMILY SUPPORT SERVICES

In addition to managing ASD services for HUSKY Medicaid members younger than 21 living with ASD, Beacon can provide Family Support Services to the families of any Medicaid member with an ASD diagnosis, regardless of age.

This program offers families and caregivers the tools, information, and resources needed to care for a person with ASD. This specialized program is not a medical service; rather it provides support, guidance, and advocacy for caregivers of those with autism.

Our family-centered approach features dedicated ASD peers and care coordinators who provide members with information and referrals to make life with ASD less stressful and more manageable. Autism specialists provide coaching support and teach members about the ASD diagnosis, available treatments, and coping strategies. Most importantly, they help caregivers become stronger advocates on the person's behalf.

The Family Support Services Program also connects families and caregivers to:

- Community programs and local events
- Support groups
- Advocacy groups
- Online educational information
- Available treatment resources and therapies (subject to benefit availability)

What to Expect from In-home Direct Intervention

- Once an autism diagnostic evaluation, supporting letter (if needed), and releases are signed, the Beacon ASD team will begin working on connecting your child with a provider in your community. This may take several months.
- Once a provider is identified, they will schedule a time to complete a Functional Behavior Assessment (FBA). This is the first step in developing a Behavior Intervention Plan (BIP). There may be a lapse of time of several weeks between this FBA being completed and staff starting to work in the home. During this time, the provider is developing the BIP, identifying, and training staff.
- Behavior Technician(s) will provide a set number of hours per week of direct services determined through the FBA; 10 percent of this time will have additional support by the Board Certified Behavior Analyst or licensed clinician.
- A caregiver (for example, a parent, guardian, family member, babysitter, child care worker, etc.) shall be present in all treatment settings at all times.
- The designated caregiver shall actively participate in treatment sessions in a manner specified in the behavioral Plan of Care in order to promote a transfer of skills and at least 50 percent of the direct intervention time.
- Treatment can occur in any number of settings, including home and the community but cannot occur in a school/academic setting.
- In the event that you or your child have a primary insurance plan, Medicaid/HUSKY is the secondary payer.

A LEGACY OF RESULTS

Beacon has a singular focus on behavioral health. We deliver innovative, flexible solutions that enable people to improve their health and wellness, no matter how complicated their conditions. With more than 30 years of behavioral health experience, we are the industry leader, offering customized solutions to meet your population's needs. Our specialized Autism Spectrum Disorder program provides access to expert treatment and therapies for those with ASD, as well as coaching support for families/caregivers.

Resources: www.behavior.org/help.php | www.ct-asrc.org | www.autismspeaks.org