



Autism and ABA Therapy

Tidewater Military Health System - Fiscal Year 2016



Comprehensive Autism Care Demonstration Program (Autism Care Demo)

Policy Guidance

- * TRICARE Operations Manual 6010.56-M, February 1, 2008; Change-128, September 19, 2014; Chapter 18, Section 18, *Department of Defense (DoD) Comprehensive Autism Care Demonstration*.

Applied Behavior Analysis (ABA) Therapy

- * ABA therapy is a benefit for all TRICARE-eligible beneficiaries with an Autism Spectrum Disorder (ASD) diagnosis.
- * Features of the Autism Care Demo include:
 - * No annual or lifetime cost cap, and no age or duration limit, for medically-necessary ABA.
 - * Revised testing requirements to allow more flexibility.
 - * Direct ABA is available within or outside the U.S.; reinforcement ABA is only available in the U.S.

ASD Diagnosis

- * To qualify for ABA, a patient must have an ASD diagnosis from one of the following TRICARE-authorized providers:
 - * Physician primary care manager (P-PCM) in family practice, internal medicine or pediatrics.
 - * Specialized ASD provider for ABA, including a physician who is board-certified or board-eligible in developmental-behavioral pediatrics, child neurology, or child or adult psychiatry; or a doctoral-level licensed clinical psychologist.
- * Active duty service members (ADSMs) with family members with ASD must be enrolled in their service-specific Exceptional Family Member Program (EFMP). Active duty family members (ADFMs) with ASD must be registered in the Extended Care Health Option (ECHO) Program.

ABA Service Providers

- * Direct ABA service providers:
 - * Board Certified Behavior Analyst (BCBA) or Behavior Analyst-Doctorate (BCBA-D), with a Master's degree or above in a qualifying field, and:
 - * A current, unrestricted state license or certificate; or current certification from the Behavior Analyst Certification Board (BACB) where state license or certification is not available.
 - * A Participation Agreement with the TRICARE Contractor.
- * Tiered-delivery (reinforcement) ABA service providers:
 - * Board Certified Assistant Behavior Analyst (BCaBA), with a Bachelor's degree or above in a qualifying field, and:
 - * A current, unrestricted state license or certificate; or current BACB-certification where state license or certification is not available.
 - * At least one hour of direct supervision from a BCBA or BCBA-D each month.
 - * Registered Behavior Technician (RBT; ABA Tutor) who completed required training provided by a BCBA, BCBA-D, or supervised BCaBA trainer according to BACB guidelines, and:
 - * At least one hour of direct supervision from a BCBA or BCBA-D each month.
- * Autism Demonstration Corporate Services Providers (ACSP):
 - * Autism centers and autism clinics (institutional providers).
 - * Individual BCABs/BCAB-Ds with contractual agreements with individual BCaBAs/RBTs under their supervision, and a Participation Agreement with the TRICARE Contractor.

Finding an ABA Service Provider in Tidewater

- * Call Health Net at 1-877-874-2273, or go to www.hnfs.com
 - * Under "TRICARE North Region," click on "I'm a Beneficiary"
 - * Under "Find a...," click on "Doctor or Health Care Provider"
 - * Click on "Search Network Provider Directory"
 - * Complete the "Your Location Details" section
 - * Under "Provider Details," click on "Type," and select "Behavior Specialists"
 - * Under "Specialty," select one of the following: ABA Autism Corporate Service Provider (ACSP), ABA Therapist, or BCBA Applied Behavior Analyst
- * Make sure the necessary referral and authorization is in place, and contact the desired provider to ensure they are accepting new patients. If a network ABA provider is identified before the referral is submitted, include the ABA provider's contact information in the referral request.

Referrals and Authorizations

- * All ABA services require a referral from a P-PCM or specialized ASD provider, and authorization from Health Net (HNFS).
- * The referral must indicate the ASD diagnosis and the severity level of autism. An individualized education program (IEP) must also be submitted to HNFS.
 - * The IEP may also be submitted by the child's parent or school, but the preferred method is to have it submitted by the referring provider with the referral request. The HNFS fax number is 1-888-299-4181.
- * After the referral is reviewed, HNFS will send an authorization letter to the patient and referring provider, which will include a list of ABA providers near where the patient lives.
 - * If an appointment is unable to be scheduled with a listed ABA provider within 28 days, call the HNFS dedicated ABA team at 1-877-874-2273 (option 1, then option 5) for assistance and a list of other local ABA providers.
 - * If a network ABA provider is identified before the referral is submitted, include the ABA provider's contact information in the referral request.
- * Authorization is generally issued for six months at a time.
 - * Before the authorization expires, the BCBA, BCBA-D, or ACSP must request re-authorization from HNFS. This may be done up to 60 days, but not less than 30 days, before the current authorization expires.
 - * Every 2 years, HNFS will conduct a clinical necessity review before authorizing continuing ABA.
 - * If a sponsor retires, current referrals and authorizations transition to the new retiree status.

ABA Assessment

- * The ABA assessment must include:
 - * Patient demographics, background, history, and degree of impairment in social interaction, communication, and behavior.
 - * Patient's ability to actively participate in ABA.
 - * ABA objectives and goals for the beneficiary (and parents or caregivers), and any revisions to the objectives and goals.
 - * Weekly hours and projected duration of ABA.
 - * Recommendation for continuation of ABA or discharge plan for when target goals are reached.

ABA Discharge Criteria

- * May be based on losing TRICARE eligibility, or a determination by a BCBA/BCBA-D of one of the following:
 - * ABA goals have been met and are no longer needed.
 - * There is no measureable progress, or ABA gains are not generalizable or durable over time.
 - * The patient is no longer able to participate in ABA because of medical, family, or other problems.

McDonald Army Health Center
 Joint Base Langley-Eustis
 Information: (757) 314-7500

Naval Medical Center Portsmouth
 Naval Support Activity
 Information: (757) 953-5000

USAF Hospital Langley
 Joint Base Langley-Eustis
 Information: (757) 225-7630



Beneficiary Costs for Authorized Applied Behavior Analysis (ABA)

Beneficiary Status and TRICARE Program	Direct or Reinforcement ABA Services Costs <i>(counts towards the catastrophic cap*)</i>
ADFM Prime	\$0 co-pay
ADFM Extra/Standard, TRS	15% (Extra) or 20% (Standard) cost-share
Retiree FM Prime	\$12 co-pay per visit
Retiree FM Extra/Standard, TRR	20% (Extra) or 25% (Standard) cost-share

*Annual (fiscal year) catastrophic cap: Active Duty/TRS Family - \$1,000; Retiree/TRR Family - \$3,000

Autism Information and Assistance

- * Information Resources for Autism and Applied Behavior Analysis
 - * American Military Families Autism Support - www.amfas.org
 - * Autism Care Demo - www.tricare.mil/plans/specialprograms/acd.aspx
 - * Autism Society, Tidewater Virginia - www.tidewaterasa.org
 - * Autism Speaks - www.autismspeaks.org
 - * Endependence Center, Norfolk - www.endependence.org
 - * HNFS Dedicated ABA Support Team - 1-877-874-2273, option1, option 5
 - * Military One Source - www.militaryonesource.mil
 - * NMCP Neurodevelopmental Pediatrics - 953-5652; www.med.navy.mil/sites/NMCP2/PatientServices/Pediatrics/NeuroDevPeds/

TRICARE Information and Assistance

- * DEERS (TRICARE eligibility) - 1-800-538-9552; www.tricare.mil/deers or <http://milconnect.dmdc.osd.mil>
- * Hampton Roads Appointment Center (Prime appointments at Tidewater MTFs) - 1-866-645-4584
- * Medicare and Social Security: 1-800-772-1213; www.medicare.gov or www.ssa.gov
- * TRICARE - for complete TRICARE program and benefit information, visit: www.tricare.mil
- * TRICARE Nurse Advice Line - 24 hours a day, 7 days a week - 1-800-874-2273 (1-800-TRICARE)
- * TRICARE North Region - www.tricare.mil/tronorth
 - * Health Net Federal Services - 1-877-874-2273; www.hnfs.com
- * TRICARE South Region - www.tricare.mil/trosouth
 - * Humana Military - 1-800-444-5445; www.humana-military.com
- * TRICARE West Region - www.tricare.mil/trowest
 - * United Healthcare Military and Veterans - 1-877-988-9378; www.uhcmilitarywest.com
- * TRICARE Overseas - International SOS; 1-888-777-8343

TRICARE Pharmacy Program Information and Assistance

- * Accredo (nationwide specialty medication mail order pharmacy) - 1-800-803-2523
- * Express Scripts - Retail Network and Home Delivery
 - * 1-877-363-1303; TDD/TTY 1-877-540-6261; www.express-scripts.com/TRICARE
 - * Specialty medication home delivery - 1-888-455-4342
- * MCAHC Main Pharmacy - 314-7900 (Option 3); Refills - 314-7965; Toll Free 1-866-878-9321
- * NMCP Main Pharmacy - 953-0258; Refills - 953-6337; Toll Free 1-866-285-1008
- * NMCP Pharmacy Formulary - www.med.navy.mil/sites/NMCP2/PatientsServices/Pharmacy
- * TRICARE Pharmacy Formulary - www.express-scripts.com/static/formularysearch/
- * TRICARE Pharmacy Program - www.tricare.mil/mybenefit/home/Prescriptions/PharmacyProgram
- * USAF Hospital Langley Main Pharmacy - 764-6497; Refills - 764-3784/6419



Tidewater Health Benefit Advisors

Naval Medical Center Portsmouth
(757) 953-2610/2611

Branch Health Clinic (BHC) Dam Neck
953-9322

BHC Norfolk (Sewell's Point)
953-8708

BHC Little Creek (Boone)
953-8182

BHC NAS Oceana
953-3933 (option 7)

BHC NWS Yorktown
953-8441

TRICARE Prime Clinic (TPC) Chesapeake
953-6382

TPC Virginia Beach
953-6710/6711

McDonald Army Health Center
(757) 314-7748/7766/7777

USAF Hospital Langley
225-5111

USCG Training Center Yorktown
(757) 856-2230/2345