

Your Medicaid-Covered Autism Spectrum Disorder (ASD) Services

Access to Expert ASD Services

If you are the family member of a youth with ASD, you know finding effective services and support can seem overwhelming. The goal of the Medicaid ASD State Plan is to connect HUSKY A, C, and D members younger than age 21 and living with ASD, to appropriate services within their communities. As the administrator for the Connecticut Behavioral Health Partnership (CTBHP), Carelon Behavioral Health has managed this state plan since January 2015. We have also helped to grow the number of ASD State Plan providers by 300%.¹

The Value of Carelon Behavioral Health

You can expect to receive high-quality care from your ASD network provider. But what makes this program unique is the additional support of our Peer Specialists and Care Coordinators. All Carelon Behavioral Health ASD peers and most care coordinators have lived experience with ASD. They provide the necessary tools and services to ensure you are connected to effective resources in your community by:

- Helping members and their families understand the ASD Medicaid benefits available to them
- Helping assess the needs of the member and their family/caregiver
- Helping families/caregivers navigate the health care system
- Coordinating nontraditional services

How Do I Get ASD Services Started?

Nearly 2000 Medicaid members in the state receive ASD services. In order to receive services, the individual must be an active HUSKY A, C, or D member younger than age 21 and have:

- Completed 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) administered by a licensed clinician, MD, APRN, or licensed psychologist;
- A supporting letter by a current treating provider supporting the ASD diagnosis if the ADE was completed more than a year ago; and
- Releases of Information for providers within the Medicaid provider network, past and current providers, as well as for any related services.

What ASD Services Are Covered by HUSKY Medicaid?

- **Diagnostic Evaluation:** For those members who are undiagnosed but suspected to meet criteria for an autism spectrum diagnosis.
- **Behavioral Assessment:** A functional behavior assessment (FBA) to determine the specific behavioral needs of the member (8-10 hours to complete).
- **Treatment Plan:** Your provider's development of a Behavior Intervention Plan (BIP) based on the FBA will focus on replacing

Autism By the Numbers

4000+
kids in services

1 / 31
children in the United States are affected

4.5x
more common among boys (1 in 42) than among girls (1 in 189)

The Center for Disease Control and Prevention estimates this proportion of youth are affected by Autism Spectrum Disorders (ASD), representing a 119% increase since 2000.

Resources

autismspeaks.org

<https://behavior.org/help-centers/autism/>

ct-asrc.org

For more information on Medicaid/HUSKY Autism Spectrum Disorders (ASD) Services, call the Connecticut Behavioral Health Partnership at 877-552-8247 (for hearing impaired individuals, dial 711 Relay Services) or visit ctbhp.com, select 'Services' then, 'Autism Spectrum Disorder'.

challenging behaviors with more productive ones, including measurable goals and objectives. This guides the direct intervention by qualified behavior technicians. The plan also includes parent training goals and a crisis plan.

- **Direct Intervention:** In-home and community-based services by behavior technician(s) supervised by a board-certified behavior analyst or licensed clinician. Medicaid determines covered hours based on medical necessity and the treatment plan.
- **Group Treatment Services:** Include social skills and parenting groups for members and their families.

What to Expect from Direct In-Home Services

- Once Carelon Behavioral Health receives an Autism Diagnostic Evaluation, supporting letter (if needed), and releases, our ASD team will begin working to connect your child with a provider in the community. This may take several months. (Your peer specialist or care coordinator can provide the names of providers who have been referred so that you can also follow up with them directly.)
- Once we identify the right provider, they will schedule a time to complete a Functional Behavior Assessment (FBA). This is the first step in

developing a Behavior Intervention Plan (BIP). It may take several weeks before the FBA and BIP are completed, and staff begin working in your home.

- Behavior technician(s) will provide direct services for a set number of hours per week as determined in the FBA; they will have additional support by the Board-Certified Behavior Analyst or licensed clinician at least ten percent of this time.
- A caregiver (for example, a parent, guardian, family member, babysitter, childcare worker, over the age of 18, etc.) will be present in all treatment settings at all times.
- The designated caregiver will actively participate in treatment sessions in a manner specified in the behavioral Plan of Care at least fifty percent of the time in order to promote skills transfer.
- 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.

Carelon Behavioral Health Family Support Services

In addition, Carelon Behavioral Health can provide Peer Support Services to the families of any Medicaid member with ASD, regardless of age or benefit package. Our family-centered approach features dedicated ASD peers and care coordinators who provide the tools, information, and resources to make living with ASD more manageable. Autism Specialists teach members about their ASD diagnosis, and coach families in available treatments and coping strategies.

Most importantly, they help parents /caregivers become stronger advocates on the individual's behalf.

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

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

1. For a list of ASD Medicaid enrolled providers, go to ctbhp.com, select 'Services' then, 'Autism Spectrum Disorder', and scroll to 'ASD Provider Locator Map'.

About CTBHP

The CTBHP is a behavioral health service system developed to improve the quality of, and access to, services for the individuals and families enrolled in the state's HUSKY Health Plan. It was formed by the Connecticut Department of Children and Families (DCF), the Department of Mental Health and Addiction Services (DMHAS), and the Department of Social Services (DSS).

About Carelon Behavioral Health

Carelon Behavioral Health is the country's leading behavioral health management company. Serving 40 million people, we deliver tailored, holistic services to help people live their lives to their fullest potential.