

# CHEAT SHEET FOR BEHAVIORAL HEALTH TREATMENT (BHT)

## REFERRAL STEPS AND OPTIONS

Scenario A	Scenario B	Scenario C	Scenario D
<input type="checkbox"/> Member or member's family suspects member has Autism Spectrum Disorder  <input type="checkbox"/> You suspect member has Autism Spectrum Disorder	<input type="checkbox"/> Member has never had a psychological assessment (or it is over 2 years old) & there are behavioral health concerns  <input type="checkbox"/> Member is seeking ABA treatment but has never had a recommendation from a licensed psychologist or recommendation is over 2 years old  <input type="checkbox"/> You are unsure of what specific treatment member may need	<input type="checkbox"/> You deem BHT to be medically necessary, but are not necessary recommending ABA (either due to lack of supporting documentation or ABA is not clinically indicated) - check "other" on Treatment Authorization Request form	<input type="checkbox"/> You have conducted your own assessment, are familiar with ABA, deem that the member can benefit from ABA treatment and have filled out the attached form with the member's family  <input type="checkbox"/> A licensed psychologist had diagnosed member with Autism Spectrum Disorder, you deem that the member can benefit from ABA treatment specifically, and have filled out the attached form with the member's parent or primary caregiver.
NEXT STEP:	NEXT STEP:	NEXT STEP:	NEXT STEP:
Referral for CDE	Referral for Psych Assessment	Referral for Mental Health	Referral for ABA
<p><b>A comprehensive diagnostic evaluation for Autism Spectrum Disorder</b> is administered by a licensed psychologist.</p> <p>The evaluation may include a parent/care-giver interview and testing in the following areas: cognition, development, language, and social interaction.</p> <p>It will either yield a diagnosis of autism or not and will provide recommendations as needed.</p>	<p><b>Psychological assessment</b> is a thorough assessment of an individual administered by a licensed psychologist.</p> <p>The assessment may include norm-referenced psychological tests, interviews with significant others, observations &amp; informal assessments.</p> <p>It may yield a diagnosis and recommendations for treatment, if applicable.</p>	<p><b>Mental Health</b> services includes all evidence-based services for treatment of mental and/or substance use disorders that may include depression, post-traumatic stress, anxiety disorders, phobias, ADHD, mood disorders and more.</p> <p>Common other behavioral health treatments include, but are not limited to: individual and group counseling, medication, and other supportive services.</p>	<p><b>Applied Behavior Analysis (ABA) treatment</b> is a <i>specific type of behavioral health treatment</i> that addresses socially significant behaviors (e.g. maladaptive behaviors, social interactions, communication, and self-help skills) through the application of behavioral strategies. Treatment typically occurs in the setting these behaviors are desired to occur (e.g. homes, schools, community, etc). ABA was first implemented with individuals with Autism and intellectual disability and empirical research has mostly been concentrated on efficacy with these populations. The first step in starting ABA services is having a BCBA conduct an FBA.</p>