



School-based ABA Treatment: A Win-Win Approach to Inclusive Behavioral Health

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Working hard for something
we **don't care about** is called **stress**.

Working hard for something
we **love** is called **passion**.



Simon Sinek





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BehaviorWorks

We hope to provide you with:

- Benefits of inclusive ABA
- Barriers to inclusive ABA
- Specific roles and responsibilities
- Shared outcomes

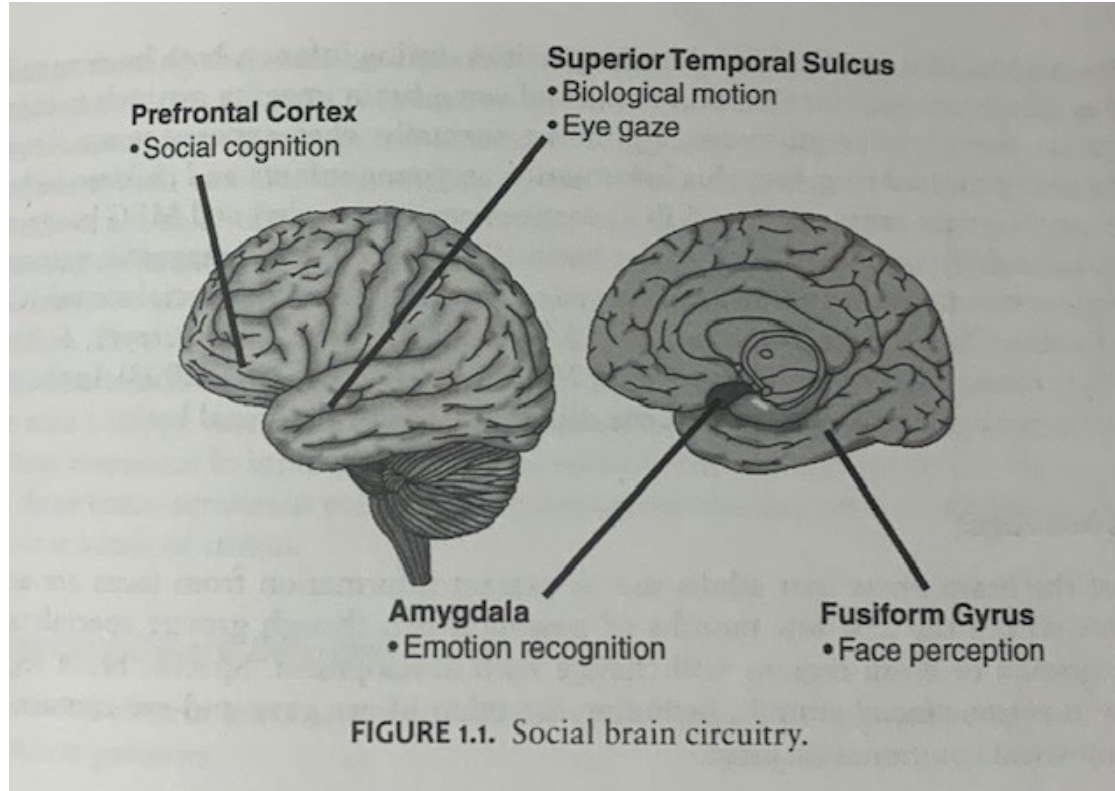


Autism Defined:

The word “autism” is composed of two parts,
“aut” and “ism.”

The prefix of the word is “aut,” which comes from the Greek word “autós,” meaning “**self**.” The suffix “ism,” also from Greek, implies a **state of being** or condition

Autism Neurology - Dysregulation of the Social Brain



- Prefrontal cortex
- Superior Temporal Sulcus
- Amygdala
- Fusiform Gyrus

Dysregulation of the Social Brain circuitry impacts children with ASD's ability to connect to the world

Diagnostic Characteristics of Autism

1. Persistent deficits in social communication and social interaction across multiple contexts
2. Restricted, repetitive patterns of behavior, interests, or activities
3. Symptoms must be present in the early development
4. Symptoms cause clinically significant impairment in social, occupational, or other important areas of current functioning
5. These disturbances are not better explained by intellectual disability or global developmental delay

The Foundation of Applied Behavior Analysis

- **1897** Ivan Pavlov - Conditioned Reflex
- **1898** Edward Thorndike - Law of Effect
- **1913** John B. Watson - “Psychology as the Behaviorist Views It”
- **1937** Burrhus Frederic (B.F.) Skinner - Operant Conditioning
- **1959** Jack Michael “The psychiatric nurse as a behavioral engineer”
- **1968** The Journal of Applied Behavior Analysis was begun
- **1973** Ivar Lovaas and Robert Koegel - “Some generalization and follow-up measures on autistic children in behavior therapy”
- **1977** Albert Bandura - Social learning theory considers how both *environmental and cognitive factors interact to influence human learning and behavior*. In social learning theory, Albert Bandura agrees with the behaviorist learning theories of classical conditioning and operant conditioning
- **2019** - ABA was granted category 1 billing codes by the American Medical Association

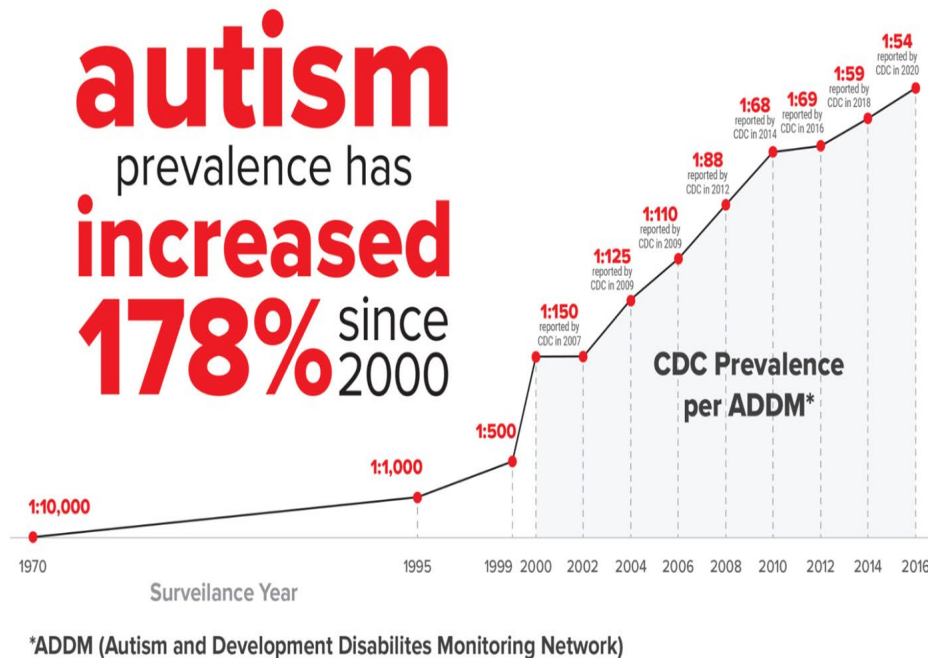
Applied Behavior Analysis is:

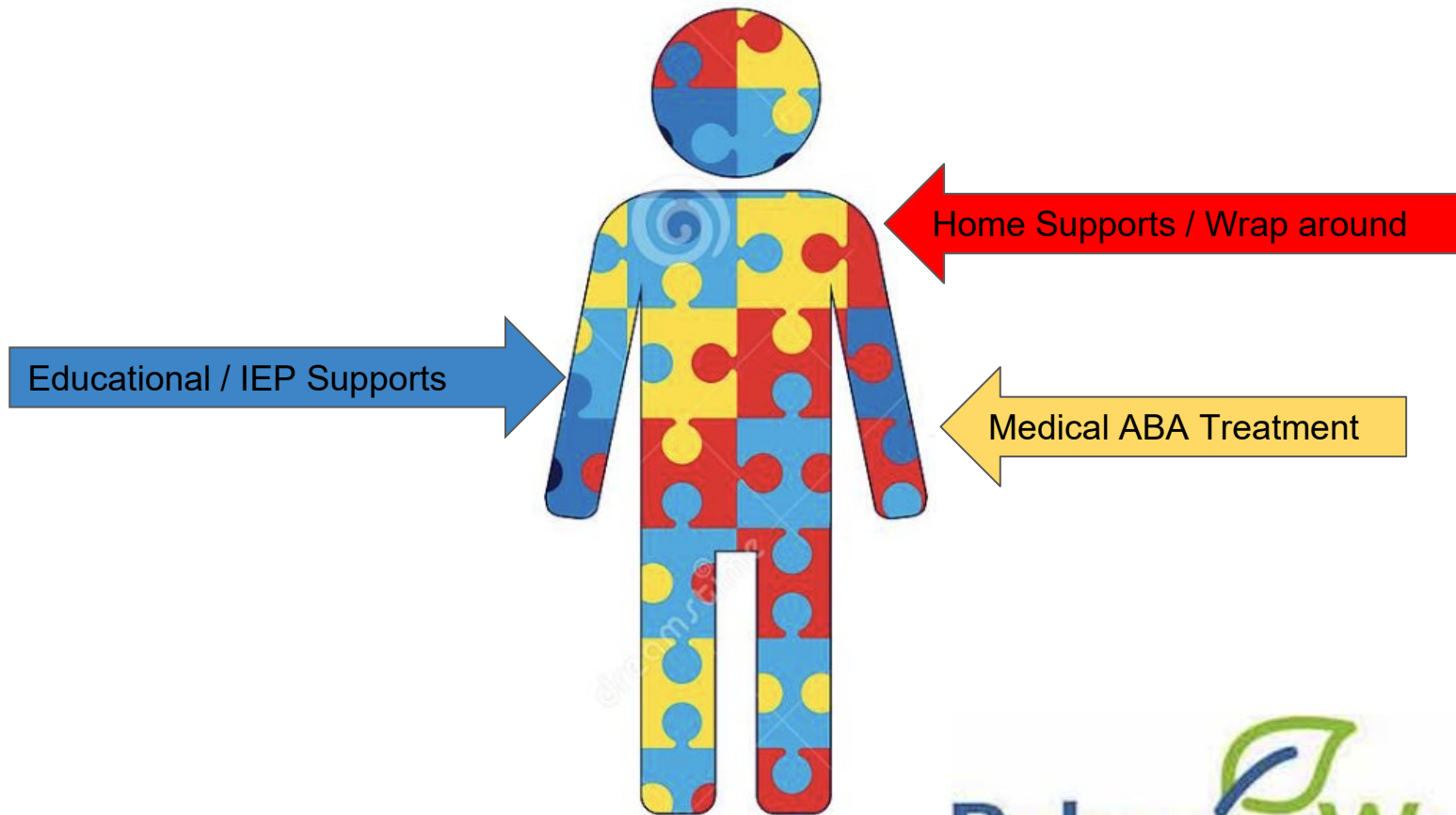
- Empirical application of operant and respondent conditioning
- Seeks to improve socially significant behaviors
- Heavily dependent on single subject research design
- Most often delivered in 1:1 intensive intervention
- Methodologies of ABA:
 - Functional Behavior Assessment & Analysis
 - Task Analysis
 - Prompting
 - Fading
 - Thinning reinforcement
 - Generalization
 - Shaping



Why has ABA treatment become so prevalent?

Across the CDC surveillance sites, an average of 1 in every 44 (2.3%) 8-year-old children were estimated to have ASD in 2018.





도와주세요
Aidata Pagalba
Hilfe 幫 Ayuda Hjælp
助 Segítség Pomagati
Помощь Pab Cabhair
Palīdzēt Yardım ʕɔɔɔ Aider
Ajuda Hjelp Help! Помоћ
幫助 Βοήθεια Apua
امنهار
Helpen ヘルプ Pomóc
Taimako օգնու
Aiuto

Benefits of Inclusive ABA: For the Kids

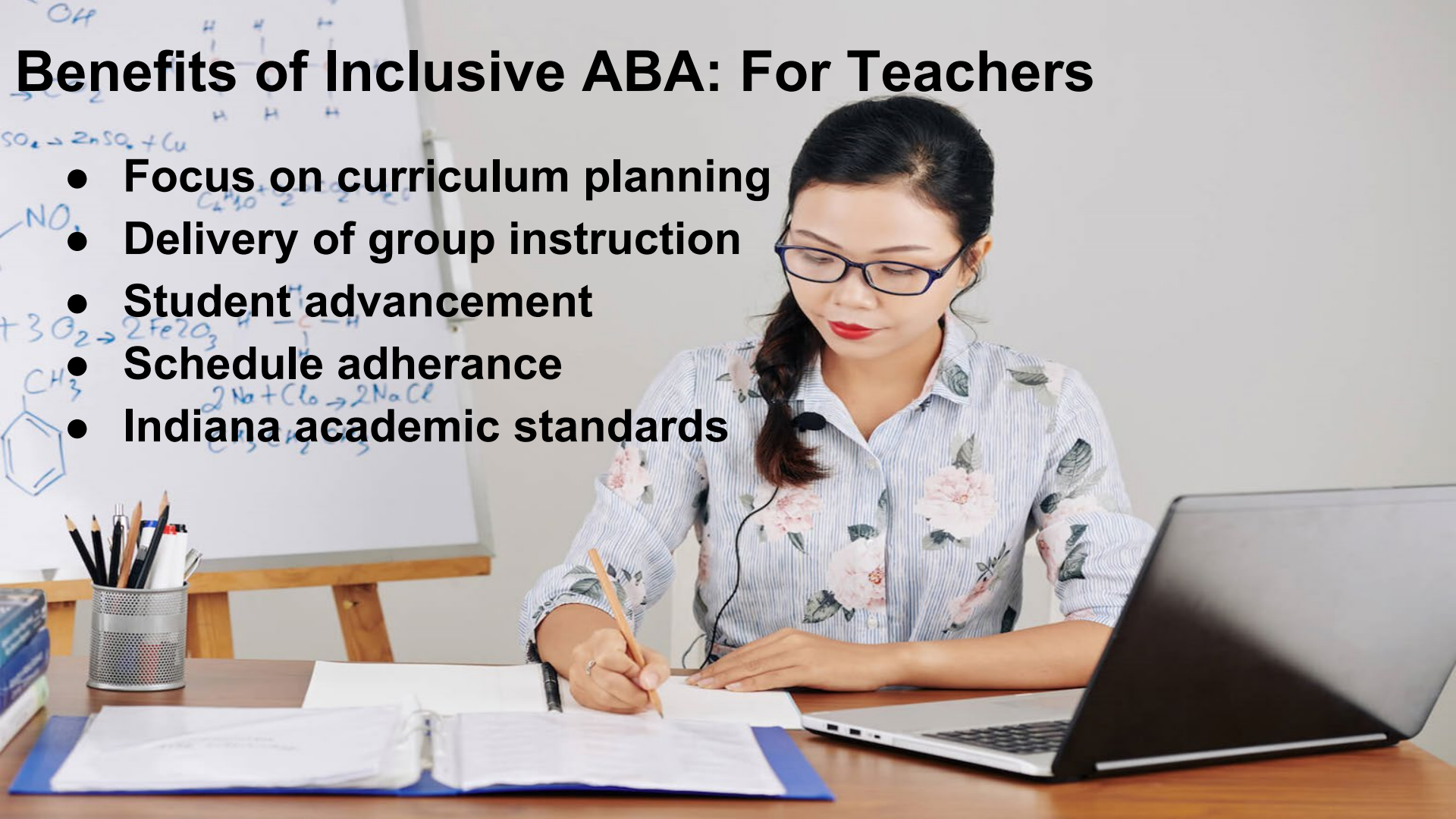
- Peer models
- FAPE
- Inclusion

- Transportation
- Diet
- Exercise
- Access to Care




Benefits of Inclusive ABA: For Teachers

- Focus on curriculum planning
- Delivery of group instruction
- Student advancement
- Schedule adherence
- Indiana academic standards



Benefits of Inclusive ABA: For Therapists

- 
- **Quality of the therapy**
 - **Individualized treatment**
 - **No curriculum planning**
 - **Inclusion**
 - **Peer models**
 - **Teacher lead instruction**

Benefits of Inclusive ABA: For Families

- Access to Educational Services
- Access to Medically Necessary ABA
- A team of support professionals
- An inclusive environment



Legal Obligations - A developing body of law

- EPSDT mandate, Medicaid must cover all medically necessary care for children with ASD, including medically necessary ABA therapy
- Final Medicaid Rule on ABA (405 - IAC 5-22-12)
 - Coverage under this section states that ABA services must NOT:
 - Focus solely on recreational outcomes
 - Focus solely on educational outcomes
 - Are duplicative, such as services rendered under IEP that address the same goals using the same techniques as the treatment plan
- Article 7 - IDEA - Section 504
- Federal Court Cases and State Laws
 - Burk Case
 - Endrew F. v. Douglas County School
 - K.M. v. Tehachapi Unified School District
 - Fry v. Napoleon School





Benefits of ABA

- Comprehensive & individualized treatment
- Teaching skills where they will be needed
- Striving for least restrictive environment
- Fading services to increase independence
- Allowing each professional to do the job they are most trained for





Barriers to Inclusive ABA

- Funding
- Prior authorization approval and timelines
- Medical necessity
- Requirements and regulations for effective ABA
- Alphabet soup (IEP, ITP, IDEA, EPSDT, PBS, ABA, TOR, RBT, BCBA)
- Care Coordination and Staffing

Funding Health Insurance... It's complicated!

- Indiana Autism Mandate
- ERISA Plans- Self Funded Plans
- Commercial Plans
- Indiana Medicaid plans
- Care Managed Organization
- Federal Plans



Prior Authorization, Approval and Timelines



- Medical Diagnosis of ASD
- Referral for ABA treatment
- Consents and paperwork
- Prior Authorization for ABA Assessment
- Prior Authorization for ABA Treatment
- Concurrent Treatment Re-assessment and Authorization
- Timelines
- Parent Participation
- A word on wait lists

Medical Necessity

- For a service to be considered medically necessary it must be:
 - Reasonable - Does it make sense?
 - Necessary - Will it make a difference in the quality of the patient's life?
 - Lead to Improvement - Is it clinically proven to be effective?
- Claims for services deemed not to be medically necessary will be denied
- Every insurance company has a slightly different definition of medical necessity
- Good documentation protects against medical necessity denials and the need for appeals



Requirements and Regulations for Effective ABA



- Evaluation and ABA programming must be conducted by Board Certified Behavior Analyst (BCBA). To obtain a BCBA one must complete an accredited masters program and obtain 2000 hours of supervised practice. Most state now also have Licensure requirements for BCBA's.
- Adaptive Behavior Treatment is delivered by a Registered Behavior Technician (RBT). To obtain a RBT one must complete 40 hours of training in ABA, a competency based evaluation, pass a timed exam, complete a background check and have a high school diploma.
- All RBT therapy must be supervised by a BCBA a minimum of 5% of the total monthly hours.

Alphabet Soup

Educational Acronyms

- IEP
- IDEA
- PBS
- FBA
- BIP
- TOR
- SLP
- OT



ABA Acronyms

- ITP
- EPSDT
- ABA
- RBT
- BCBA
- VB-MAPP
- PEAK
- AFLS

Care Coordination and Staffing



Specific Roles and Responsibilities

Prior to working in a school, we:

- Define the terms and timeline
- Request and review school policies
- Provide school personnel the proper background checks and training needed to work within the school system
- Set standards for expectations
- Provided treatment planning and data collection expectations
- Address HIPAA and FERPA standards



Specific Roles and Responsibilities cont.

ABA Provider:

- Assure a contract or memorandum of understanding is in place
- Assure background checks and training needed to work within the school are complete
- Establish a timeline for ABA intervention that is appropriate for the child
- Assure the medically necessary data systems and HIPAA compliance is met
- Assure there is a process for oversight within the school by the BCBA (5% supervision requirement)
- Assure there is a Release of Information from the parent so ABA and school personnel can discuss the client's needs

School of Record:

- Assure a contract or memorandum of understanding is in place
- Assure the EIP team is aware and contact information is provided for all EIP team members
- Confirm the location of services to be provided (including parking, place to keep personal belongings, lunch routines)
- Assure there is an agreement regarding roles of ABA staff and school staff when intervening with Behavior
- Assure that high quality educational supports are provided to the student



Shared outcomes

- Treating people where they need it most ultimately leads to the students increase in happiness, independence, and integration
- Provides the least restrictive environment
- Allows for fading
- Allows for access to a more appropriate environment for the student to thrive in

This is what we are all striving for!





This is Jasper!

*He has
benefited from
Inclusive ABA!*



Thank you for you time & attention

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**Together -
We can do hard things!**

