

Green Box ABA

Quarterly Newsletter



Navigating the Requirements Maze



Let's just lay all the cards out on the table. As a parent, you have a lot of on your plate. As an *autism parent*, your plate overflows. IEPs, therapy (or plural, therapies) to coordinate, and an insurance system to navigate. We have met families who use huge binders or expanding file folders to organize all of the paperwork from doctors and schools and therapy providers. And all of that is on top of the extra physical and emotional energy that often is needed to give your child what they need to learn and grow and thrive, because that can look very different from other kids.

As one of the things that you need to juggle, we are committed to finding the best ways to help you keep the ABA therapy ball in the air. That process can seem "never-ending;" just like doing the laundry - by the time you have washed, folded, and put away the last load, there are already dirty clothes piling up in the hamper.

Take the insurance requirements that need to be met. Tricare requires a variety of things, including diagnosis and diagnostic testing, referral for ABA services, "2-year outcome testing," "6-month outcome testing," and review/approval of treatment plans. And that is not including things such as ECHO and

DEERS enrollment. Or the involvement you are expected to have in your child's treatment itself (those "parent goals"). Here's a breakdown of insurance requirements:

Diagnosis and diagnostic testing.

Tricare requires that the diagnosis be made by a qualified health care provider, for example a developmental pediatrician or psychologist. That diagnosis must include an indication of the "level of severity" (Level 1 = "mild," Level 2 = "moderate," and Level 3 = "severe"), based on the medical criteria used to make the diagnosis (if you see "DSM criteria," that is what they are referring to). There is diagnostic testing required – the Vineland-3 and SRS-2 – and it can be completed any time during the first year after the initial diagnosis and you don't need to wait for it to be completed to start ABA services.

Referral for ABA services. Either the person who made the diagnosis or your child's PCM (if different) can make the initial referral for ABA services. It helps to think of the referral like a "prescription." With a prescription, the doctor needs to see the patient periodically to determine if the treatment is working and is still needed. For ABA "treatment," the Tricare requirement is that, every two years, your child be re-evaluated by the PCM and, if the PCM believes that

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Questions about requirements, due dates, who is responsible for what? The office is happy to help. Contact Tamera (see page 4)

Insurance Maze (continued)

ABA treatment is still beneficial, a new referral (“prescription”) is submitted. Sometimes the PCM will request to see ABA progress reports. If the PCM requests that info, contact the office and we will send you a medical release form and will send them the information.

2-Year Outcome Testing. To help your PCM make a new referral, and *also* to help Tricare to track the effectiveness of ABA therapy, the Vineland-3 and SRS-2 evaluations are required every 2 years. Depending on when they were first completed, they might be due at a different time than the 2-year referral. Ideally, the testing is done by the PCM, developmental pediatrician, or psychologist. Appointments can be hard to come by though, so an alternative is to have the PCM make a referral for the testing to be done by Dr. Kaminski. The specific language for that referral is on the “cheat sheet” on the next page. Because this can be a long process, we recommend that you start at least 6 weeks before the due date (Tamera sends out an email reminder 6 weeks before it is due).

6-Month Continuation of Services. Every 6 months, Tricare requires a report of ABA progress and plans for the next 6-month period. As a part of that report, your Behavior Analyst will have a discussion with you about progress and together you will determine the focus of

therapy for the upcoming 6 months, including addressing any new challenges. The Behavior Analyst will also conduct some assessments with your child as a part of this process. A “progress report and updated treatment plan” will be written and then be sent to you through DocuSign for you to review. You should review it carefully and let your Behavior Analyst know if there are any errors or anything that you disagree with. When it is correct, sign the report. The office submits the report to Humana Military, monitors the renewal, and lets you know if there are any problems.

6-Month Outcome Testing. Ahhh, the PDDBI assessment. Every 6 months, as a part of the continuation of services process, Tricare requires the PDDBI test. You will be sent the PDDBI several weeks before the 6-month report is due. The report can’t be completed without it, so you should get to it as soon as you can. Tricare uses the results to evaluate ABA progress *and* the effectiveness of the Autism Care Demonstration, so complete it carefully and accurately.

The cheat sheet on the following page includes space for you to write in the due dates for testing and reports. If you don’t know the dates, contact Tamera. Post it somewhere! The goal should be “no surprises” about requirements and we are here to help!

October Workshops

Don’t forget that there are parent workshops in October! We hope that you will join us for one or all of these workshops.

To Tell or Not To Tell: Talking With Your Child About Their Autism Diagnosis

October 3, 9-10am

Presenter: Amna Hussain,
BCBA, LBA

Helping Siblings Understand Autism

October 17, 9-10m

Presenter: Dr. Kaminski

Grandma, Grandpa, and Others: Educating and Including Your Extended Family & Friends

Saturday, October 31, 9-10am

Presenter: Dr. Kaminski

Watch your mail for the zoom link. These are general information workshops, so feel free to invite other families!

Tricare Requirements for Reauthorization

WHAT TO EXPECT DURING THE FIRST TWO YEARS						
	Initial Assessment	Initial Auth for ABA	Six months re-auth Date Due:	One year re-auth Date Due:	months re-auth Date Due:	Two year re-auth Date Due:
P-PCM or ASD DX provider	Referral for ABA with initial diagnosis and level of severity submitted to Humana Military					Updated referral (including diagnosis and Level of severity) submitted to Humana Military
ASD DX provider				By the end of year 1: confirmed ASD diagnosis with initial Vineland-3 and SRS-2* submitted to Humana Military		Vineland-3 and SRS-2* submitted to Humana Military
ABA provider		Assessment and Treatment Plan; PDDBI parent form only	Progress Report with updated treatment plan; PDDBI BCBA and parent form	Progress Report with updated treatment plan; PDDBI BCBA and parent form	Progress Report with updated treatment plan; PDDBI BCBA and parent form	Progress Report with updated treatment plan; PDDBI BCBA and parent form

WHAT TO EXPECT AFTER THE FIRST TWO YEARS	
	Due Dates:
P-PCM or ASD DX provider	Every six months
ASD DX provider	Updated referral (including diagnosis and Level of severity) submitted to Humana Military
ABA provider	Vineland-3 and SRS-2* submitted to Humana Military Progress Report with updated treatment plan; PDDBI BCBA and parent form

P-PCM = Pediatric primary care physician; ASD DX = ASD Diagnosing Provider (Developmental Pediatrician, etc).
 PDDBI = Pervasive Developmental Disorder Behavior Inventory; SRS-2 = Social Responsivity Scale

The “2-year Outcome Testing” should be completed by the ASD Diagnosing Provider. At Green Box ABA, Dr. Kaminski is qualified to administer the testing, but can only do so if a separate, specific referral for that service is submitted to Humana Military through the portal, choosing “TOS-BCBA Outcome Measures Only.”

Communication

To make sure that your needs and questions are addressed in an appropriate and timely manner, please use the following guide:

General questions about services:

Main Office: greenboxaba@gmail.com; 571-297-4308

Cancellations:

Contact your therapists and BCBA/BCaBA

Questions/issues related to copays/invoices:

Main Office: greenboxaba@gmail.com; 571-297-4308

Clinical Administration:

Required testing

Service authorizations

Clinical Assistant: tmcrae@greenboxaba.com; 571-297-4308

Scheduling:

Scheduling Specialist: msauter@greenboxaba.com; 571-297-4308

Clinical and behavioral concerns:

Your BCBA/BcaBA

Management is also available, in the event that an issue cannot be resolved with the departments above. Contact the main office to speak with or leave a message for:

Carl Dzyak, CEO

Chris Richardson, COO

Barbara Kaminski, Clinical Director

