Effective Behavioral Analysis
MHNet Behavioral Health offers access to Applied Behavioral Analysis for members diagnosed with Autism or other pervasive developmental disorders. Applied Behavioral Analysis can help children with Autism achieve a higher level of functioning and improve social skills. Behavioral treatment for Autism is most effective when it is started as early as possible.

Applied Behavioral Analysis [ABA] treatment is intensive, often requiring as much as 25 hours per week of active treatment time. Applied Behavioral Analysis does not cure Autism; instead, it helps to minimize the symptoms, and maximize independence and quality of life. Parents are often involved in learning how to apply ABA in order to continue their child’s growth.

Successful results are achieved through behavioral observations and positive reinforcements that help children learn each small step of a task. Research has shown that these children cannot learn from “normal” cues in their environment, but they can learn from more specific instructions provided in concert with their needs and interests.

Finding the Right Treatment
Sorting through the available treatments can be a difficult task. The medical community is making great strides in developing new ways to treat Autism. However, not all treatments have been proven to be effective.

In concert with your child’s physician or psychologist, MHNet’s trained clinicians can help you sort through the available treatments and ensure your child receives the most appropriate care.

Working With MHNet
If your child has been diagnosed with Autism, please contact us for more information on the services available and the steps necessary to receive authorization. Applied Behavioral Analysis can be effective when combined with other forms of treatment offered through your health plan.

MHNet will work with your medical plan to ensure that your family receives holistic treatment in a “one-stop” customer service fashion. You may contact MHNet at 1.877.398.5816.

Autism and Family Therapy
Raising a healthy child is always a challenging responsibility. This is especially true when caring for a child with Autism or a related disability. The time and energy required for a child’s treatment can seriously strain a family’s resources.

Many parents have found that family therapy can help them cope with the distress that comes with all of the many issues related to caring for a child with Autism, and may help them to discover resources that will benefit their child.

Family Therapy can help you develop resources and resiliencies that will help you and your child through difficult times. The benefits of Family Therapy may include:

- Trained counselors who have worked with other families who have children with Autism Spectrum Disorders
- Information on the most current and effective resources available
- An outlet for expressing your thoughts and feelings (yes parents, frustration, anger and sadness are normal in these situations)
- An opportunity to have all family members communicate and problem-solve in a structured, safe environment
- Access to advocacy and support groups

Frequently Asked Questions

When does the ICUBA Autism benefit go into effect?
April 1, 2011 with the ICUBA plan year.

What kind of treatment is covered?
The Autism benefit covers treatment of autism through speech therapy, occupational therapy, physical therapy, and applied behavior analysis.

Is Applied Behavior Analysis (ABA) covered?
Yes.

Who can provide applied behavior analysis?
Applied behavior analysis may be provided by any certified Board Certified Behavioral Analyst (BCBA), as well as psychologist or clinical social worker who demonstrates training in the specialized area of ABA.

Which autism spectrum disorders does the Autism benefit cover?
The Autism benefit covers Autistic Disorder, Asperger’s Syndrome, and Pervasive Developmental Disorder not otherwise defined in the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders of the American Psychiatric Association. You will see the diagnosis code on your physician’s billing statement.

For more information or to talk with a Counselor, please call MHNet: 1.877.398.5816
Online Services: www.mhnet.com
Callers with TTY equipment, please call: 1.800.338.2039

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Autism Spectrum Disorder Diagnosis to the 5th digit with Descriptors include:

- 299.00 Autistic Disorder Current or Active
- 299.01 Autistic Disorder Residual State
- 299.10 Childhood Disintegrative Disorder Current or Active
- 299.11 Childhood Disintegrative Disorder Residual State
- 299.80 Other Specified Pervasive Developmental Disorder
- 299.81 Other Specified Pervasive Developmental Disorder Residual State
- 299.90 Unspecified Pervasive Developmental Disorder Current or Active
- 299.91 Unspecified Pervasive Developmental Disorder Residual State

Does Autism Spectrum Disorder (ASD) have to be the primary diagnosis for the child in order to qualify for Autism coverage?

Yes. Members receiving ABA treatment almost always carry a primary diagnosis of Autism with any other diagnosis as secondary.

Who does the Autism benefit cover?

The Autism benefit covers children until the last day of the calendar year in which the child turns 26 years of age.

How is coverage limited under the Autism benefit?

Coverage is limited as follows:

- Treatment must be prescribed by the insured’s treating physician or psychologist in accordance with a treatment plan
- May be subject to exclusions and limitations, including coordination of benefits, participating provider requirements, restrictions on services provided by family members and utilization review, including the review for medical necessity, case management and other managed care provisions [see the ICUBA Medical, Employee Assistance Program and Prescription Drug Plan at http://icubabenefits.org]
- May be denied on the basis that services are habilitative in nature

What are the out-of-pocket charges for treatment services received under the Autism benefit?

In-network outpatient Autism services are subject to a $20 co-pay per treatment per day under the PPO 70 Plan and a 20% co-insurance charge under the PPO Risk/Reward Plan. There is no deductible charged for in-network outpatient Autism services.

PP0 70 Health Plans: If a member is seeing an in-network MHNet provider, copayments are deducted for each unique service for each date of service. For example, if 3 hours of one service code is performed on one date of service, the member is subject to one copayment.

What is utilization review?

The process in which clinical information is obtained and reviewed for the purpose of making a benefit coverage determination for a member based on their evidence of coverage and schedule of benefits.

How may I appeal a determination regarding my child’s access to Autism benefits?

Appeal instructions are included in any adverse determination letter including what information is needed and how to initiate the appeal.