

August 30th 2022

Background: 2022 Mental Health and Behavioral Health Applied Behavioral Analysis

As a Self-Funded Non-Federal Governmental Plan, the County for Compliance purposes of the title XXVII of the Public Health Service (PHS) Act, historically has opted out of the following as a continued yearly designation as required by the Health Insurance Oversight System (HIOS) that is required to be submitted each October of the Plan Year. Although our current Benefit Plan has opted out of the revised requirements as of July 21, 2014, noted below, the plan **does cover** most of these benefits except for **Applied Behavioral Analysis which is treatment needed for Children with Autism.**

- Standards relating to benefits for mothers and newborns:
- Parity in the application of certain limits to mental health benefits (currently ABA Therapy is an excluded benefit)
- Required coverage for reconstructive surgery following mastectomies; and
- Coverage of dependent students on a medically necessary leave of absence

What is Applied Behavioral Analysis:

Applied Behavior Analysis (ABA) is a **scientific approach to understanding behavior**. ABA refers to a set of principles that focus on how behaviors change, or are affected by the environment, as well as how learning takes place. The term behavior refers to skills and actions needed to talk, play, and live.

What does applied behavior analysis do?

Applied behavior analysis is a type of interpersonal therapy in which a child works with a practitioner one-on-one. The goal of applied behavior analysis is to **improve social skills by using interventions that are based on principles of learning theory.**

At what age is ABA therapy most effective?

The best time to start ABA therapy is early and **between the ages of 2 and 6.**

What is ABA used for besides autism?

Absolutely, ABA therapy without autism can be extremely effective for a range of **cognitive disorders, behavioral problems, developmental delays, and even injuries or diseases affecting cognition and behavior.** However, whether your insurance will cover ABA therapy without an autism diagnosis varies state to state.

What activities are done in ABA therapy?

Here are some common exercises that many parents find useful and effective to help their autistic child grow.

- Sit in the chair. You can incorporate this into daily activities where your child is required to sit in a chair, such as mealtimes
- Look at me
- Match the colors

- Identify the emotions
- Sort household items

What are the 7 principles of ABA?

It is important that an individual's treatment plan has goals following these 7 dimensions: **1) Generality, 2) Effective, 3) Technological, 4) Applied, 5) Conceptually Systematic, 6) Analytic, 7) Behavioral.**