

DRAFT

MEETING MINUTES

NOTICE OF POSSIBLE QUORUM / MEETING OF THE WILLIAMSON COUNTY COMMISSIONERS COURT

Notice is hereby given that members of the Commissioners Court of Williamson County, Texas, may assemble in numbers that constitute a quorum at a public meeting to be conducted / hosted by a quorum of the Williamson County Benefits Committee at the following location, date and time:

Date & Time: August 30, 2022, 9:00 a.m.
Williamson County Georgetown Annex
Human Resources
100 Wilco Way, Suite 101
Georgetown, Texas 78626

NOTICE OF POSSIBLE QUORUM OF WILLIAMSON COUNTY COMMISSIONERS COURT

Although the Williamson County Commissioners Court will take no action at the meeting, notice is hereby given, in accordance with the Texas Open Meetings Act, that a quorum of such members of the Williamson County Commissioners Court may be present at the meeting and such members may receive information from, give information to, ask questions of, or receive questions from any member of the Williamson County Benefits Committee or any third person, including an employee of Williamson County, about the public business or public policy over which the Williamson County Commissioners Court has supervision or control.

The Williamson County Benefits Committee will be conducting the Monthly Benefits Committee Meeting to discuss, deliberate, and take action upon the Williamson County Benefits Committee matters listed herein-below.

Agenda Items:

1. Roll Call.

Present: Bill Gravell, Jr., County Judge
Cynthia Long, Committee Member
Terron Evertson, Committee Member
John Pelczar, Committee Member
Cathy Mendoza, Committee Member
Mike Knipstein, Committee Member

Absent: James Carmona, Committee Member

Others Present: Shelley Loughrey, Director of Benefits Administration
Julie Kiley, First Assistant County Auditor

Rebecca Clemons, SR Human Resources Director
Angela Collins, Wellness Coordinator
Mercades Duhon, Sr. Benefits Specialist
Stan Springerly, Asst to General Counsel
Tanya Haught, United Health Care Consultant
Matt Nolte, United Health Care Consultant
David Gibson, Holmes Murphy, Benefit Broker Consultant

2. Review and approval of minutes from the June 1, 2022 1:00 p.m. Benefits Committee Meeting.

Motion by: Committee Member Cynthia Long

Second: Committee Member Mike Knipstein

Aye: County Judge Bill Gravell, Jr.

Committee Member Cynthia Long

Committee Member Terron Evertson

Committee Member John Pelczar

Committee Member Cathy Mendoza

Committee Member Mike Knipstein

3. Discuss, consider and take appropriate action regarding the Williamson County Self-Funded Benefit Plan, continued Opt-Out Election for Self-Funded, Non-Federal Governmental Plans and plan coverage update regarding Mental Health and Behavioral Health for 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 meal times
- 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**

Motion by: Committee Member Terron Evertson

Second: Committee Member Mike Knipstein

Aye: County Judge Bill Gravell, Jr.

Committee Member Cynthia Long

Committee Member Terron Evertson

Committee Member John Pelczar

Committee Member Cathy Mendoza

Committee Member Mike Knipstein

Next Meeting: November 10, 2022, 9:00 a.m.

EXECUTIVE SESSION "The Williamson County Employee Benefits Committee reserves the right to adjourn into executive session at any time during the course of this meeting to discuss any of the matters listed above, as authorized by Texas Government Code Sections 551.071 (Consultations with Attorney), 551.073 (Deliberations regarding Gifts and Donations), 551.074 (Personnel matters) and Section 551.0785 (Deliberations Involving Medical or Psychiatric Records of Individuals for a benefit from the plan; or a matter that includes a consideration of information in the medical or psychiatric records of any individual applicant for a benefit from the plan)."

Adjourn.