

# Quick Guide to Applied Behavior Analysis (ABA) Treatment Process

Applied Behavior Analysis (ABA) is a mental health benefit provided to CenCal members who meet the following criteria: member is under the age of 21, member is medically stable, member is not in need of 24-hour medical/nursing monitoring or procedures provided in a hospital or intermediate care facility for persons with intellectual disabilities, when ABA services are determined to be medically necessary.

**ABA treatment requires a referral from a qualified provider (physician, psychologist, or surgeon) prior to the start of treatment.**

**Please see the steps below for an overview of the ABA referral and treatment process:**

1. **Once an ABA referral is approved, this will be sent to the selected ABA Provider.**
  - a. Please note that this referral is **not** an approval to start the Functional Behavior Assessment (FBA). **There are no codes associated with the referral.**
2. **Once the ABA provider receives the referral, the ABA provider will call the family to determine if they will be a good fit immediately upon receiving.**
  - a. If it is not a good fit, please contact the referring provider to request a redirection and document in your records.
  - b. If you are unable to accept the referral, please contact the referring provider to request a redirect and document in your records.
  - c. If member is nonresponsive, please make three attempts, document in records each attempt and inform the referring provider.
3. **Once an ABA provider determines that they will work with family, they will submit a [Behavioral Health Treatment Authorization Request](#) (TAR 50-1) to complete the initial FBA.**
  - a. Please use CenCal's FBA Template ([PDF](#) / [Word](#)) or an approved template.
  - b. CenCal will authorize up to 40 units of H0031 for an authorization period of 2 months to complete an initial FBA. Requests for additional units should include clinical justification.
  - a. Please submit as a **pre-service** request.
4. **Once approved, the provider may start the FBA process.**
5. **After completing the FBA, the ABA provider will submit a [Behavioral Health Treatment Authorization Request](#) (TAR 50-1) request to start ABA services.**
  - a. Please attach the completed FBA.
  - b. The request will be for 6 months.
  - c. Please include all applicable HCPCS codes with units for 6 months or 26 weeks.
  - a. Please submit as a **pre-service** request.
6. **Requests to continue services must include:**
  - a. A 6-month progress report on CenCal template ([PDF](#) / [Word](#)) or on an approved template
  - a. Signed service log on [CenCal's template](#) or your own.

Please see link [here](#) for a detailed overview of ABA authorizations

## CenCal Health | Quick Guide to Applied Behavior Analysis (ABA) Treatment Process

### Submitting authorizations to our department:

- Providers may submit TAR 50-1 requests to us via Portal, Fax (805) 681-3070 or [Secure Link](#)
  - If submitting through fax, please attach the UM form request to your report

### Reminders for discharge

- When terminating ABA services, please submit a discharge summary to CenCal Health. ABA providers may submit discharge summary's to us via Fax at (805) 681-3070 or [Secure Link](#)
  - Please do not create a TAR 50-1 when discharging a member

### Reminders for treatment plans

- Please note that as of 8/15/2022, providers no longer need to indicate modifiers on TAR 50-1 requests. However, please continue adding them on your claims.
- Please ensure you are coordinating with parents, and other entities such as schools, state disability programs, as needed for treatment plans. When this occurs, please document coordination in your treatment plans.
  - If you determine that member needs to be referred to another service (i.e. OT, Speech, Psychotherapy), please reach out to member's Primary Care Physician (PCP) to coordinate care
  - Contact CenCal Health's Behavioral Health Department using the number below to consult on complex cases or barriers to service delivery.

If you have additional questions regarding the ABA process, please contact the Behavioral Health Department using the Provider Line at (805) 562-1600.