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# ABA Provider Technical Assistance Training

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Behavioral Health Department  
February 22, 2023  
10am – 11am



# Agenda

- Behavioral Health  
Treatment Reminders
- Technical Feedback
- Q&A



# Friendly Reminders “Housekeeping”

- **Submit Authorization Requests Timely to Prevent Delays in Care and Denials**

BHT services require prior authorization- Please submit at least **14 days PRIOR** to authorization ending.

- **Authorization Changes**

Changes to units or HCPC codes require a **NEW** authorization request be submitted by the provider.

- **Extensions**

FBA Authorizations may be extended up to 60 days. Please submit a written request to extend the authorization.

# Friendly Reminders “Housekeeping”

- **Authorization TYPE**

- **POST SERVICE**-Select this when the dates of service have already occurred.
- **PRE SERVICE**- Select when the dates of service have not occurred

\*To avoid confusion, please separate POST SERVICE requests from PRE SERVICE requests.

Example:

*Today is February 24. The authorization dates are Jan. 15-June 15.*

- 1. Submit POST SERVICE request from Jan. 15-March 1 (Since Member is receiving services and provider plans on continuing during review period)*
- 2. Submit PRE SERVICE request March 2-June 15.*

# Technical Feedback

Presented by:  
Martha De Leon, B.C.B.A.

# #1. Date of Introduction

**A Date of Introduction should be noted on each goal.**

Providers should indicate if the goals will be introduced all at once or over the course of the authorization period.

Reviewers are unable to assume that all goals will start at once.



# #2. Generalization Plan

## Each Goal should have a Generalization Plan

*How will you ensure the behaviors generalize to other people and environments?*

IF the Generalization Plan is not specifically labeled but is **embedded within the goal**, please highlight it and notate in the Behavioral Health Utilization Management Form.

The Generalization Plan should be individualized for the **Client** and the **Goal**.



# #2. Generalization Plan Considerations

**What persons should be involved in this goal?**

*Teacher, Aide, Mom, Dad, Caregiver, Babysitter*

**What environments should this skill set be demonstrated in?**

*School, store, care, bus, doctors office, class, playground*

**Develop the Generalization Criteria around specific goals to ensure the skills have transferred to other people and environments**



# #2. Generalization Plan Example

## Objective:

Member will engage in zero rates of aggression

## Generalization Plan:

Data will be collected in sessions and outside of session (via parent report) to ensure generalization of this goal.

### **HOW WILL THIS BE MEASURED?**

We will also target this goal in the home and the park setting with each parent and RBT, where behavior tends to occur.



# #3. Mastery criteria

Mastery Criteria should be specific and objective to the member and goal.

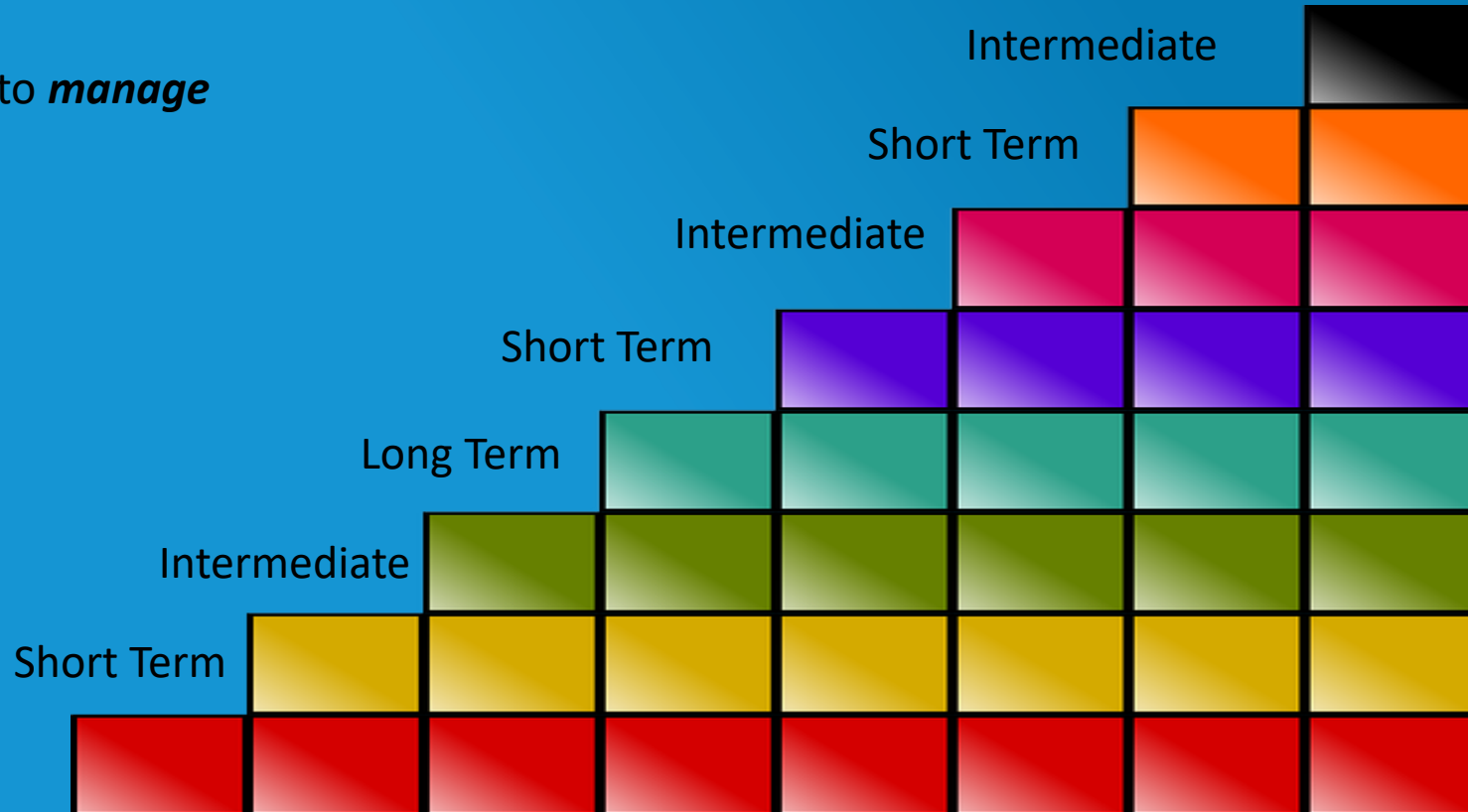
- How would I **MEASURE OR DETERMINE** the member has demonstrated and mastered the key skills for this goal?
- Consider the “durability of change” (i.e how long should the behavior be maintained)
  - How long should the change be demonstrated to support the stability of the behavior
    - Over 4 consecutive weeks? 6 consecutive weeks?



# #4. Short-term, Intermediate, and Long-term Goals

Long Term= Goal Met

The purpose of the plan is to *manage* complexity.



# #4. Example of a short-term, intermediate, and long-term goals

## **Behavior objective:**

Member will engage in zero rates of aggression. (Introduced: Jan 2022)

## **Baseline:**

Member was found to engage in aggression at a rate of 9 times per hour

## **Long-term goal:**

By Dec 2024, member will engage in aggression at a rate of 0 times per hour during sessions for 1 consecutive month

## **Short-term goal:**

By March 2022, member will engage in aggression at a rate of 8 times per hour during sessions for 1 consecutive month.

## **Intermediate goal:**

By May 2022, member will engage in aggression at a rate of 6 times per hour during sessions for 1 consecutive month

# #5. Indirect Supervision

## 2. Indirect supervision may be requested **up to 10 units** over the authorization period (BACB Guidelines)

- a. Indirect supervision requests are part of total supervision hours requested.
- b. Indirect supervision may be completed by a BCaBA or a BMA under the supervision of a BCBA
- c. Indirect supervision can be used for:
  - i. In-office functional analysis and skills assessment
  - ii. In-office development of goals/objectives and behavioral intervention plans/reports
  - iii. In-office direct staff summary notes
  - iv. In-office clinical meetings with both paraprofessionals and parents present.

# #5. Indirect Supervision

Provider's can request **up to** 10 hours per authorization period, requests should be ***clinically indicated*** and ***reasonable***.

Providers are required to provide information on what activities you plan to conduct as part of indirect supervision.



# #5. Indirect Supervision Example

## Clinical Justification:

Although the member is only being seen 20 hours weekly, we are requesting 10 hours of indirect supervision.

This is because the member's self-injurious behaviors requires a complex intervention plan and it also requires constant monitoring and adjusting.

The extra time will allow the team to update the intervention plan as needed to support the decrease in this behavior.

We will use 6 hours for report writing, 2 hours to conduct meetings with the staff regarding intervention efficacy, and 2 hours for analyzing and adjusting the behavior intervention plan

# #6. Requests for ABA services at school

- DHCS requires the following information for ABA services provided in the school setting:
  - Clinical indication
  - Proportioned hours
  - Is not a duplication of school-based services, school-based services should be coordinated with the IEP, as applicable.
- CenCal wants to ensure hours requested at school can **actually** occur.
  - Please provide a signed agreement with the school or other proof that the hours requested can occur on the school or day care site.



# #6 Requests for ABA services at school example

- *We request for 10 hours be completed at the school. The reason this is indicated is to ensure that behavior goals are generalized in the setting that member spends most of his time in, and parents have indicated during the clinical interview that behaviors occur frequently at the school. Additionally, there are more natural social opportunities in the school setting where the member's social goals can be targeted. Member has very limited opportunities otherwise to work on their social goals, which is indicated in their assessment as an area of concern.*
- *Proposed schedule: We propose that 10 out of the 25 hours be done at the school to target the member's social goals and behavior goals. The other 15 hours will be completed at the member's home to support the other skill acquisition goals, ensure behavior goals are generalized at the home*

# Definitions:

- **Instrumental Goals** are the goals that are used to reach the Discharge criteria.

Short Term, Intermediate and Long-Term Goals are referred to as instrumental on the CenCal Template as they are in support of reaching the Discharge Criteria.

- **Interventions** *are the services the provider is delivering to illicit change.*
- **Goals** are the outcome and the changes observed as a result of the interventions.

# Overall Best Practice for Treatment Planning

## 1. Ensure SMART goals

1. S=specific goals
2. M= measurable
3. A=achievable
4. R= relevant
5. T=time based

## 2. Interventions are not GOALS

***Example: Parent Participation is an intervention, not a goal***



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