

## How do I get my child ABA services?

### What is ABA?

**Applied Behavioral Analysis (ABA)** is a set of principles that can help promote skill development—behavior management, socio-emotional learning and safety awareness—in children with developmental differences. ABA one component of Intensive Behavioral Health Services (IBHS) in Pennsylvania. To qualify your child must have an Autism Spectrum Disorder (ASD) diagnosis.

There are different models for delivering ABA services:

- **Home-based** – ABA provider goes to your child in a home or community setting
- **Center-based** – Your child goes to a center operated by the ABA provider
- **Telehealth** – Virtual services

### Who covers ABA services?

- **Special Education Services.** To receive ABA services in an education setting, talk with your child's Individualized Education Program (IEP) team about the process for including behavioral health services in your child's IEP.
- **Behavioral Health Insurance.** To receive ABA services through their behavioral health insurance, your child must have a diagnosis of Autism Spectrum Disorder (ASD).

### How do I get my child an ABA evaluation?

There are three starting points for getting your child evaluated for ABA services under their behavioral health insurance.

#### **Option 1: Start with your child's behavioral health insurance.**

- **Contact member services.** Call the behavioral health services number on the back of your child's insurance card. For children with medical assistance (Medicaid), call Community Behavioral Health (CBH) at 888-545-2600.
- **Schedule an ABA evaluation.** Ask member services to help schedule an evaluation with an agency that conducts ABA evaluations. They may ask you to choose from a list of in-network providers.

**Option 2: Start with an ABA provider.**

- **Find an ABA provider.** Go to the provider directory on your child's behavioral health insurance website. For children with medical assistance (Medicaid), visit <https://cbhphilly.org/members/provider-directory> and search by Facility Type: IBHS – Applied Behavioral Analysis (ABA). You can also search for providers at [abainpa.com/directory](http://abainpa.com/directory).
- **Schedule an ABA evaluation.** Contact an in-network ABA provider and ask to schedule an evaluation for ABA services.

**Option 3: Start with the provider who diagnosed your child.**

1. **Get a Written Order.** If your child has an Autism Spectrum Disorder (ASD) diagnosis and has medical assistance (Medicaid), ask the provider who diagnosed your child to email a written order for ABA to Community Behavioral Health (CBH) [cbh.clinicalrequests@phila.gov](mailto:cbh.clinicalrequests@phila.gov).
2. **Confirm Medical Necessity.** CBH will review the order for medical necessity and if approved, refer you to an ABA provider for evaluation to determine your child's specific needs.
3. **Schedule an ABA evaluation.** The ABA provider should contact you to schedule an evaluation and recommend services. Ask CBH for the local ABA provider's contact information, if necessary.