



## Apple Health (Medicaid) Applied Behavior Analysis

*\*This is provided for information purposes only. This is not legal or medical advice.*

### Step One: Center of Excellence Assessment, Diagnosis and Prescription

In Washington State children eligible for Apple Health must receive a diagnosis of Autism from a Centers of excellence (COE) to be prescribed Applied Behavioral Analysis).

The first step of accessing ABA therapy for your child starts with a referral to a [Center of Excellence](#) for an assessment. Anyone can refer a child to a COE but many Centers of Excellence require a referral from the primary care physician.

A Center of Excellence is a hospital, medical center, or other health care provider (can be a single provider or a facility) that meets or exceeds standards set by the Washington Health Care Authority for speciality care. A COE establishes or confirms the diagnosis of an autism spectrum disorder and prescribes a multidisciplinary clinical treatment plan.

A prescription for Applied Behavioral Analysis from a Center of Excellence is required to begin ABA therapy for Medicaid/Apple Health clients. See attached list of [Centers of Excellence](#) for referral sources.

### Step Two: Get on ABA Provider Waitlists

Once you have the prescription from a Center of Excellence you can call all of the Medicaid/Apple Health ABA therapy providers in network with your [Managed Care Plan](#) in your area. We recommend you get on all of the providers waitlists. You can [use this call log](#) (includes provider contact

information, location and the MCO's they accept) to document the wait-list times.

### **Step Three: Call Washington Autism Alliance & Advocacy**

Improving access to treatment for individuals with Autism is one of WAAA's main objectives. We believe that every individual with Autism deserves access to treatment without lengthy delays regardless of financial situation.

Unfortunately Washington Medicaid/Apple Health plan has a limited network of ABA providers. Many children are waiting for more than a year for treatment.

At WAAA we are working on this through a variety of strategies, including consultation with our Medicaid Staff Attorney. Please call our office and join our efforts to create positive change for children with Medicaid. We know being told that because of your insurance plan your child is at the back of the line hurts and it's unjust. At WAAA your child is important to us and we won't stop fighting for your family.

### **Step Four: Bridging the Gap**

Whether your family is waiting for a diagnosis, waiting for services or appealing for therapy there are things your family can do to try to bridge the gap.

## Washington State's Wraparound with Intensive Services (WiSe)

Washington State's Wraparound with Intensive Services (WiSe)\* provides comprehensive behavioral health services and supports to Medicaid eligible youth, up to 21 years of age, with complex behavioral health needs. WiSe is designed to provide individualized, culturally competent services that strive to keep youth with intense mental health needs safe in their own homes and communities, while reducing unnecessary hospitalizations.

Learn more: [Wraparound with Intensive Services \(WiSe\)](#)

## Developmental Disabilities Administration (DDA)

DDA is a state funded program for individuals with disabilities that is based primarily on the severity of the person's disability.

### Information about eligibility, application and services:

- Informing Families Building Trust fact sheet on DDA Services can be found [here](#).
- Informing Families Building Trust Applying for DDA in Washington can be found [here](#).
- Informing Families Building Trust fact sheet on Autism and DDA Eligibility can be found [here](#).

### Apply for DDA Benefits

- You can find the application for DDA Services [here](#).

- We recommend taking the application to the Arc for assistance filling it out. The Arc excels with DDA applications (and they have many other excellent programs/resources). You can learn [more about the Arc here](#).

## **Social Security Administration (SSA)**

**A family can receive disability benefits for their child (under age 18) by completing the following steps:**

- You will need to complete an Application for Supplemental Security Income (SSI) AND a Child Disability Report. The report collects information about the child's disabling condition and how it affects his/her ability to function.

### **Steps to Apply:**

1. Review the [Child Disability Starter Kit](#)<sup>1</sup>. This kit answers common questions about applying for Supplemental Security Income (SSI) benefits for children, and includes a worksheet that will help you gather the information you need.
2. Contact Social Security right away to find out whether the income and resources of the parents and the child are within the allowed limits, and to start the SSI application process.
3. Fill out the online Child Disability Report. At the end of the report, we will ask you to sign a form that gives the child's doctor's permission to give us information about his/her disability. They need this information so that they can make a decision on the child's claim.

1-800-772-1213.

<https://www.ssa.gov/disabilityssi/apply-child.html>

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<sup>1</sup> [https://www.ssa.gov/disability/disability\\_starter\\_kits\\_child\\_eng.htm](https://www.ssa.gov/disability/disability_starter_kits_child_eng.htm)

## **Purchase a secondary insurance plan ("Qualified Health Plan (QHP)")**

### **A "Qualified Health Plan (QHP)":**

An individual or family private insurance plan available for purchase through the Health Plan Finder or directly from some WA insurance companies. All QHP's in Washington must cover ABA, ST, OT, PT for ASD. Some members purchase a QHP to obtain services while on Medicaid ABA waitlist. If you are eligible for a Qualified Health Plan/Private Insurance plan the one our members most often recommend Premera. The next option they recommend after Premera is Regence and after that is Kaiser. You may wish to consult with an insurance broker familiar with Autism related benefits.

Here are the insurance brokers recommended by our members (please share any recommendations you have):

- Darcie Guyer-Dickerson : [darcieguyer@gmail.com](mailto:darcieguyer@gmail.com) or call at [206-419-6611](tel:206-419-6611).
- Ann Miller: [Ann@annmillerinsuranceservices.com](mailto:Ann@annmillerinsuranceservices.com) or call [425-736-6937](tel:425-736-6937)

Additionally, you can search for an insurance broker [here](#). Information for how to choose a broker can be found [here](#).

You can apply through the Washington Health Plan [Finder here](#).

## **Resources**

### **Washington Autism Alliance & Advocacy**

#### **Resource Directory**

A list of resources for everything from autism diagnosis and interventions, to financial and legal advocacy. Look up a specific resource by provider name or search by type of service offered.

### **Parent Partners**

WAAA's Parent Partners are here to help you untangle the details. They have come from a variety of educational backgrounds and have deep roots in Washington's autism community. They have traveled this road many times and know some of the most efficient routes to help you access the supports and services your child needs to thrive at any age.

425.836.6513

<http://www.washingtonautismadvocacy.org>

#### **Washington Information Network 211**

**211** is An easy-to-remember phone number for people to call for health and human service information and referrals and other assistance to meet their needs.

#### **The Arc of Washington State**

Advocates for the rights of citizens with developmental disabilities.

888-754-8798

[www.arcwa.org/](http://www.arcwa.org/)

## Mental Health Crisis

If you or your loved one are experiencing a mental health crisis call the Crisis line in your area: [State Mental Health Crisis Lines](#)<sup>2</sup>

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<sup>2</sup> <https://www.dshs.wa.gov/bha/division-behavioral-health-and-recovery/state-mental-health-crisis-lines>