ValueOptions’ Autism Care Management Product

Bryan Davey, PhD, BCBA-D
Christopher Dennis, MD, MBA, ValueOptions
Chief Medical Officer
Autism Spectrum Disorders
Background
The Autism Spectrum Disorder (ASD) category within Pervasive Developmental Disorder (PDD), as defined by the American Psychiatric Association includes:

- Asperger’s Disorder
- Pervasive Development Disorder Not Otherwise Specified
- Autistic Disorder

Increasing Severity of ASD/PDD Disorders

- Asperger’s Disorder: 17% of ASD
- Pervasive Development Disorder NOS: 50% of ASD
- Autistic Disorder: 33% of ASD
- Rett’s Disorder
- Childhood Disintegrative Disorder
Autism Prevalence On The Rise

- There has been a 600% increase in prevalence over the last two decades (Autism Speaks)
- 1 in 88 children is diagnosed with an ASD, according to the CDC (2012)
What Do We Know About Autism?

- The quality of assessment and diagnosis is extremely variable and often poor, while the quality of treatment is often non-specific and ineffective.
- The underlying cause is unknown and there is no known cure, but treatment options are available.
- Early and sustained intervention programs offer the best hope of improving outcomes.
- Applied Behavioral Analysis treatment is gaining acceptance as a result of employer demand and mandatory coverage legislation.
Applied Behavior Analysis: Treatment and Delivery
Applied Behavior Analysis

- ABA is the design, implementation, and evaluation of environmental modifications to produce an improvement in socially significant behavior.
- ABA uses direct observation, measurement, and functional analysis of the relations between the environment and behavior.
- ABA focuses on treating behavioral difficulties by changing the individual’s environment including antecedent and consequences.
Focused ABA Treatment

- It is not restricted by
  - Age
  - Cognitive level
  - Co-occurring conditions
- Provided directly to the client
- Limited number of behavioral targets
- Range from 10-25 hours per week of direct therapy plus supervision hours
Examples of Focused ABA Treatment

- Compliance with medical and dental procedures
- Sleep
- Hygiene
- Self-care skills
- Safe and appropriate participation in family and community activities
Examples of Focused ABA Treatment

- Reducing behavior problems
  - Physical or verbal aggression towards self or others
  - Inappropriate speech
  - Stereotypic motor behavior
  - Property destruction
  - Noncompliance
  - Disruptive behavior
  - Inappropriate social behavior
Multiple targets across all affected developmental domains

Typically involves 1:1 staffing
  • Small group formats as is appropriate

Range from 26-40 hours of direct treatment per week plus supervision
  • Treatment hours are increased or decreased
    ▪ As a function of the client’s response to treatment
    ▪ The intensity needed to reach treatment goals.
Example of Comprehensive ABA Treatment

- Intensive early treatment
  - Close the gap between the client’s level of functioning and that of typically developing peers
  - Targets are drawn from multiple domains of functioning including cognitive, communicative, social, and emotional
  - Targets might include reducing the symptoms of co-occurring behavior disorders such as aggression, self-injury and stereotypy
Monitoring Performance of Clinician

Tiered service delivery model

BOARD CERTIFIED BEHAVIOR ANALYST
provides clinical direction, supervision, and case management

BOARD CERTIFIED ASSISTANT BEHAVIOR ANALYST
provides clinical and case management support under supervision of Behavior Analyst

BEHAVIORAL TECHNICIAN A
delivers treatment protocol

BEHAVIORAL TECHNICIAN B
delivers treatment protocol

Graphic provided with permission from the BACB
With limited access to medically proven therapies
- Large out-of-pocket expenditures
- Significant parental stress and exhaustion
- Higher parental medical issues and expenses
- Higher divorce rates
- Forgone employment or reduced work hours

Resulting in
- Lost productivity and cost for organization
- Significant financial burden on family
  - Out-of-pocket cost
  - Lost wages
By Covering Autism an Organization Might Achieve

- Greater member productivity
- Member retention is maximized
  - Member will not feel the need to leave organization in search of a job with such benefits
- Children who achieve higher levels of functioning
  - Have lower overall health care costs
  - Produce better outcomes in school
  - Need less assistance from their families, from whom autism often exacts a terrible financial and psychological toll
Autism’s Impact on Families

- >50% Report the need to reduce or stop work
- >25% Report spending more than 10 hours weekly to provide or coordinate special care
- 33% Report experiencing financial burdens related to ASD health care costs
- 46% Say they need more help or information managing their emotional/physical stress
- 40% Say they need more help or information balancing work/family responsibilities.

Working mothers lose 5 hours weekly:
- 250 hours a year
- $3,000 to $5,000 in lost productivity costs

Source: American Academy of Pediatrics and National Business Group on Health
Autism Coverage and Mandates
Behavior Analyst Licensure Laws

ND has state "certification"
Legal and Regulatory Considerations

- Some state mandates define ASD and/or ABA as behavioral health benefits and impose age limits and monetary caps on Autism therapies.

- The impact of the mental health parity law on these caps is uncertain and the interpretation by state regulators may vary state by state.

- ValueOptions believes that there is risk in instituting a monetary cap on ABA treatment if no such caps exist on the medical side.
ASD and ABA Benefit Design Options for ERISA Self-Funded Plans

- No ASD Coverage
  - Up to two hour evaluation covered to confirm diagnosis
  - Ancillary ASD issues addressed secondarily to primary BH condition

- ASD only Coverage (no ABA), under Mental Health Benefit
  - Autism treated as primary BH condition with access to standard care per Parity guidelines (outpatient therapies, med management)
  - Case management for highest risk/most complex cases

- ASD and ABA Coverage under Mental Health Benefit
  - Autism treated as primary BH condition with access to standard care per Parity guidelines (outpatient therapies, med management)
  - Case management for highest risk/most complex cases
  - ABA services covered
Large Employer Group Coverage

- **73%** Cover diagnostic services
- **65%** Cover Occupational, Physical and Speech Therapy
- **61%** Cover medication management
- **30%** Cover some form of intensive behavioral therapy (ABA)
- **18%** Do not cover any specific ASD treatments

Source: Mercer
ValueOptions’ Autism Management Approach
ValueOptions offers three Autism Care Management options to ERISA self-funded plans.
## Our Autism Care Management Product

<table>
<thead>
<tr>
<th>Service</th>
<th>ASD Excluded</th>
<th>Standard</th>
<th>Enhanced</th>
<th>Comprehensive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evaluation (2 hrs to confirm diagnosis)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Individual, family, group therapy</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Medication management</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Psychological testing</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>ABA management</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Integrated services coordination including PH (OT/PT) and BH</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Intensive case management for outliers</td>
<td></td>
<td>✓</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Family support services: system navigation, coaching and work/life specific to ASD Issues</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>ICM for all individuals/families</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
</tbody>
</table>
ValueOptions’ Autism Management Differentiators

A multi-tiered mental health benefit product specifically designed for the treatment of ASD that offers:

- Specialized care management delivered through dedicated Autism case management team
- Access to work/life support resources for family members
- Specialty network of Qualified Autism Service Professionals and other providers to fully address geographic needs
Our Family-Centered Approach to Comprehensive Care Management

**Coaching**
- Books
- Condition Education
- Day Treatment
- Legal
- Schools
- Organizations
- Safety
- Self Care
- Special Education
- Support Groups
- Survival Tips
- Web

**Resources**
- ABA
- Advocates
- Benefits
- Day Programs
- Early Intervention
- EPSDT
- Grants
- HCBS Waivers
- Medical Services
- OT/PT/ST
- Recreation
- Treatment Options
ValueOptions Network of Qualified Autism Service (QAS) Professionals

- **QAS Provider** who designs, supervises, or provides treatment
  - Board Certified Behavior Analyst (BCBA)
  - Board Certified Behavior Analyst – Doctorate (BCBA-D)
  - Licensed Mental Health Professional with specialization

- **QAS Professional** who provides treatment, assessment, and supervision
  - Board Certified Behavior Analyst (BCBA)
  - Board Certified Assistant Behavior Analyst (BCaBA)

- **QAS Paraprofessional** (HS Diploma, BA) who provides direct intervention
## Care Delivery Quality Oversight

<table>
<thead>
<tr>
<th>Services</th>
<th>In-network</th>
<th>Out-of-network</th>
</tr>
</thead>
<tbody>
<tr>
<td>Complaints and grievances tracking, monitoring, investigation and follow-up regarding any reported quality of service issues</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Reporting and investigation of adverse incidents and quality of care issues and follow-up for all occurrences</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Case Management/Utilization Review process</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Quality audit of record keeping process for potential outlier practices</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Credentialing verification and review of qualifications</td>
<td>✔</td>
<td></td>
</tr>
<tr>
<td>Verification of qualifications</td>
<td></td>
<td>✔</td>
</tr>
</tbody>
</table>

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Covered Diagnoses

- Autistic Disorder 299.00
- Atypical Autism 299.10
- Childhood Disintegrative Disorder 299.10
- Asperger's Disorder 299.80
- Rett's Disorder 299.80
- Pervasive Development Disorder not otherwise specified (PPD-NOS) 299.80
- Pervasive Development Disorder 299.80
- "At Risk" of Autism or PDD
# Covered ABA Codes

<table>
<thead>
<tr>
<th>Code</th>
<th>Modifier</th>
<th>Billing Code Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>H0032</td>
<td>HP, AH, HO, HN</td>
<td>Mental health service plan development</td>
</tr>
<tr>
<td>H0031</td>
<td>HP, AH, HO, HN</td>
<td>Mental health assessment</td>
</tr>
<tr>
<td>G9012</td>
<td>HP, AH, HO, HN</td>
<td>Other specified case management services not elsewhere classified (care consultation with larger care team)</td>
</tr>
<tr>
<td>S5108</td>
<td>HP, AH, HO, HN</td>
<td>Home care training to home care client (supervision of direct care provider – Higher Level Sponsor), 15 min</td>
</tr>
<tr>
<td>S5110</td>
<td>HP, AH, HO, HN</td>
<td>Home care training, family, 15 min</td>
</tr>
<tr>
<td>H2019</td>
<td>HP, AH, HO, HN, HM</td>
<td>Therapeutic Behavioral Services (direct care), 15 min</td>
</tr>
<tr>
<td>H2014</td>
<td>HP, AH, HO, HN, HM</td>
<td>Skills training &amp; development (social skills group), 15 min</td>
</tr>
</tbody>
</table>

**Modifier key:**
- **AH** – Psychologists (PhD)
- **HM** – Less than Bachelor’s degree provider
- **HN** – Bachelor’s degree level provider
- **HO** – Master’s degree level provider
- **HP** – Doctoral level

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- Confirmed ASD Diagnosis
- Severe Challenging Behavior – health and safety risks to self and others; marked impairments with socially acceptable behavior
- Behavioral interventions expected to improve behavior related to social interactions, communication, restricted/repetitive/stereotyped patterns
- Recommended frequency and duration
- Family included in treatment process for skill transfer
- List of measurable objectives to be addressed
- Treatment plan is individualized
- Progress is demonstrated
At ValueOptions, We….

- Support account benefit decisions to cover ASD as a behavioral health condition with standard behavioral health services

- Advise careful consideration regarding the decision to cover ABA services, taking into account
  - Clinical research findings
  - Cost implications
  - Community expectations

- Provide effective management for all ASD services including our
  - Standard program for traditional behavioral health treatment
  - Enhanced program for traditional behavioral health & ABA treatment
  - Comprehensive program for additional wrap around services to assist families, including work-life support and intensive care management
Discussion Questions
Thank You

Presented by:
Bryan Davey
bryan@claruscollaborative.com

Christopher Dennis
christopher.dennis@valueoptions.com