



# Intercept Health

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UNDERSTANDING  
ABA SERVICES



# What we will discuss today



OVERVIEW OF WHAT  
ABA IS AND IS NOT



HOW DID ABA  
BECOME A SERVICE IN  
VA



WHAT ARE THE  
DIFFERENT ABA  
SERVICES AVAILABLE



WHAT TO LOOK FOR IN  
A PROVIDER

# What is ABA?

And what is NOT ABA?

# What is ABA?

## Applied Behavior Analysis

- The science in which tactics derived from the principles of behavior are applied to improve socially significant behavior and experimentation is used to identify the variables responsible for the improvement in behavior (Cooper, Heron & Heward, 2007).

## In other words:

- ABA uses data to determine how the environment affects behavior and how the environment can be changed to affect behavior.



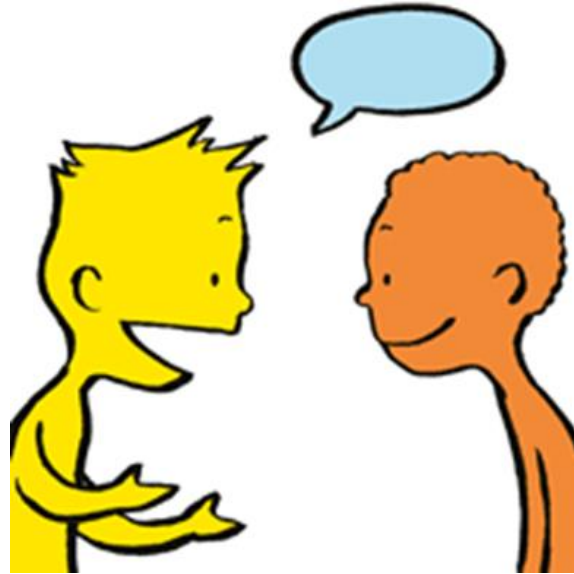
# ABA Broken Down

Principals of Behavior=  
the rules by which we all learn (as a result of  
pleasurable vs. non-pleasurable experiences)



# ABA Broken Down

Experimentation/Observation=  
data collection and analysis



# ABA Broken Down

Socially Significant Behavior=  
behavior that will have a positive impact on the  
client, client's family, and the community

# APPLIED BEHAVIOR ANALYSIS

Behavior analysis is a scientific discipline with many applications. Applied behavior analysis (ABA) focuses on helping people change behaviors, develop skills, and enrich interactions.

**Autism:**  
You probably know ABA developed the most effective treatments for people with Autism spectrum disorder, but that's just the tip of the iceberg,...



**Other Developmental Disabilities:**  
ABA is effective for improving the lives of people with various developmental disabilities.



**Health & Wellness:**  
ABA techniques improve behaviors like exercising, healthy eating, and quitting smoking.



**Rehabilitation:**  
ABA interventions help people regain skills and recover from traumatic brain injury.



**Business & Industry:**  
ABA strategies improve employee productivity and reduce workplace injuries.



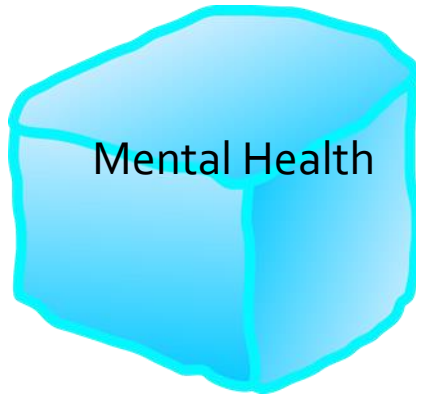
**Sports & Fitness:**  
ABA is used to improve safety and performance in sports and fitness activities.



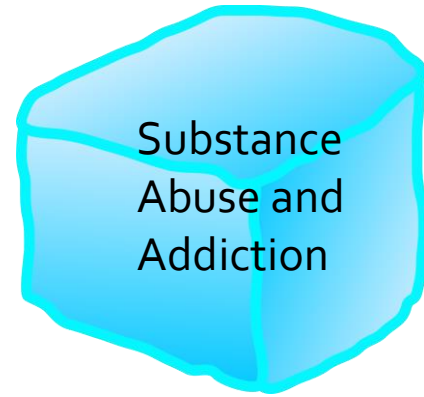
**Travel & Safety:**  
ABA is used to increase safe behaviors by drivers, pedestrians, and cyclists.



For more information on Applied Behavior Analysis, visit [LaBAA.net](https://www.labaa.net)



Mental Health



Substance Abuse and Addiction

You can find the above image at <https://www.labaa.net/>



ABA is NOT



A Magic Pill



A Magic Wand



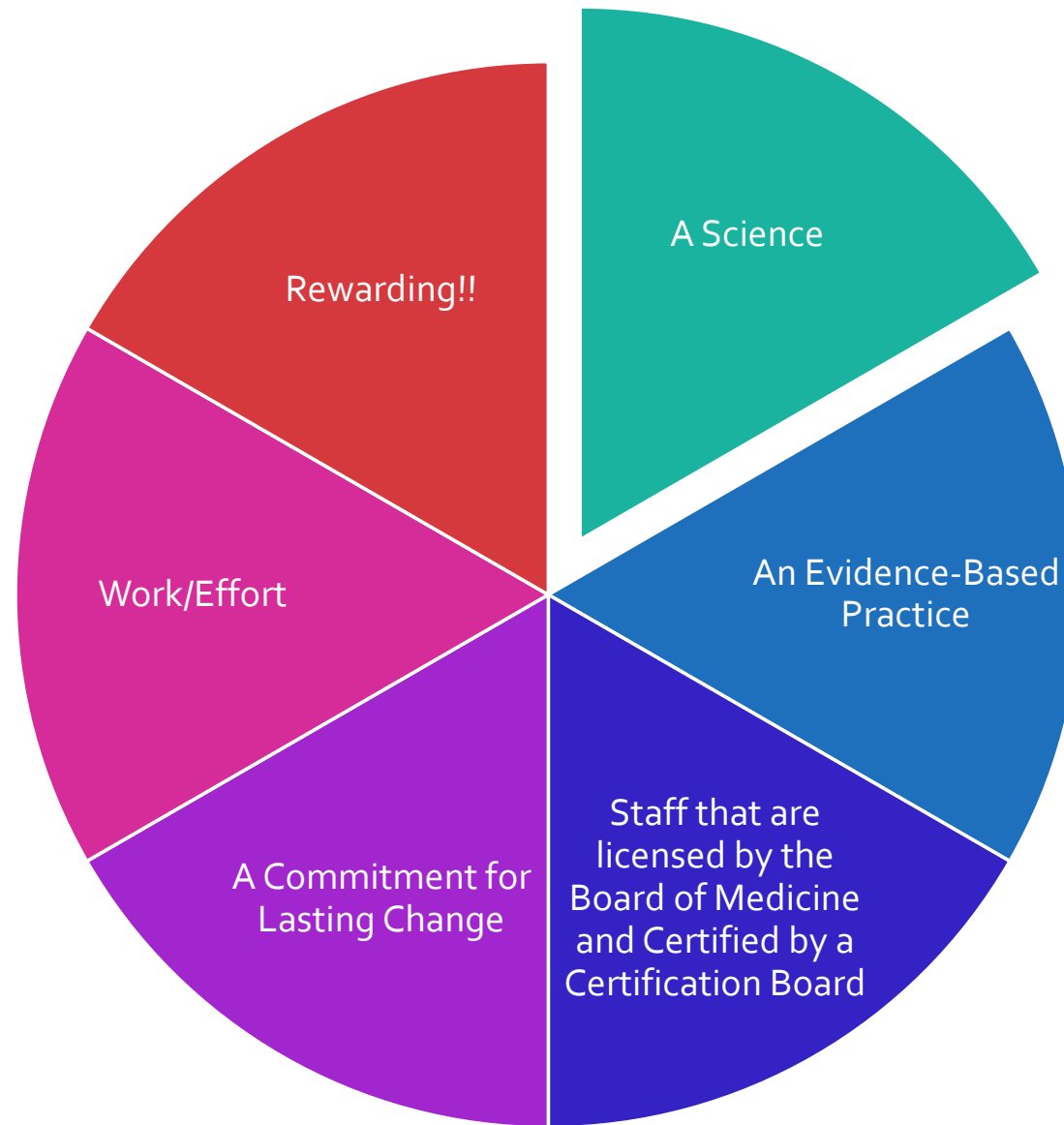
A Medication



A Quick Fix



# ABA IS



# Who is trained in ABA?

## Licensed Staff

### LBA

- BCBA
- Master's Degree
- Passed National Certification Exam
- State Licensure
- Continuing Ed Units Required
- Supervises cases and writes programming

### LABA

- BCaBA
- Bachelor's Degree
- Passed National Cert Exam
- State Licensure
- Continuing Ed
- Must be supervised by LBA
- Supervises cases and writes programming

## Unlicensed Staff

### RBT

- High School Diploma
- 40 hours of training
- Pass competency assessment
- Pass exam
- Ongoing supervision by LABA/LBA of work – 5%
- Annual competency assessment
- Provides 1-1 Therapy

Why is ABA exploding  
all over Virginia and the  
World!!!??



# Research



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

# Autism Insurance Reform in 49 States



2001 - Indiana  
2007 - South Carolina  
2007 - Texas  
2008 - Arizona  
2008 - Florida

2008 - Connecticut  
2009 - Wisconsin  
2009 - Montana  
2009 - New Jersey  
2009 - New Mexico

2010 - Missouri  
2010 - New Hampshire  
2010 - Massachusetts  
2011 - Arkansas  
2011 - West Virginia

2012 - Alaska  
2012 - Delaware  
2013 - Minnesota  
2013 - Oregon  
2014 - Maryland

2015 - Georgia  
2015 - Hawaii  
2015 - North Carolina  
2016 - Oklahoma  
2017 - Ohio

# Types of ABA Services

# Isn't ABA only for individuals on the Autism Spectrum?

For Medicaid to cover the services, an individual must have a combination of skill deficits in the following criteria must be met:

- Is medically stable to benefit from services
- Has current psychiatric diagnosis relevant to need for service
- Requires behavioral interventions and expertise of a Licensed Behavior Analyst
- Family/caregivers do not currently have necessary skills to implement ABA strategies in the home and are willing to be trained
- Has at least 2 of following on a continuing or intermittent basis:
  - Non-verbal or limited functional communication and pragmatic language, unintelligible or echolalic speech, impairment in receptive or expressive language
  - Severe impairment in social interaction/social reasoning/social reciprocity/and interpersonal relatedness
  - Frequent intense behavioral outbursts that are self-injurious or aggressive towards others
  - Disruptive obsessive, repetitive, or ritualized behaviors
  - Difficulty with sensory integration

For private insurance to cover, it varies; some require an ASD diagnosis, some require the same as Medicaid

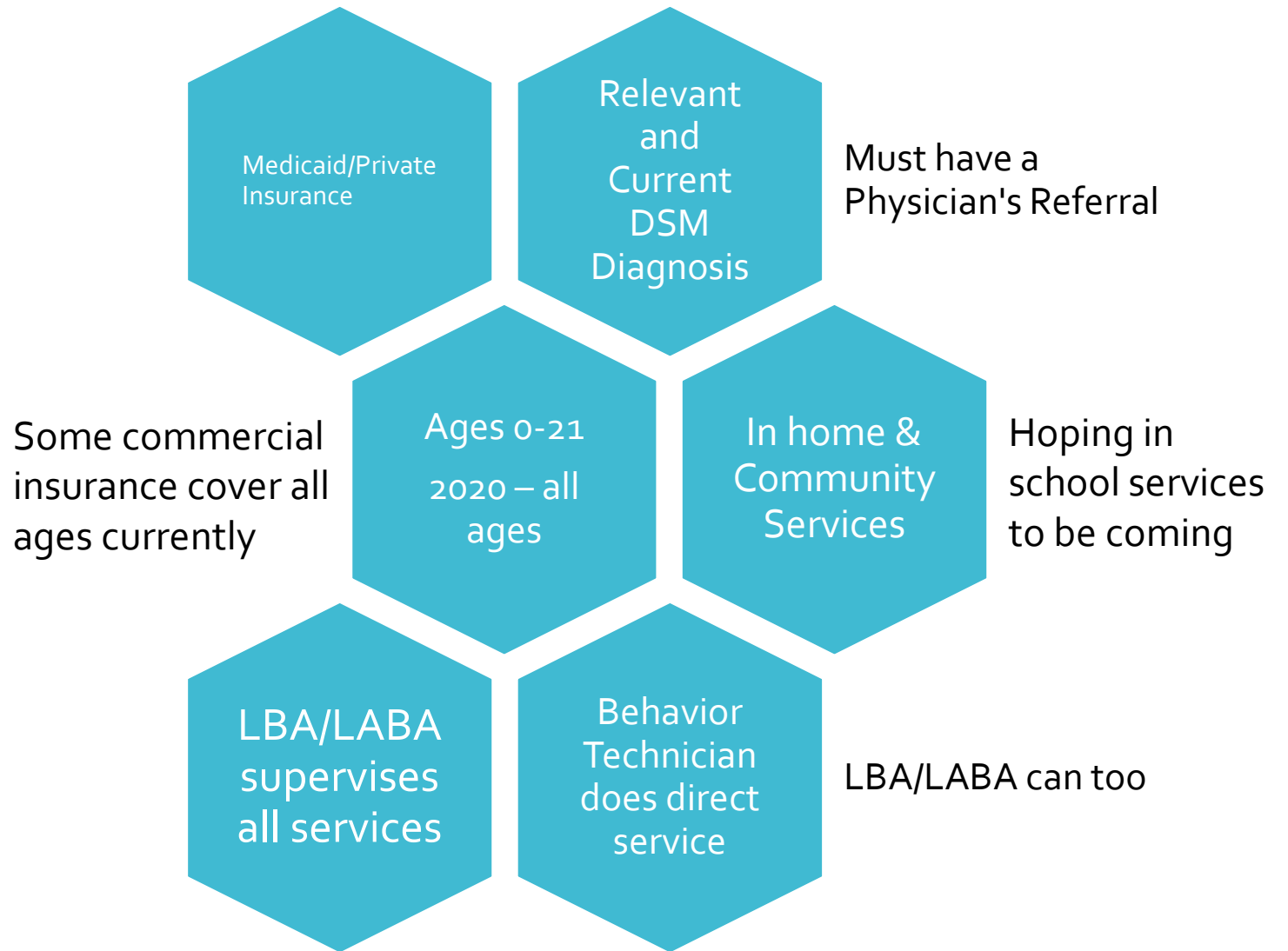
ABA strategies can be implemented in schools with any population of students (\*note it is not covered by insurance or Medicaid in the schools at this time)



# ABA Services

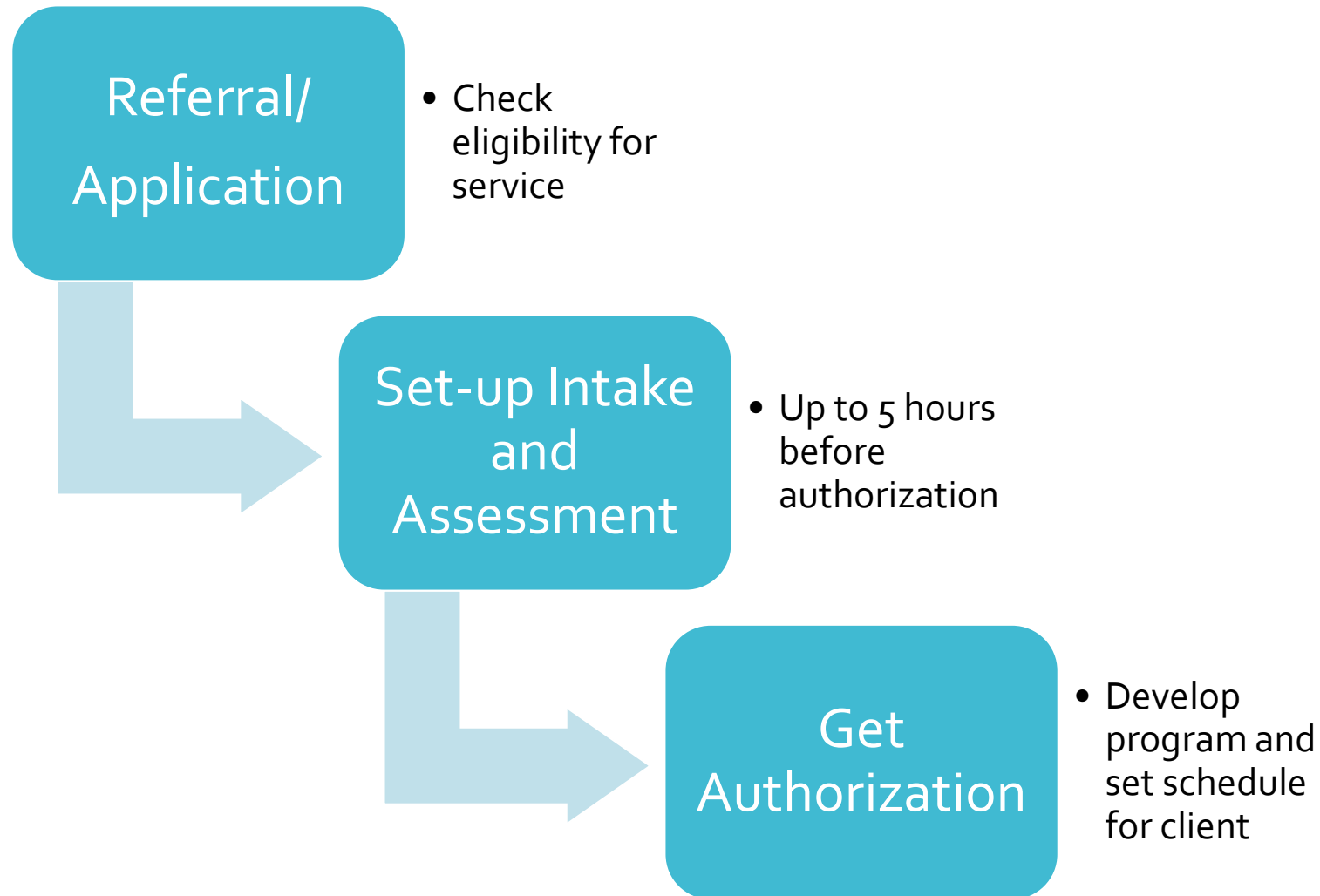
- In Home ABA Therapy
- Center/Clinic Based ABA Therapy
- Therapeutic Behavioral Consultation
- School Training or Consultation
- Social Skills Groups

# ABA Services: In Home Therapy



# ABA Services Center/Clinic Based





## Process for In Home Therapy or Center Based Therapy

# Physician's Referral Process/Form



INTERCEPT YOUTH SERVICES, INC.  
ABA Services

## Physician Treatment Referral

### Client Information

Patient Name: Click or tap here to enter text.

Patient Medicaid ID: Click or tap here to enter text.

Primary Diagnosis/Code: Click or tap here to enter text.

### Physician Information

Referring Physician Name: Click or tap here to enter text.

Address: Click or tap here to enter text.

Phone Number: Click or tap here to enter text.

Fax: Click or tap here to enter text.

### **Medical Necessity:** Client meets the following criteria for ABA services *(please check all that apply)*

- Is medically stable to benefit from services
- Has current psychiatric diagnosis relevant to need for service
- Requires behavioral interventions and expertise of a Licensed Behavior Analyst
- Family/caregivers do not currently have necessary skills to implement ABA strategies in the home and are willing to be trained
- Has at least 2 of following on a continuing or intermittent basis:
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**Please include any additional notes or concerns below:**

### **Service Recommended (please check all that apply):**

- Applied Behavior Analysis Services
- Social Skills Therapy

\_\_\_\_\_  
Physician's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Physician's Printed Name

*Please fax, email or mail this form to:*

Kate Lewis, Director of ABA Services  
FAX: 804-864-1323  
EMAIL: [kclewis@interceptyouth.com](mailto:kclewis@interceptyouth.com)  
5511 Staples Mill Road Suite 102  
Richmond, VA 23228

## Case Example

1. Intake and Assessment
2. Develop Clinical Assessment Summary and Treatment Plan
3. Review plan with parent/guardian and client when applicable and get signatures
4. Start services by building rapport with client and family and further assessing skills and behavior challenges
5. Develop specific programs/plans and targeted skills to address treatment plan goals
6. Implement programs/plans, train parents/caregivers on programs/plans that are applicable
7. Take data, analysis data and monitor progress, make changes as needed

Intense = 30  
Plus Hours a  
Week

- 6 hours a day of a direct one on one (RBT) working with the child
- 10 hours a week focused on data analysis, program development/monitoring, staff supervision/training, parent/caregiver training and care coordination (i.e. IEP meetings, collaborating with other services, etc.)

The Service for  
one Individual  
at this level will  
often have the  
following:

- 25 -30 Goals for the client running daily
- Within each Goal there can be multiple items targeted for acquisition.
  - EXAMPLE – Child will learn to request items – working on 5 different requests at one time
  - Now take the above example and do that for all 25 programs you are running with data taken on each opportunity there is during a session to teach the skill

Example of  
Intense  
Services in the  
Home or  
Center/Clinic

# Video Examples

- <https://youtu.be/vpCpkFSuUVg>
- <https://youtu.be/V9YDDpogLWg>
- <https://youtu.be/-UIrOZkYmO4>
- <https://youtu.be/yceVT-1YvLA>



# Data Collection

## DATA SHEET

### Identical Object Matching 3 - Full Distracters

Student's Name: \_\_\_\_\_

Page: \_\_\_\_\_ of \_\_\_\_\_

#### Overview:

Match identical cards with the target card and other picture cards on the table. Use matching cards from EB Non-Cent.

#### Instructions:

1. Place one card on the table
2. Place one or more other picture cards on the table
3. Hand child the matching card
4. Ask child to match the two cards
5. Prompt if necessary and reinforce response.

Mark each response (+) if correct, (-) if incorrect, (NR) if the student did not respond, (P) if the response required a prompt. If a prompt is required, record the appropriate code from the following list:

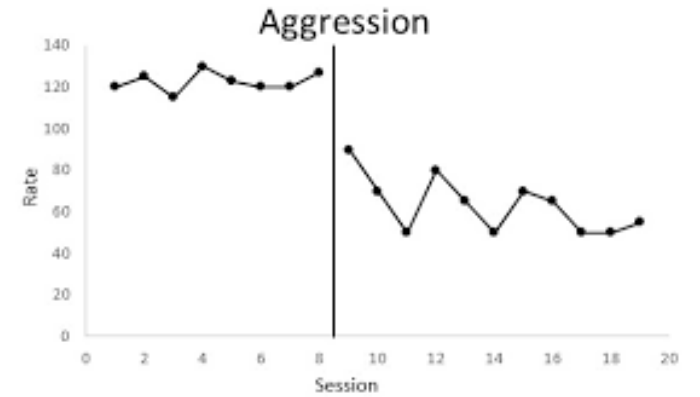
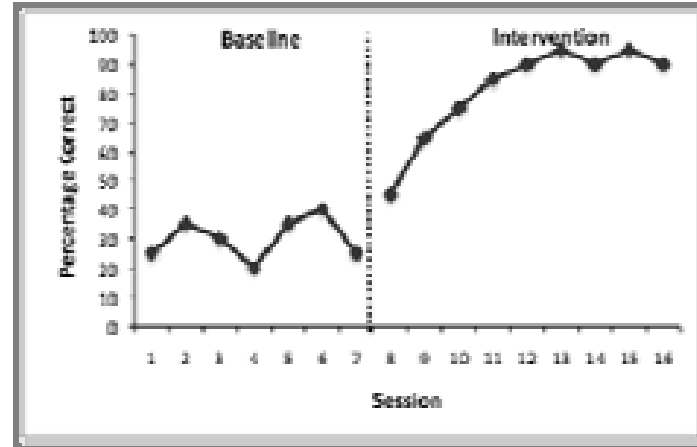
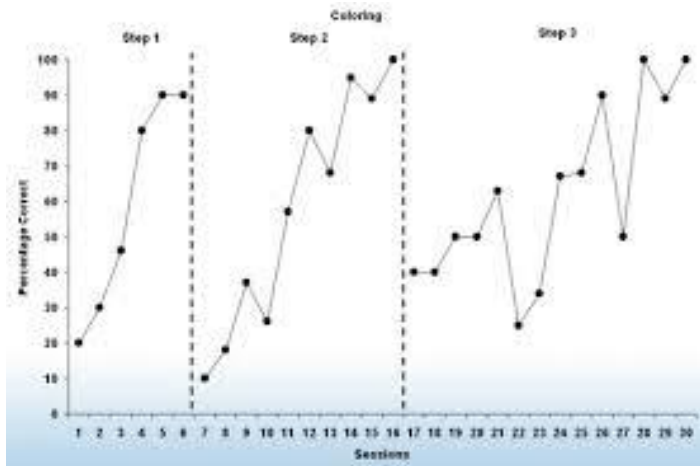
Prompt				Notes:			
<b>V</b>	Full Verbal	<b>PM</b>	Partial Model				
<b>PV</b>	Partial Verbal	<b>P</b>	Full Physical				
<b>M</b>	Model	<b>PP</b>	Partial Physical				

#### Daily Log:

DATE:	TIME STARTED:		TIME FINISHED:		INITIALS:					% CORRECT					NOTES:				
Trial	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
Response	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+				
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR				
Prompt	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P				

DATE:	TIME STARTED:		TIME FINISHED:		INITIALS:					% CORRECT					NOTES:				
Trial	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
Response	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+				
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR				
Prompt	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P				

DATE:	TIME STARTED:		TIME FINISHED:		INITIALS:					% CORRECT					NOTES:				
Trial	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15				
Response	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+				
	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-				
	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR	NR				
Prompt	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P				



# Examples of Data Graphed

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This is a waiver service and does not require a physician's referral

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It is only for individuals with an ID/DD  
WAIVER

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It is for individuals who have significant behavioral challenges in the home or community

Therapeutic  
Behavioral  
Consultation

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This service will vary based on school needs and requests

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Independent Education Evaluation for Functional Behavior Assessment

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Consultation for specific student needs or classroom needs

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Training for staff development in ABA strategies and interventions

School  
Training or  
Consultation



# Social Skills Groups





How do I choose a  
provider?

Clinical/Center  
Based

Home

School Based

Social Skills

Consultation

Different Types  
of Providers  
and Services

What to  
look for





## Things to watch out for

- ❑ \*\*Make sure a Licensed Behavior Analyst is providing the service or closely supervising those providing the service.
- ❑ BACB and Board of Medicine regulate the certifications and licensure for those practicing.
  - ❑ [www.bacb.com](http://www.bacb.com)
  - ❑ [https://www.dhp.virginia.gov/medicine/medicine\\_advisory.asp](https://www.dhp.virginia.gov/medicine/medicine_advisory.asp)
- ❑ CASE LOAD SIZE AND SUPERVISION

Any Questions?

- Behavior Analyst Certification Board - [www.bacb.com](http://www.bacb.com) – Resource for Information on Board Certification for Behavior Analysts and Registered Behavior Technicians
  - There are also guidelines for ABA treatment for Autism on this website under resources
- Association of Professional Behavior Analysts - <https://www.apbahome.net>
  - Information on practice guidelines
- VA Department of Health Professions/Board of Medicine
  - [https://www.dhp.virginia.gov/medicine/medicine\\_advisory.asp](https://www.dhp.virginia.gov/medicine/medicine_advisory.asp)
- Autism Speaks - <https://www.autismspeaks.org/resource-guide>
  - The Resource Guide has lots of information but ABA is one section of it.
- Autism Internet Modules \_ <https://autisminternetmodules.org>
  - Trainings on different strategies/interventions that are commonly used in autism intervention, many are ABA based

Helpful  
Resources

Contact us for  
Services or Any  
Questions

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