Steps to Applied Behavior Analysis (ABA) treatment

Oregon Health Plan families and clients—Learn how to get ABA treatment through your Oregon Health Plan (OHP) coverage.
Steps to treatment

1. Get a diagnosis of autism or self-injurious behavior

2. Get prescription for ABA treatment

3. Get ABA assessment from an OHP ABA provider
Step 1: Get a diagnosis

- OHP only covers ABA treatment to treat diagnosed autism or self-injurious behavior.

- If you don’t have this diagnosis:
  - See your CCO or primary care physician.
  - Ask them to set up a visit with a doctor (physician or psychologist) who can diagnose and treat autism.
  - At this visit, or series of visits, the doctor can evaluate and make the diagnosis.
Step 2: Get a prescription

- OHP only covers ABA treatment that is prescribed by a doctor who can diagnose and treat autism.

- To get a prescription:
  - Visit the doctor who diagnosed autism.
Step 3: Visit an OHP ABA provider

• OHP only covers ABA assessment and treatment from approved OHP providers.

• To find an OHP ABA provider:
  – Go to http://orbehavioranalysis.com/practitioner-directory/ to find an ABA provider in your area.
  – Ask your local ABA provider if they accept OHP (Oregon Medicaid).
What happens next?

• After your visit, the ABA provider will ask OHP to approve a treatment plan.

• Once OHP approves the plan, treatment can start.

• Every 6 months, the ABA provider will ask OHP to approve continued treatment.

• If the ABA patient is meeting treatment plan goals, OHP will approve continued treatment.