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Navigating TRICARE's Autism Care Demonstration: A Guide for Providers and Military Families

<https://oneop.org/learn/160055/>

Navigating TRICARE's Autism Care Demonstration: A Guide for Providers and Military Families



Event Materials

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Today's Presenter



Krystyna Bienia, Psy.D.

*Clinical Psychologist, Medical Affairs
Complex Pediatric Clinical Community, Program Manager
Autism Care Demonstration, Clinical Lead
Clinical Communities Policy Support, Clinical Support
Division Medical Affairs
Defense Health Agency*

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Navigating TRICARE's Autism Care Demonstration: A Guide for Providers & Military Families

Dr. Krystyna Bienia
DHA Medical Affairs, ACD Clinical Lead

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Overview

- Autism Care Demonstration (ACD) Background
- ACD Requirements
 - Eligibility
 - Autism Service Coordination Services
 - Referrals/Authorizations
 - Parent Engagement
- ACD Resources
- Questions



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Background

- TRICARE Basic (*i.e.*, medical) program covers a wide range of medically necessary and appropriate services for the diagnosis of Autism Spectrum Disorder (ASD)
- Autism Care Demonstration (ACD) is authorized under the demonstration authority to provide clinically necessary and appropriate Applied Behavior Analysis (ABA) services for the core symptoms of ASD



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Background

- TRICARE (*i.e.*, medical) covers:
 - Occupational therapy
 - Physical therapy
 - Speech and language therapy
 - Case Management
 - Prescription medications
 - Psychological services
 - Psychological testing
 - Etc.
- ACD covers:
 - ABA
 - ✓ Tiered model
 - ✓ Sole provider model only
 - Autism Services Navigator (ASN) (where applicable)



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Beneficiary Eligibility for the ACD

- Must be a TRICARE eligible beneficiary enrolled in an eligible TRICARE Plan Option.
- Must receive a definitive diagnosis of ASD from an approved ASD-diagnosing provider
- 1st Referral must include
 - Diagnostic and Statistical Manual for Mental Disorders – Fifth Edition (DSM-5) checklist (recurring)
 - Validated assessment tool (VAT) (one time requirement)
- Dependents of Active Duty Service Members (ADSMs) must be
 - Enrolled in the Exceptional Family Member Program (EFMP)
 - Registered in the Extended Care Health Option (ECHO)

*The contractor shall assign a non-clinical outreach coordinator for up to 180 calendar days to beneficiaries who require assistance in meeting the eligibility requirements



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Outcome Measures

- Initial outcome measures must be completed prior to beginning ABA treatment services
 - Outcome measures can be completed by the diagnosing provider or by a provider who receives authorization
- All outcome measures must be completed prior to issuing subsequent ABA treatment authorizations



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Autism Services Coordination

- Once all ACD eligibility requirements are met, an Autism Services Navigator (ASN) is assigned to new beneficiaries entering the program.
- ASN applicable to beneficiaries enrolled to Health Net Federal Services (HNFS) and Humana Military (HM).
- TRICARE Overseas Program, U.S. Family Health Plans, and TRICARE For Life are not required to provide the ASN; however, existing case management services must provide support when requested by the beneficiary .



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Autism Services Coordination

- The ASN is a contractor-employed ASD specific care manager who:
 - Serves as the primary point of contact for the beneficiary/family.
 - Serves as the primary clinical advocate in the health care setting for the beneficiary/family.
 - Oversees the assessment, planning, facilitation, care coordination, and evaluation.
 - Collaborates with all stakeholders for the beneficiary.
 - Develop a Comprehensive Care Plan (CCP).
 - Facilitate continuity of care and transferring documents when a beneficiary moves, sponsor retires, or a treating provider becomes unavailable.



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Autism Services Coordination

- A CCP is a plan that is developed and maintained by the ASN
- The CCP must be completed within 90 days and will:
 - Identify all care and services for each new beneficiary in the ACD.
 - Document outcome measures and timelines.
 - Document PCS timelines (where applicable).
 - Develop a discharge/transition plan.
- CCP is updated every 6 months in line with the continued authorization of ABA services

Note: CCP is not the same as the ABA Treatment Plan



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Initial ABA Authorization

- Once a verified referral is complete, an initial assessment authorization is issued to an ABA provider.
- Once the assessment and treatment plan is complete, and following clinical necessity approval, an ABA treatment authorization (valid for 6 months) is issued.
- For subsequent ABA treatment authorizations, ABA providers must submit updated treatment plans timely.



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Next 2-year ABA Referral

- If additional ABA services are recommended beyond the initial 2-year period, the beneficiary must obtain a new referral from an approved diagnosing/referring provider.
- An updated DSM-5 Checklist is required.
- The requirements for a new referral can be completed up to 6 months in advance of the expiring referral.



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Access to Care (ATC)

- ATC standards
 - 28 days to obtain an ABA assessment
 - 28 days to begin ABA treatment
- Active provider placement
- MTF directed referrals/family choice – does not ensure ATC, *i.e.*,
 - Specific provider
 - Specific time of day
 - Specific location



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Parent/Family

- Requirement for parent participation
- HNFS and HM also provide the following information on their websites:
 - “New to the ACD information toolkit”
 - Local area supports/resources
 - Military installation supports/resources
 - Information about clinical/non-clinical services
 - ✓ Mental health services, including telehealth resources
 - ✓ Military OneSource, Morale/Welfare/Recreation services, etc.
 - Parent-mediated services



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Medical Team Conferences

- Medical team conferences are for the purpose of the treating providers to periodically meet to discuss the beneficiary and the overall program and progress towards goals.
- Who should attend?
- Criteria for reimbursement set by American Medical Association guidance



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ACD Resources

- Resources are available at www.health.mil/autism:
 - Briefings available (slides and audio recordings)
 - QAs
- ACD Fact Sheet: <https://www.tricare.mil/Publications/Fact-Sheets/autism>
- DHA email address*: dha.acd@health.mil
- Contractor website:
 - <https://www.tricare-west.com/content/hnfs/home/tw/bene/autism-care-demonstration.html>
 - <https://www.humanamilitary.com/beneficiary/managing-my-health/autism-services/>
 - <https://www.tricare-overseas.com/cms/delivery/media/MCUNBKJDOZXJATBK5Z7IIUME4LM>
- Both HNFS and HM have ACD Parent Toolkits
 - <https://www.tricare-west.com/content/hnfs/home/tw/bene/autism-care-demonstration/parent-toolkit.html>
 - <https://docushare-web.apps.external.pioneer.humana.com/Marketing/docushare-app?file=3604328>

* Beneficiary-specific or contractor process questions are directed back to contractors



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Contact Information for Parents/Families

- The Regional TRICARE® Contractors have ABA trained representatives available to help assist family members/caregivers to access timely ABA services. The Regional Contractor phone numbers are:
 - HealthNet Federal Services (West Region): 1-844-866-9378; #5 (ask to speak with their Autism specialists)
 - ✓ <https://www.tricare-west.com/content/hnfs/home/tw/bene/autism-care-demonstration.html>
 - Humana Military (East Region): Main line – 1-800-444-5445; ABA Customer Service – 1-866-323-7155
 - ✓ <https://www.HumanaMilitary.com/autism-coe/>



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Time For Questions!



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- University of Texas at Austin, Steve Hicks School of Social Work (Social Work, LPC, LMFT)
- Commission for Case Manager Certification
- Patient Advocate Certification Board to Board Certified Patient Advocates (BCPA)
- Association for Financial Counseling and Planning Educators (AFCPE)
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- Certified Family Life Educators (CFLEs)
- OneOp **certificate of attendance** available



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Questions?

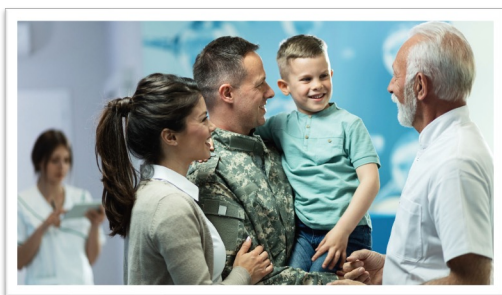
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Upcoming Webinar



Medicaid's Role in Military Family Well-Being & Economic Security

August 14, 2024, 11:00 AM - 12:00 PM ET

This webinar will explore Medicaid's role in contributing to the well-being and economic security of military families. Participants will learn about Medicaid's role in providing health insurance coverage for eligible individuals and families. They will also learn about recent developments in Medicaid policy that are intended to address underlying threats to economic security (such as housing and food access).



<https://oneop.org/learn/160053/>

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