



Autism Care Demonstration Welcome Guide



This guide helps TRICARE families learn about eligibility and requirements of the ACD.

TRICARE offers broad health benefits and extra programs to help people with Autism Spectrum Disorder. The ACD provides ABA services for qualifying family members with autism.

In addition, anyone enrolled in the ACD receives care management services with an Autism Services Navigator.



EAST REGION

Eligibility Requirements:

Exceptional Family Member Program Enrollment and Extended Care Health Option Registration



Who must register in ECHO?



Active duty family members must register in ECHO to receive ACD services. To register in ECHO, they must also enroll in EFMP.

To learn about the ECHO registration process, visit www.tricare.mil/ECHO

Who is eligible for the ECHO program?

You qualify for ECHO if you have:

- Diagnosis of a moderate to severe intellectual disability; or
- A severe physical disability/disabilities

ASD also qualifies for ECHO. An ACD associate will tell you what paperwork you need to enroll in EFMP and register in ECHO. TRICARE East both contacts the sponsor/guardian by phone and gives the sponsor/guardian a written notice of registration.

*In some cases, EFMP enrollment may be waived, for example, if your sponsor's branch of service does not provide EFMP. Contact TRICARE East with questions about enrollment.

How do I enroll in EFMP?

ADFM's must get paperwork from the EFMP medical point of contact at their local military hospital or clinic. Find your service branch's EFMP representative by visiting www.militaryonesource.mil.

Do I need to register in ECHO before starting services?

Yes. You must register in ECHO before you can receive ECHO or ABA benefits. You have 90 days to meet EFMP requirements. After 90 days, no extensions are allowed, and your ABA and ECHO benefits will stop if you don't complete registration.

When could I lose ECHO eligibility?

- You lose TRICARE eligibility.
- You no longer has a qualifying condition.
- You don't otherwise meet ECHO's requirements.

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Eligibility Requirements:

ACD Enrollment



How can my dependent become eligible for the ACD?



To qualify for the ACD, your dependent must have an ASD diagnosis. You must also have the following:

- Referral from your approved ASD diagnosing provider
- A DSM-5 checklist including the severity level of ASD
- A validated assessment tool supporting the diagnosis of ASD

To learn about how to participate in the ACD, visit www.tricare.mil/ACD.

Who can diagnose autism and refer a beneficiary to the ACD?

A PCM or specialized ASD-diagnosing provider may diagnose and refer to the ACD. Referring providers must include the DSM-5 diagnostic criteria in a DHA-approved checklist and include the severity. The validated assessment tool used to diagnose ASD must also be submitted with the referral. For beneficiaries first diagnosed with ASD at age eight or older, and requesting ABA services, a specialized ASD diagnosing provider evaluation (not a PCM) is required as part of the referral for ABA services.

What assessment tools diagnose ASD?

- *Screening Tool for Autism in Toddlers and Young Children*
- *Autism Diagnostic Observation Schedule –Second Edition*
- *Autism Diagnostic Interview-Revised*
- *Childhood Autism Rating Scale-Second Edition*
- *Gilliam Autism Rating Scale, Third Edition with a diagnostic evaluation*

What if a beneficiary has trouble meeting all these requirements?

TRICARE East assigns an outreach coordinator to every family entering the ACD. They will assist with explaining the eligibility process and addressing any barriers families may have in obtaining documents needed for eligibility. Families have 180 days to work with the outreach coordinator to obtain the required information.

The beneficiary can enroll with the ACD at any time when eligibility is met. Ineligibility for the ACD does not exclude eligible beneficiaries from receiving otherwise allowable services under TRICARE.

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The ACD Team and ACD Enrollment

The ACD Team



You may have contact with ACD team members such as the ORC and an ASN. When enrolling in the ACD, the ORC may be your first point of contact. The ORC will assist you in reviewing and understanding eligibility requirements. You may also talk to them about outcome measures, provider placement, ECHO eligibility, and possible resource needs before you talk to your ASN. The ORC may also assist you with needs if you transfer to another area during your ACD enrollment. You will get an ASN once you meet eligibility for the ACD. The ASN will complete enrollment and complete your comprehensive care plan every six months. The ASN and ORC will work closely together during your enrollment in the ACD to make sure your needs are met.

ASN Collaboration



You must collaborate with your ASN to complete an initial assessment and develop a CCP. Completion of the CCP must be within 90 days of your ASN assignment, with updates every six months. Collaboration with your ASN is important to remain in the ACD and to receive ABA services. The CCP allows your ASN to assist you in coordinating services and improving access to care. Your ASN can also help with continuity of care if you move, the sponsor retires, or a provider becomes unavailable.



How to Contact the ACD Team:

ABA Phone Line: 866-323-7155

Secure Messaging: Log in to your [beneficiary self-service account](#) and send a secure message to the ACD team.

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ABA and the Treatment Team



Where is treatment delivered?



You can receive ABA services in the physical space of an office, clinic, or home.

The plan excludes billing for services outside of the allowed locations. Other location exclusions include certain community settings such as sporting events, camps, and other settings as determined by the contractor.

The ABA supervisor must list any community setting in the treatment plan for review.

In a school, only the treating BCBA can provide services, and only for a short time when working on a specific behavior.

The ABA supervisor must request these school services in the treatment plan for review.

How are ABA treatment goals set?

The ABA team sets your child's goals using different sources of information, such as test results, input from family or caregivers, and other support services. Goals focus on the core symptoms of autism.

Who is on your treatment team?

Your treatment team includes the people who care for your child and their guardian(s). The team may include:

- family or caregivers
- your PCM
- ASD specialist
- behavior analyst
- behavior technician
- assistant behavior analysts

How do you track progress?

The ABA team checks progress through regular reassessments and treatment plan updates. These updates show how your child is doing on each goal from the current and past plans.

The team also uses outcome tools, such as the Pervasive Developmental Disorder Behavior Inventory to measure how well treatment is working. These tools must be valid, reliable, and given at set times. They also help the team find new goals your child may need.

What is the format of the ABA Assessment?

An authorized ABA supervisor uses methods including direct observation, the measurement and recording of behavior, parent/caregiver interview(s), and parent/caregiver rating scales

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ABA and the Treatment Team (cont.)



Can a beneficiary see more than one ABA supervisor?

No. A beneficiary can have only one main ABA supervisor at a time. The supervisor writes the treatment plan and is the only one who can bill for services. Other certified BCBAs in the same clinic can still work with the beneficiary, but they cannot work with a BCBA from another clinic at the same time. A beneficiary can ask for a second opinion, but they cannot have two treatment authorizations at once.

Can a beneficiary choose their ABA Supervisor?


Yes. A beneficiary picks their supervisor after they become eligible. They can change supervisors after the first visit or later by contacting their ASN.

What services do I get during ABA treatment?

Most ABA services happen in one-on-one sessions with your child. An ABA supervisor checks these sessions to make sure treatment is working. Parents also get training so they can use the same strategies at home.

Some programs also offer group sessions with the child and caregiver for treatment and training. Services start after the approval of the treatment plan by TRICARE East. Parents need at least one training session each month. The first training must happen within 30 days of starting treatment. After that, parents need at least six training sessions every six months

Outcome Measures

 TRICARE requires the completion of outcome measures at set times during your ABA authorization. These track your progress and help providers know when to offer referrals or resources.

If you need help, staff will walk you through the process. You must finish the measures to keep your authorization.

Authorized specialty ASD-diagnosing providers must complete these measures.

Your BCBA can do the measures if they get pre-authorization first. Finish all measures within 90 days of the due date.

Outcome Measure	Approved Form Type	When to Complete	Who can Administer
The Pervasive Developmental Disorder Behavior Inventory is an informant-based rating scale designed to assist in the assessment (for problem behaviors, social, language, and learning/memory skills) of children (2-18.5 years) who have been diagnosed with ASD.	Standard or extended form (the parent form is due at baseline and the parent and teacher form must be completed every six months thereafter)	Must be completed before receiving ABA services, and every six months thereafter	Authorized ABA supervisors
<i>Social Responsiveness Scale, Second Edition (SRS-2)</i> : The SRS-2 identifies social impairment associated with ASD and quantifies its severity (2.5-99 years).	Parent form	Must be completed before receiving any service, and every year thereafter	Specialized ASD-diagnosing providers, TRICARE-authorized independent provider or ABA supervisor, if prior authorized
<i>Vineland Adaptive Behavior Scales, Third Edition (Vineland-3)</i> : The <i>Vineland-3</i> measures adaptive behavior for individuals diagnosed with intellectual and developmental disabilities, including ASD (birth-90 years).	Parent, teacher, or interview form	Must be completed before receiving ABA services, and every year thereafter	Specialized ASD-diagnosing providers, TRICARE-authorized independent provider or ABA supervisor, if prior authorized
<i>The Parenting Stress Index (0-12 years)</i> or the <i>Stress Index for Parents of Adolescents (11-19 years)</i> : The measure evaluates the parent system and identify issues that may lead to problems in the child or parent's behavior	<i>PSI</i> : Short form <i>SIPA</i> : Profile form	Must be completed before receiving any services, and every six months thereafter.	Administered by a specialized ASD-diagnosing provider or ABA supervisor, if prior authorized

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Outcome Measures Timeline

The Autism Care Demonstration (ACD): What to expect during the first two years

	Eligibility for Initial Assessment	Prior to First Request for Treatment Authorization	Every Six-Months Reauthorization	Annual Re-Authorization	Two Year Referral for Re-Authorization
PCM or ASD-diagnosing provider	<ul style="list-style-type: none"> DHA-approved checklist to include DSM-5 criteria Confirmed ASD diagnosis with level of support diagnostic checklist and a validated assessment tool (children under eight years old) Children eight and above documents must be completed by an ASD-diagnosing provider 				<ul style="list-style-type: none"> Referral to include DHA approved checklist to include DSM-5 criteria and severity level
ASD-diagnosing provider or Board Certified Behavior Analyst (BCBA), if pre-authorized		<ul style="list-style-type: none"> Vineland-3 (Parent, Teacher, or Interview Form) Social Responsiveness Scale, Second Edition (parent form) Parent Stress Index short form or Stress Index for Parents of Adolescents 	<ul style="list-style-type: none"> PSI Short Form or SIPA 	<ul style="list-style-type: none"> Vineland-3 (Parent, Teacher or Interview Form) Social Responsiveness Scale Second Edition (Parent Form) PSI short form or SIPA 	<ul style="list-style-type: none"> Vineland-3 (Parent, Teacher, or Interview Form) Social Responsiveness Scale Second Edition (Parent Form) PSI short form or SIPA
BCBA		<ul style="list-style-type: none"> Initial assessment and treatment plan Pervasive Developmental Disorder Behavior Inventory 	<ul style="list-style-type: none"> Treatment plan PDDBI (Parent and Teacher) 	<ul style="list-style-type: none"> Treatment plan PDDBI (Parent and Teacher) 	<ul style="list-style-type: none"> Treatment plan PDDBI (Parent and Teacher)

Note: Your BCBA may complete the outcome measures if you do not have an ASD-diagnosing provider.

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