
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.



HEALTH CARE PROGRAMS
Division of Medical Assistance Programs

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.