

Federal Employee Insurance Plans

As of January 2017, BHT services became a covered benefit for individuals with a diagnosis of autism.

What You Need To Do Next

- Contact your health plan's member services department (contact information is located on the back of your health plan card) and request BHT services for your child.
- Follow the steps your Federal insurance member services department gives you.
- If your plan tells you BHT services are not a covered benefit ask for this information in writing and send it to your SDRC Service Coordinator.

Self-Funded Insurance Plans

If your private insurance plan is a self-funded plan it may or may not cover BHT services for individuals with a diagnosis of autism.

What You Need To Do Next

- Contact your health plan's member services department or your employer's Human Resources Department to determine whether your plan is self-funded and if BHT is a covered benefit.
- If your self-funded plan **does** cover BHT services, contact your insurance member services department for a referral for BHT services and follow the steps they give you.
- If your self-funded plan **does not** cover BHT services, request a letter of coverage from your health plan or HR department and contact your SDRC Service Coordinator to discuss your request for services. A planning team meeting will be scheduled to discuss the request and possible funding through SDRC.

SDRC Office Locations

Main Headquarters

4355 Ruffin Road, Suite 200
San Diego, CA 92123
858-576-2996

East San Diego County

8760 Cuyamaca Street, Suite 100
Santee, CA 92071
619-596-1000

South San Diego County

2727 Hoover Avenue, Suite 100
National City, CA 91950
619-336-6600

North San Diego County

300 Rancheros Drive, 4th Floor, Suite 400
San Marcos, CA 92069
760-736-1200

Imperial County

3095 N. Imperial Ave
El Centro, CA 92243
760-355-8383

North Inland

15015 Avenue of Science, Suite 250
San Diego, CA 92128
858-924-8700

South Inland

2300 Boswell Road, Suite 200
Chula Vista, CA 91914
619-489-3200



www.sdrc.org

Serving Individuals with Developmental Disabilities
in San Diego and Imperial Counties

Behavioral Health Treatment (BHT) Services



How to access services
through insurance funded
health plans



SDRC

San Diego Regional Center



How to Access Behavioral Health Treatment Services

If your child is experiencing behavioral challenges and you have concerns, accessing behavior health treatment (BHT) can help.

BHT services may include but are not limited to, Applied Behavior Analysis (ABA), other behavioral interventions, or parent training.

Medi-Cal covers BHT services for children under age 21 with or without a diagnosis of autism. Most private insurance covers BHT services for children and adults with a diagnosis of autism.

MEDI-CAL

Fee for Service

Covers BHT services for children under the age of 21 with behavioral challenges. A diagnosis of autism is not required.

Managed Care Plans

Covers BHT services for children under the age of 21 with behavioral challenges. A diagnosis of autism is not required.

What You Need To Do Next

Medi-Cal Fee for Service:

Contact your SDRC service coordinator to request a planning team meeting to discuss the request and explore funding.

The planning team will assess BHT needs and funding for BHT services will continue to be provided by SDRC.



Medi-Cal Managed Care:

Contact your Medi-Cal Managed Care Plan and ask about behavioral health treatment services.

Depending on your managed care plan, you may need to contact your child's pediatrician or your managed care plan directly regarding a BHT referral and services. Each managed care plan has staff available to answer your questions and provide assistance.

Medi-Cal Managed Care Plans' contact numbers:

San Diego County

Blue Shield California Health Plan

(800) 605-2556
TTY/TDD (800) 735-2929

Community Health Group Partnership Plan

(800) 224-7766
TTY/TDD (800) 735-2929

Kaiser Permanente

(855) 839-7613 English
(800) 788-0616 Spanish
(800) 757-7585 Chinese Dialects
TTY/TDD 711

Molina Healthcare of California Partner Plan Inc.

(888) 665-4621
TTY/TD (800) 479-3310

Imperial County

California Health Plan of Imperial Valley

(833) 236-4141
TTY/TDD 711

If you have both private insurance and Medi-Cal Managed Care, contact your private insurance plan first.



PRIVATE INSURANCE

If your child has a diagnosis of autism and you have private insurance (either with a Preferred Provider Organization (PPO) or a Health Maintenance Organization (HMO)), your insurance may cover Behavioral Health Treatment (BHT) services.

What You Need To Do Next

- Contact your health plan's member services department (contact information is located on the back of your health plan card) and request BHT services for your child. Your child can be a minor or over the age of 18.
- Follow the steps your private insurance member services department gives you.
- If your plan informs you that BHT services are not a covered benefit, ask for this information in writing and send it to your SDRC Service Coordinator.
 - If your private insurance is a *Preferred Provider Organization (PPO)* and you have questions or concerns, contact the California Department of Insurance at 800-927-4357.
 - If your private insurance is a *Health Maintenance Organization (HMO)* and you have questions or concerns, contact the California Department of Managed Health Care at 888-466-2219.

If you have private insurance, SDRC may be able to assist with the funding of your copayments, coinsurance or deductibles if you meet certain requirements. Contact your Service Coordinator for more information.