

For more information on our ABA services or to find out if we accept your health insurance, please contact the Coordinator of ABA Services at 413.534.3299.



Multicultural Community Services  
260 Westfield Road  
Holyoke, MA 01040  
[www.mcsnet.org](http://www.mcsnet.org)



# Applied Behavior Analysis (ABA) Services

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# ARICA

An Act Relative to Insurance Coverage for Autism

On August 3, 2010, Massachusetts signed into law Chapter 207, An Act Relative to Insurance Coverage for Autism. This law went into effect on January 1, 2011. It requires health insurers in Massachusetts to provide coverage for the diagnosis and treatment of Autism Spectrum Disorder. Due to some restrictions in the law, some insurance plans may not be required to provide coverage under ARICA. Contacting your insurance company directly is the best way to find out if your insurance plan is required to cover services as outlined in the law.

The following treatments are covered under the ARICA law:

- ◇ Habilitative or Rehabilitative Care
- ◇ Pharmacy Care
- ◇ Psychiatric Care
- ◇ Psychological Care
- ◇ Therapeutic Care

The diagnosis and treatment of Autism Spectrum Disorders under the ARICA law is not subject to any coverage limits (annual or lifetime) and there is no age limit for a person receiving these services.

Multicultural Community Services (MCS) has been supporting individuals who have developmental and intellectual disabilities and their families for over 30 years. We are pleased to offer a new support model for individuals who have Autism and their families—ABA (Applied Behavior Analysis) services. These services have become available through the advocacy of families and are paid for by private insurance plans (ARICA law).

The core of the ABA services provided is skill building and guiding families to develop effective strategies in supporting their loved one. Each family will be supported by a Board Certified Behavior Analyst (BCBA) who will do an assessment and develop a treatment/behavior plan and Direct Support professionals who will implement the plan.

ABA services provided by MCS can address:

- ◇ Social Skills
- ◇ Safety Skills
- ◇ Toileting
- ◇ Self Care
- ◇ Self injurious behavior
- ◇ Aggressive behavior
- ◇ Visual Supports
- ◇ Communication Skills

## What is ABA?

ABA is the process of studying and modifying behavior. ABA is a scientifically validated method for treating Autism that uses direct observation, measurement and functional analysis of the behavior. Preferred consequences are used to reinforce new skills and positive behavior.

A Functional Behavioral Assessment (FBA) is a critical piece of ABA. An FBA identifies the reason an individual engages in a problematic behavior. The results of the FBA are used to develop a behavior support plan aimed at decreasing problematic behavior and increasing appropriate behavior.

Collecting and analyzing data on identified goals is a very important part of Applied Behavior Analysis.

*"When I was very young, Applied Behavior Analysis (ABA) methods were used to teach me to talk and lots of praise was used. This was required to get my speech started."*

*~ Dr. Temple Grandin*