

## **MENTAL HEALTH THERAPIES**

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### **1. APPLIED BEHAVIOR ANALYSIS (ABA)**

Applied Behavior Analysis (ABA) is the process of systematically applying interventions based upon the principles of learning theory to improve socially significant behaviors to a meaningful degree and to demonstrate that the interventions employed are responsible for the improvement in behavior.

ABA principles can be used for parent training and social skills groups. It is grounded in research and evidenced-based practices. For insurance, ABA falls under the category of Behavioral Health Treatment (BHT). Some of the origins of ABA interventions used to assist those with a diagnosis of ASD came from Dr. Ivaar Lovaas who applied operant conditioning principles (reinforcement strengthening responses) to interventions to teach a variety of needed skills to those with developmental disabilities.

### **2. BEHAVIORAL HEALTH TREATMENT (BHT)**

Behavioral Health Treatment is a broad term covering behavioral and mental health services.

Medi-Cal covers all medically necessary behavioral health treatment (BHT) for eligible beneficiaries under 21 years of age. This may include children with autism spectrum disorder (ASD) as well as children for whom a physician or psychologist determines it is medically necessary. A physician or a psychologist must recommend BHT services as medically necessary based on whether BHT services will correct or ameliorate any physical and/or behavioral conditions. Private insurance covers BHT for persons of all ages with a diagnosis of ASD.

BHT services include applied behavioral analysis (ABA) and a variety of other behavioral interventions that have been identified as evidence-based approaches that prevent or minimize the adverse effects of behaviors that interfere with learning and social interaction, and promote, to the maximum extent practicable, the functioning of a person. Examples of BHT services include behavioral interventions, cognitive-behavioral intervention, comprehensive behavioral treatment, language training, modeling, natural teaching strategies, parent/guardian training, peer training, pivotal response training, schedules, scripting, self-management, social skills package, and story-based interventions.

Families interested in receiving BHT services should contact their insurance company. The primary care physician may be asked to complete a referral form recommending BHT depending on the insurance. The form may ask for the person's diagnosis, and applicable areas indicating a need for BHT. The insurance BHT care managers together with paneled BHT providers assist in determining the type and level of service. As a part of this determination, the BHT provider may complete a Functional Behavior Assessment.

### **3. COGNITIVE BEHAVIORAL THERAPY (CBT)**

A form of psychological treatment that has been demonstrated to be effective for a range of problems including depression, anxiety, and others. Its core principles are that psychological problems are based, in part, on faulty or unhelpful ways of thinking; Psychological problems are based, in part, on learned patterns of unhelpful behavior; and that people suffering from psychological problems can learn better ways of coping with them, thereby relieving their symptoms and becoming more effective in their lives.

### **4. CHILD PARENT PSYCHOTHERAPY (CPP)**

A relational treatment for young children who are showing mental health or behavioral disturbances. The treatment goal is to help parents create physical and emotional safety for the child and family by promoting age-appropriate partnership between parent and child as a vehicle for restoring the child's cognitive, behavioral, and social functioning.

5. **DIALECTICAL BEHAVIORAL THERAPY (DBT)**

A form of psychological therapy that began with efforts to treat personality disorders, ADHD, and interpersonal conflicts. There is evidence that it can help treat mood disorders, suicidal ideation, and behavior patterns such as self-harm. It tries to help identify and change negative thinking patterns and pushes for positive behavioral change. It tries to bring together opposites- acceptance and change- acceptance of a patient's experiences and then working toward changing negative behaviors.

6. **PARENT CHILD INTERACTIONAL THERAPY (PCIT)**

A psychological therapy in which the first goal is to establish warmth in the parent/child relationship through learning and applying skills proven to help children feel calm and secure in their relationship with their parent. The second goal is to equip the parent to manage the most challenging behaviors while remaining confident, calm, and consistent. This is frequently done through a coaching process behind a one-way mirror.