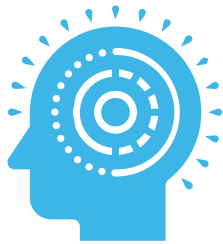




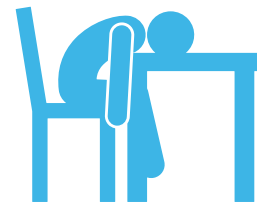
## Use of Telehealth for Applied Behavior Analysis



Anxiety



Depression

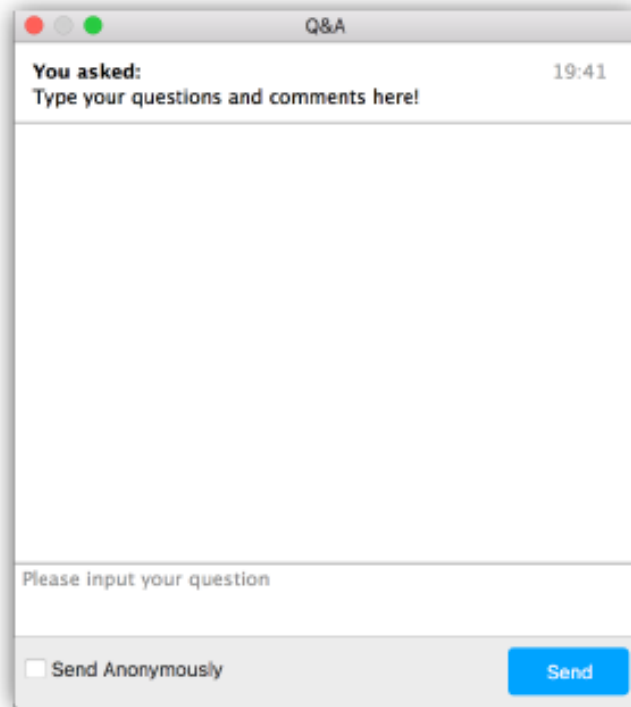


Job loss



Working  
remotely

# House Keeping Items



The screenshot shows a web browser window titled "Q&A". At the top, it says "You asked:" followed by "Type your questions and comments here!" and a timestamp "19:41". Below this is a large, empty text input area. At the bottom of the window, there is a smaller text input field with the placeholder "Please input your question". Below this field is a checkbox labeled "Send Anonymously" and a blue "Send" button. A blue arrow points from the right side of the slide towards the large text input area.

1. Today's webinar is 1 hour including Q&A
2. All participants will be muted during the webinar
3. Please use the Q&A function vs. chat. We will monitor questions throughout and answer as many as possible at the end.
4. This webinar is being recorded and will be posted within 24 hours at [www.beaconhealthoptions.com/coronavirus/](http://www.beaconhealthoptions.com/coronavirus/) so you have continued access to the information and resources

**PLEASE NOTE:** This presentation provides some general information that is subject to change and updates. It should not be construed as including all information pertinent to your particular situation or as providing legal advice. We encourage you to consult with your legal counsel regarding the topics raised in this presentation.

# Today's speaker



**Denise Moyo, LCSW, BCBA**  
Provider Quality Manager



# Agenda

**1** Assessing for telehealth

---

**2** Implementing a direct service telehealth program

---

**3** Implementing an ABA parenting training telehealth program

---

**4** Resources

---

**5** References

Chapter

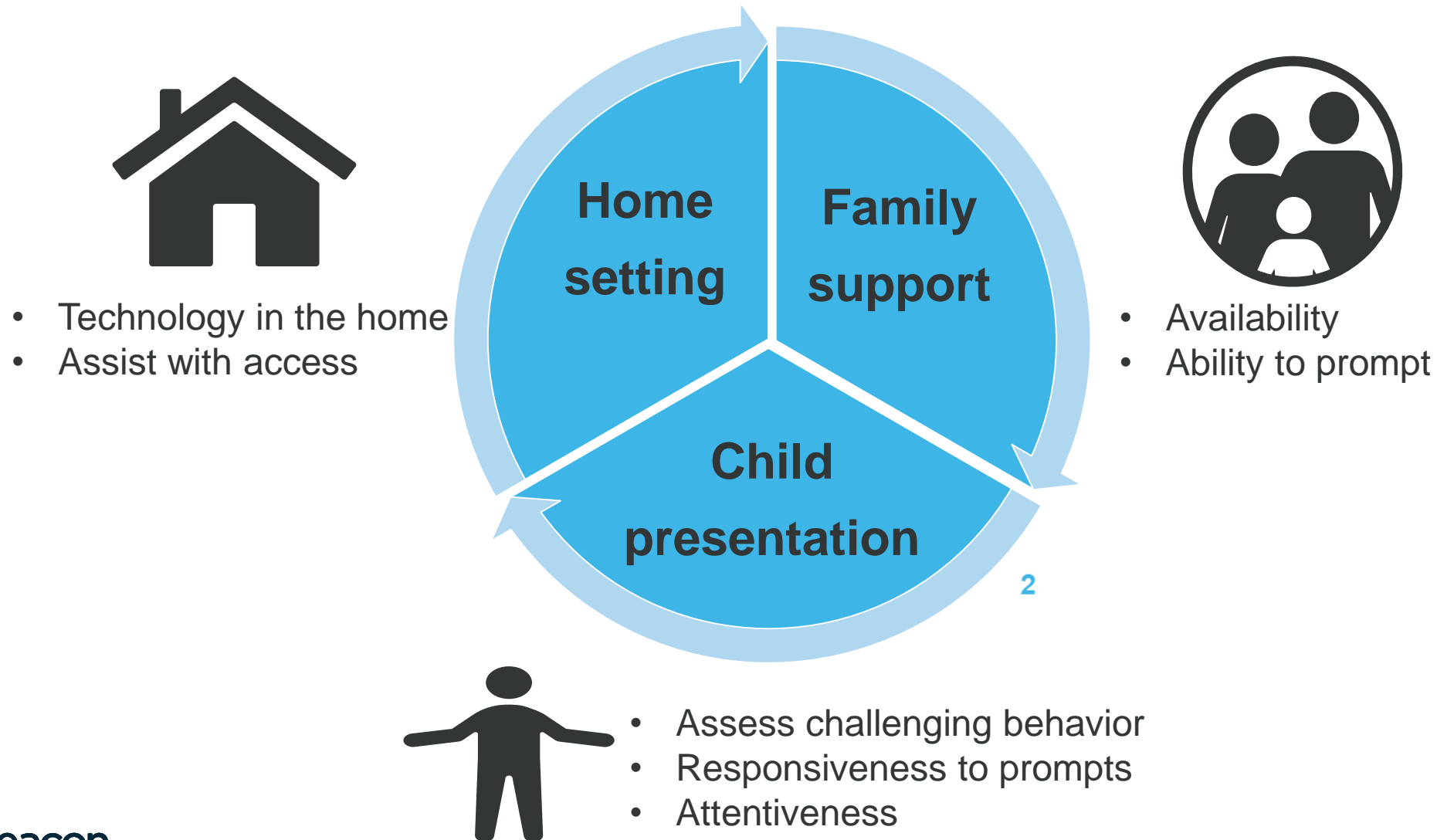
# 01

“We help people live  
their lives to the  
fullest potential.”

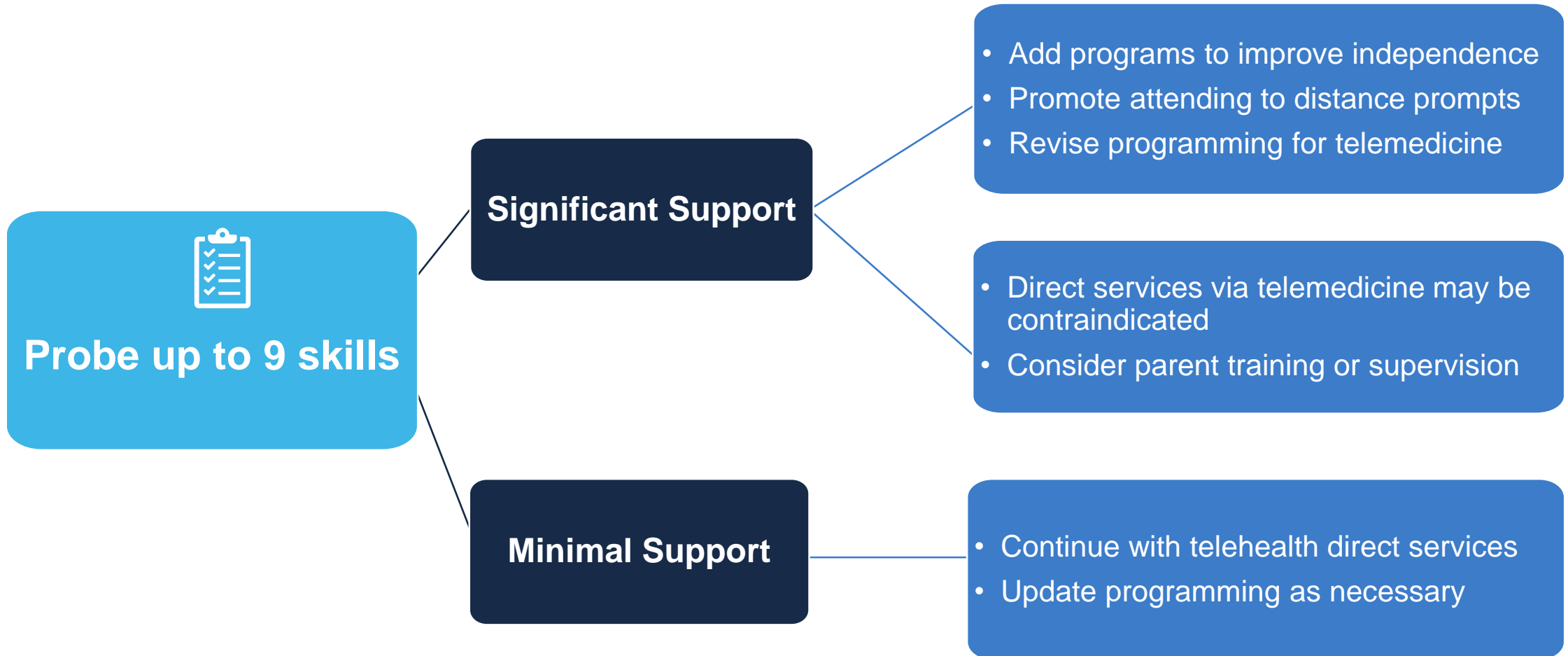
Our Commitment

## Assessing for telehealth

# Global assessments determine telehealth eligibility

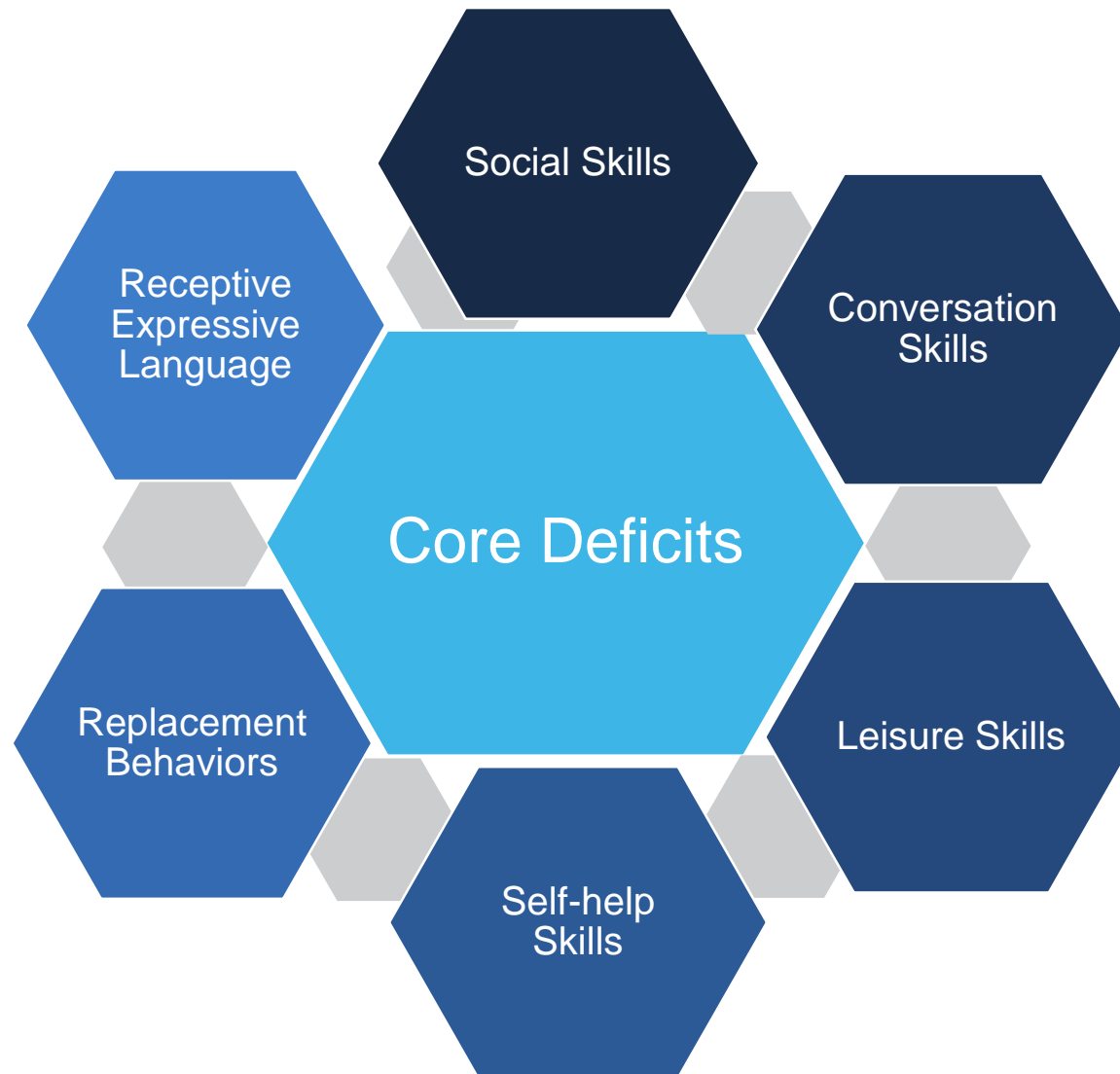


# Assessment of skill acquisition programs evaluates goals





# All goals should continue to be medically necessary



# Ensure parents can implement the behavior plan during COVID-19



Video assessment of  
Caregiver Readiness

## Proficient Implementation

Minimal to no modifications needed

## Partial Implementation

Additional training and support needed, no significant modifications

## Significant Modification

Parent unable/incapable of implementing plan due to:

- Discomfort with procedure
- Unable to provide required time to supervise

Chapter

# 02

“We help people live their lives to the fullest potential.”

Our Commitment

## Implementing a direct service telehealth program

# Comprehensive services look different via telehealth



- Create a plan for each session
- Explore interactive programming
- Assess time of day for sessions
- Consider several shorter vs. one long session
- Focus on maintenance of skills vs. acquiring new targets

4 5

# Meet Jayden

## Jayden

- 4 years old, Autism diagnosis
- Recently said her first words
- Goals include: Manding for items, tacting common objects, echoics following one-step instructions, motor imitation, and functional play skills

## Services prior to COVID-19:

- 26 hours per week of 1:1 services, with 2 RBTs
- Services at home and in daycare
- Parents participate in parent training 2-3 times per month

**Considering what you know about Jayden, what telemedicine services would benefit Jayden? What does planning and implementation look like?**



# Creating a telehealth program for Jayden

## Planning

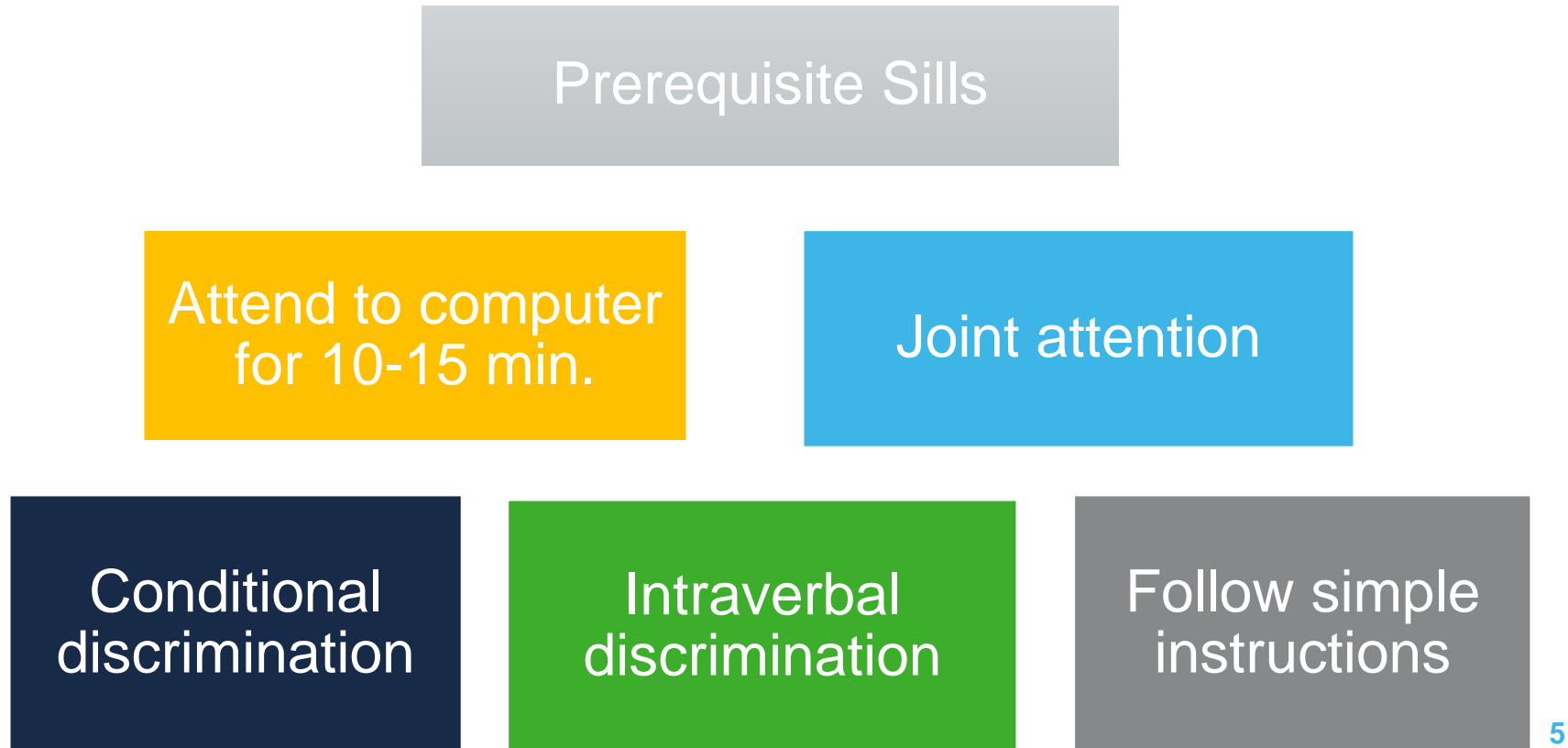
- Complete training with RBT
- Conduct parent training sessions prior to direct service
- Review programs with family
- Provide materials
- Set up environment for session

## Implementation

- Brief sessions and work intervals
- Utilize screen sharing
- Parent immediately available to act as proxy



# Focused ABA services look similar via telehealth





# Meet Kai

## Kai

- 9 years old, Autism and ADHD diagnoses
- Goals include: conversation and social skills, replacement behaviors

## Services prior to COVID-19:

- 8 hours per week of 1:1 services
- Services at home

**Considering what you know about Kai, what telemedicine services would benefit Kai? What does planning and implementation look like?**





# Creating a telehealth program for Kai

## Planning

- Complete training with behavior technician
- Conduct preference assessment to identify reinforcers
- Ensure sessions are scheduled when family is available to redirect as needed

## Implementation

- Create a virtual visual schedule for session
- Vary activities to encourage engagement
- Utilize interactive media available



Chapter

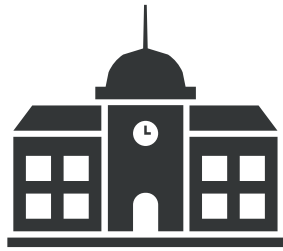
# 03

“We help people live their lives to the fullest potential.”

Our Commitment

## Implementing an ABA parent training telehealth program

# COVID-19 has disrupted routines necessitating re-evaluation of youth goals



**School  
cancellation**

Decreased  
structure

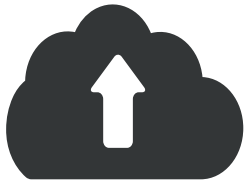
**Family  
dynamic**

Siblings



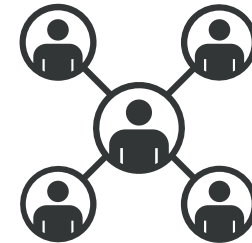
**New skills**

Building tolerance  
for wearing masks  
Social distancing



**No access  
to peers**

Increase  
engagement in  
independent  
activities



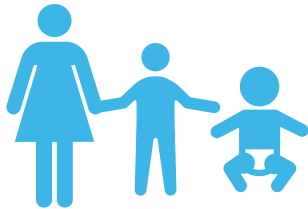
# Challenges to parent participation



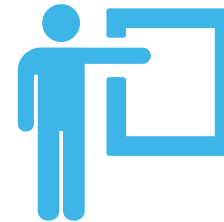
Managing multiple roles



Escalating stressors



Child care responsibilities



Proxy for professionals

5 6 7

# There are multiple strategies to assist parent engagement in telehealth



89

# Using targeted parent training by telehealth to address daily challenges



## Morning Routine

- Less structure
- Interrupted routines



## Meal Time

- Restricted diet
- Refusal to remain in seat



## Interactive Play

- Increasing conflicts with siblings

# Meet Mary

- Foster parent
- Her foster-son, Noah, is 7 years old
- Frustrated with Noah's protest and noncompliance when asked to brush teeth

What type of parent training will help Mary with this issue?





# Creating a targeted parent training program for Mary

## Planning

- Listen to family concerns
- Develop easy-to-implement strategies
- Schedule training during naturally occurring opportunities

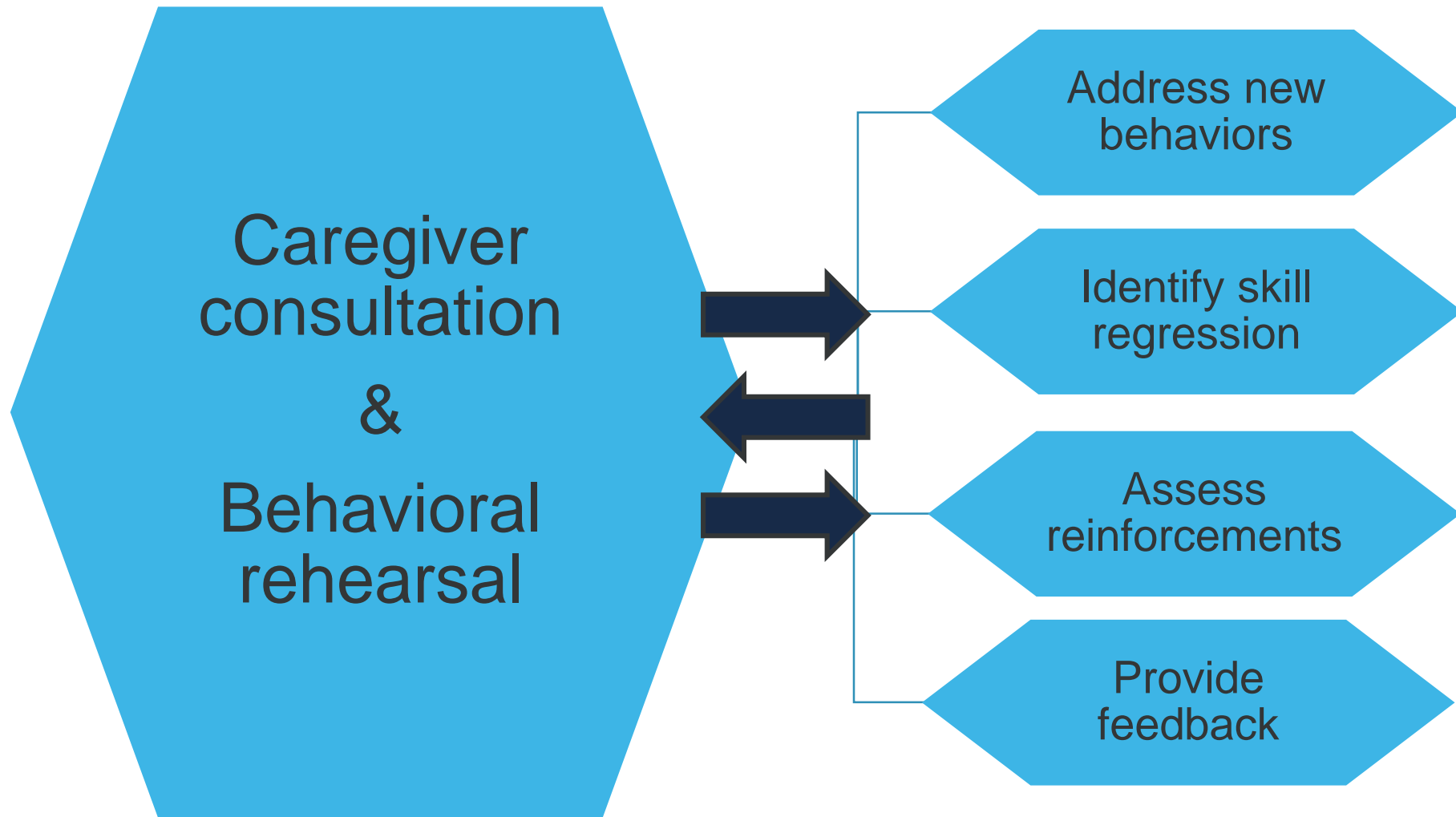
## Implementation

- Set up technology to minimize reactivity (camera out of view, caregiver use ear bud/headphones)
- Teach strategies to family
- Provide in the moment feedback
- Follow up with consecutive trainings to ensure lasting behavior change





# Making ongoing parent training consistent



# Meet John & Lisa

- Their daughter, Marisa, is 10 years old
- Concerned with Marisa's independence with ADLs
- John's work schedule impacts his participation in parent training

How can parent training help John and Lisa learn skills needed to support Marisa?



# Creating an ongoing parent training program for John & Lisa

## Planning

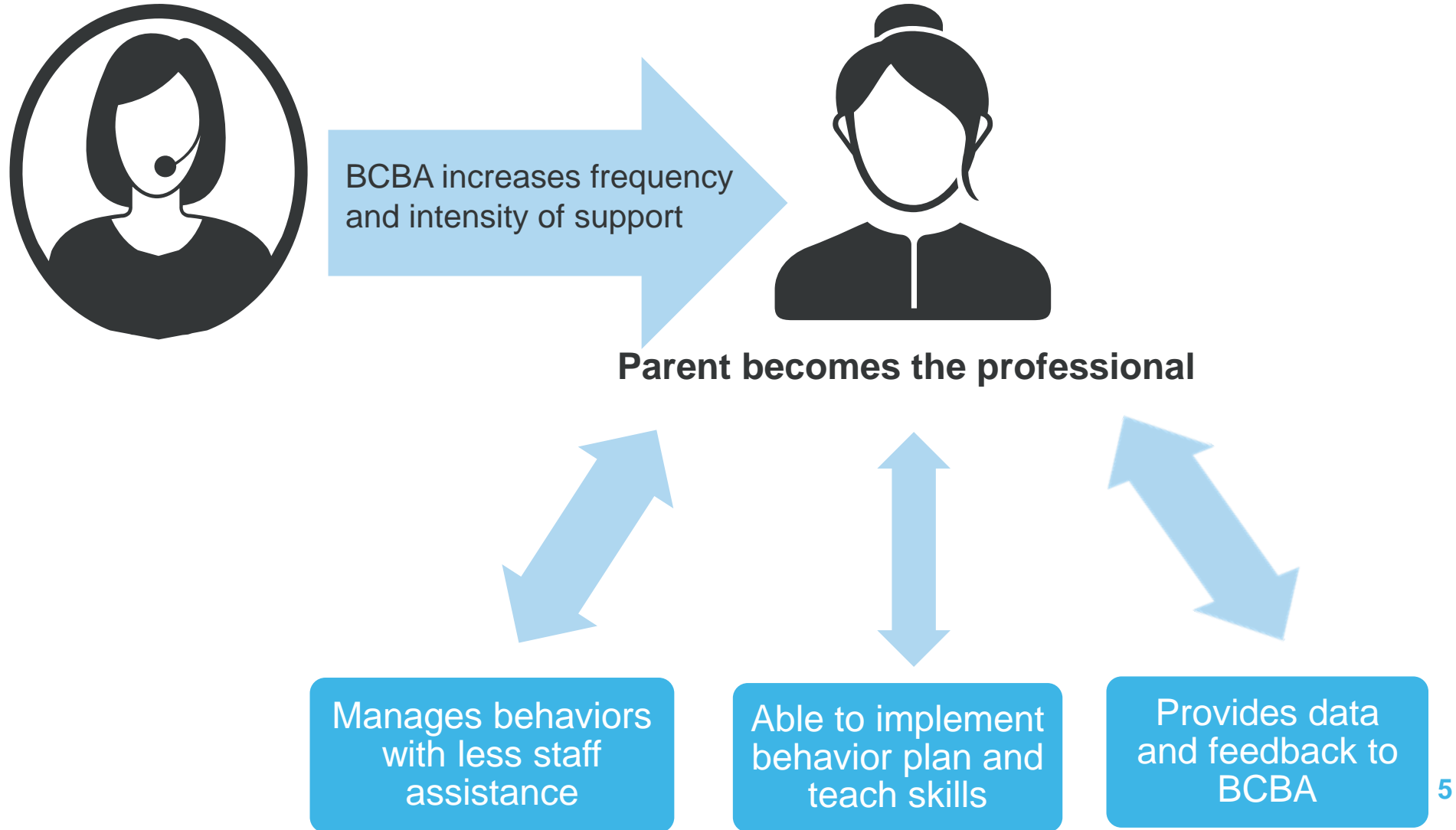
- Schedule parent training sessions to accommodate all caregiver schedules
- Develop data sheets for family

## Implementation

- Utilize modeling, role play, and provide examples when teaching strategies to family
- Provide ongoing feedback and reinforcement
- Review data collected by caregivers
- Monitor progress and update programming as needed
- Continue regularly scheduled meetings



# Intensive parent training is needed for severe behaviors



# Meet Amy & Jill

- Immune compromised family member
- Their son, Victor, is 12 years old
- Victor engages in PICA
- Scared about Victor's safety after recent ER visit due to ingesting objects

How can the BCBA support Amy and Jill while in-person services are not possible?





# Creating an intensive parent training program for Amy & Jill

## Planning

- Review authorization to ensure necessary parent training hours are available, an addendum may be needed
- Schedule several sessions per week
- Prioritize safety and stabilization

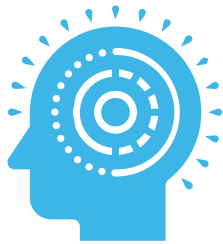
## Implementation

- Teach parents interventions to mastery
- Provide consistent feedback and reinforcement
- Address new and existing concerns
- Continually reassess when in-person services can resume





## Questions?



**Anxiety**



**Depression**



**Job loss**



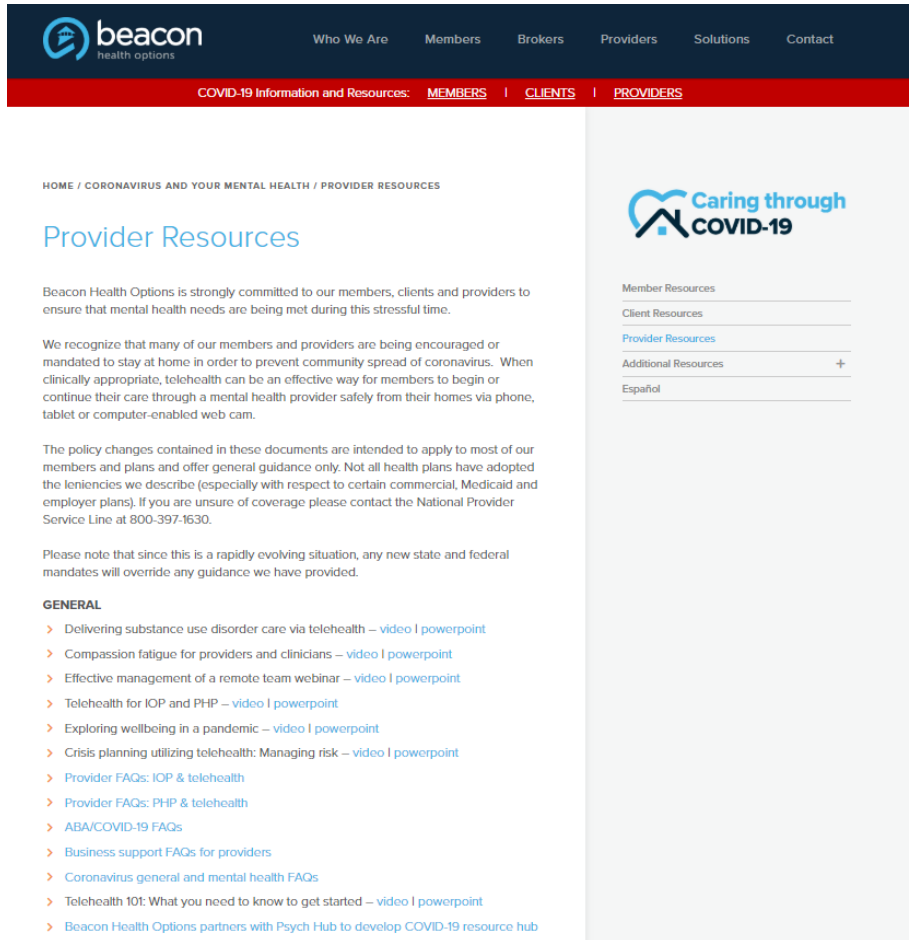
**Working  
remotely**

# References & Resources





# Refer to Beacon's COVID-19 webpage for the most up-to-date information



The screenshot shows the Beacon Health Options website. The top navigation bar includes links for Who We Are, Members, Brokers, Providers, Solutions, and Contact. A red banner below the navigation bar reads "COVID-19 Information and Resources: MEMBERS | CLIENTS | PROVIDERS". The main content area is titled "Provider Resources" and includes a paragraph about Beacon's commitment to members, clients, and providers. It also features a section for "GENERAL" with a list of links to various resources, including videos and powerpoints. On the right side, there is a sidebar with the "Caring through COVID-19" logo and a list of resources: Member Resources, Client Resources, Provider Resources (highlighted), Additional Resources, and Español.

HOME / CORONAVIRUS AND YOUR MENTAL HEALTH / PROVIDER RESOURCES

## Provider Resources

Beacon Health Options is strongly committed to our members, clients and providers to ensure that mental health needs are being met during this stressful time.

We recognize that many of our members and providers are being encouraged or mandated to stay at home in order to prevent community spread of coronavirus. When clinically appropriate, telehealth can be an effective way for members to begin or continue their care through a mental health provider safely from their homes via phone, tablet or computer-enabled web cam.

The policy changes contained in these documents are intended to apply to most of our members and plans and offer general guidance only. Not all health plans have adopted the leniencies we describe (especially with respect to certain commercial, Medicaid and employer plans). If you are unsure of coverage please contact the National Provider Service Line at 800-397-1630.

Please note that since this is a rapidly evolving situation, any new state and federal mandates will override any guidance we have provided.

**GENERAL**

- > Delivering substance use disorder care via telehealth – video | powerpoint
- > Compassion fatigue for providers and clinicians – video | powerpoint
- > Effective management of a remote team webinar – video | powerpoint
- > Telehealth for IOP and PHP – video | powerpoint
- > Exploring wellbeing in a pandemic – video | powerpoint
- > Crisis planning utilizing telehealth: Managing risk – video | powerpoint
- > Provider FAQs: IOP & telehealth
- > Provider FAQs: PHP & telehealth
- > ABA/COVID-19 FAQs
- > Business support FAQs for providers
- > Coronavirus general and mental health FAQs
- > Telehealth 101: What you need to know to get started – video | powerpoint
- > Beacon Health Options partners with Psych Hub to develop COVID-19 resource hub

Member Resources  
Client Resources  
**Provider Resources**  
Additional Resources +  
Español

## Upcoming webinars:

### Treating children and families via telehealth

**July 22, 3:00 P.M. EST**

### Integrating primary care and behavioral health during COVID-19

**August 5, 3:00 P.M. EST**

### Use of telehealth for applied behavioral analysis

**August 19, 3:00 P.M. EST**

[Beacon COVID-19 provider resources & webinars LINK](#)

# Resources

## **Ethics Guidance for ABA Providers During COVID-19 Pandemic**

<https://www.bacb.com/ethics-guidance-for-aba-providers-during-covid-19-pandemic-2/>

## **Maintaining Treatment Integrity in the Face of Crisis: A Treatment Selection Model for Transitioning Direct ABA Services to Telehealth**

<https://doi.org/10.1007/s40617-020-00429-8>

## **ABA/COVID-19 FAQs – Beacon Health Options**

<https://s21151.pcdn.co/wp-content/uploads/ABA-COVID-19-FAQs.pdf>

# References

1. BACB COVID-19 Updates. The Behavior Analyst Certification Board, Inc.® (BACB®). Retrieved from: <https://www.bacb.com/bacb-covid-19-updates/>
2. Cox, D. J., Plavnick, J., & Brodhead, M. T. (2020, March 31). A Proposed Process for Risk Mitigation During the COVID-19 Pandemic. Retrieved from: <https://doi.org/10.31234/osf.io/buetn>
3. Rodriguez, K.A. (2020). Maintaining Treatment Integrity in the Face of Crisis: A Treatment Selection Model for Transitioning Direct ABA Services to Telehealth. *Behavior Analysis in Practice* (13), 291–298. Retrieved from: <https://doi.org/10.1007/s40617-020-00429-8>
4. The Council of Autism Service Providers. (2014, 2020). Applied Behavior Analysis Treatment of Autism Spectrum Disorder: Practice Guidelines for Healthcare Funders and Managers. <https://casproviders.org/wp-content/uploads/2020/03/ABA-ASD-Practice-Guidelines.pdf>
5. The Council of Autism Service Providers. (2020). Practice Parameters for Telehealth-Implementation of Applied Behavior Analysis: Continuity of Care during the COVID-19 Pandemic [https://casproviders.org/wp-content/uploads/2020/03/PracticeParametersTelehealthABA\\_033020F2.pdf](https://casproviders.org/wp-content/uploads/2020/03/PracticeParametersTelehealthABA_033020F2.pdf)
6. Alkhalifah, Shahad. (2018). Telehealth Services for Children With Autism Spectrum Disorders in Rural Areas of the Kingdom of Saudi Arabia: Overview and Recommendations. *JMIR Pediatrics and Parenting*. 1(2); Jul-Dec 2018. (Riyadh, Saudi Arabia). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6715059/>
7. Telehealth and the practice of Applied Behavior Analysis (ABA). California Association for Behavior Analysis. Retrieved from: [https://calaba.org/media/content/CalABA\\_TeleHealth\\_Practice\\_Brief\\_Final-2.pdf](https://calaba.org/media/content/CalABA_TeleHealth_Practice_Brief_Final-2.pdf)
8. Ferguson, Jenny. (2019). Telehealth as a Model for Providing Behaviour Analytic Interventions to Individuals with Autism Spectrum Disorder: A Systematic Review. *Journal of Autism and Developmental Disorders*. 49(2): 582–616. (Belfast, Northern Ireland). <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6373531/>
9. Conklin, Sarah M. Wallace, Michele D. (2019). Pyramidal parent training using behavioral skills training: Training caregivers in the use of a differential reinforcement procedure. *Behavioral Interventions*. 34 (3): 377-387. <https://doi.org/10.1002/bin.1668>

# Thank You



---

This presentation will be posted at  
[www.beaconhealthoptions.com/coronavirus/](http://www.beaconhealthoptions.com/coronavirus/)

## CONTACT US:

Beacon's National Provider Services Line

800-397-1630 (Monday-Friday, 8 a.m.-8 p.m. ET) or contact your Provider Relations contact

---

