

Coverage for Spectrum Disorder

Mental Health Parity regulations require unlimited benefits on Applied Behavioral Health (ABA) as it applies to spectrum disorder. Effective January 1, 2015, applied behavioral health (ABA) will be **unlimited** (currently limited to \$35,000 per year). In addition, Mental Health parity is requiring residential treatment of mental health and substance abuse to be covered as inpatient. This coverage was previously excluded.

Reminder: On May 6, 2011, Virginia Governor Bob McDonnell signed new legislation into law which mandates coverage for the diagnosis and treatment of Autism Spectrum Disorder (ASD). Treatment includes Applied Behavior Analysis (ABA). In order to be covered, services must be provided by licensed, Board Certified behavior analysts. Effective January 1, 2012, Virginia insurers must provide these benefits for children from ages 2 to 6. **Effective January 1, 2020 the age cap for autism coverage has been removed.**

The VPC Benefits Consortium is not subject to this state mandate. However, January 1, 2012, our Board elected to adopt coverage for ASD, as outlined within the new law. Specifically, benefits will be provided for (1) Autistic Disorder, (2) Asperger's Syndrome, (3) Rett Syndrome, (4) Childhood Disintegrative Disorder, and (5) Pervasive Developmental Disorder – not otherwise specified, as defined by guidelines established by the American Psychiatric Association.