

## AUXILIARY AIDS AND INTERPRETER SERVICES

You can get free materials in large print, and other auxiliary aids and services. Call 1-800-256-2452, or TTY 1-866-518-6778 (or 711). If English is not your first language, free interpreter services are available. Call 1-800-256-2452, or TTY 1-866-518-6778.

Español (Spanish): Puede obtener materiales gratuitos en letra grande y otras ayudas y servicios auxiliares. Llame al 1-800-256-2452, or TTY 1-866-518-6778 (or 711). Si el inglés no es su lengua nativa, dispone de servicios gratuitos de interpretación. Llame al 1-800-256-2452, or TTY 1-866-518-6778 (or 711).

中国人 (Chinese): 您可以免费获得各种资料的大字版以及其他辅助工具和服务。请致电 1-800-256-2452, or TTY 1-866-518-6776 (or 711)。如果英语不是您的首选语言，我们提供免费的翻译服务。请致电 1-800-256-2452, or TTY 1-866-518-6778 (or 711)。

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Sandhills Center  
Administrative offices:  
P.O. Box 9  
West End, NC 27376

Sandhills Center manages integrated health care as an NC Medicaid Behavioral Health and Intellectual/Developmental Disabilities Tailored Plan.

*Sandhills Center assures that people have access to quality physical and behavioral health services in their communities.*

MEMBER & RECIPIENT SERVICES:

**1-800-256-2452**  
TTY: 1-866-518-6778

BEHAVIORAL HEALTH CRISIS LINE:

**1-833-600-2054**

To learn more about us, visit:  
**[SandhillsCenter.org](http://SandhillsCenter.org)**



**ABA therapy**

**INTELLECTUAL  
AND  
DEVELOPMENTAL  
DISABILITIES (I/DD)**



**SANDHILLS  
CENTER**

*Serving Anson, Davidson, Guilford,  
Harnett, Hoke, Lee, Montgomery,  
Moore, Randolph, Richmond and  
Rockingham counties in  
central North Carolina*



*Sandhills Center is  
nationally accredited.*

## WHAT IS ABA THERAPY?

Applied Behavior Analysis (ABA) therapy treats behavior problems in children who have been diagnosed with Autism Spectrum Disorders.

ABA therapy helps to promote positive behaviors. It is very structured so that children can improve their problem-solving, understanding, adaptive and social skills.

The goal of ABA therapy is to increase speech, conversation, eye contact, daily living skills and independence. ABA therapy also strives to decrease challenging, repetitive and self-stimulating behaviors.

## WHAT ABA IS NOT:

ABA therapy is not a respite service. It does not give temporary breaks in caregiving duties for parents and/or legal guardians.

ABA is not a Medicaid service, but it is covered under Early and Periodic Screening, Diagnostic and Treatment (EPSDT) services. To get EPSDT services, you must qualify for Medicaid.

## *Who can benefit from ABA therapy?*

- Children with Autism Spectrum Disorder who have behavioral challenges that are a health or safety risk. Those risks may include self-injury, aggression, property destruction, repetitive behaviors, elopement (running off), and/or severely disruptive behavior.
- Children who have severe behaviors that are not seen as age or developmentally appropriate. These behaviors often interfere with the child's home or community activities.
- Children who cannot be a part of home, school, or community activities because of behavior problems and/or lack of adaptive skills.

## CAREGIVER INVOLVEMENT

Parents and/or caregivers must be committed to fully participate in ABA therapy. They must engage in training and follow through on treatment recommendations.

## WHERE DOES ABA THERAPY TAKE PLACE?

ABA therapy can be offered at home, in school, in the community, or in a clinic-based setting. The location depends on the service provider and the child's needs.

## HOW DO I ACCESS SERVICES?

Contact **Member & Recipient Services**, complete a referral for Intellectual/Developmental Disabilities Care Management services, and ask for ABA services. Call toll-free: **1-800-256-2452 (TTY: 1-866-518-6778)**. We can talk to you 24 hours a day, 7 days a week and 365 days a year, including holidays.

## ELIGIBILITY

To get ABA services, a child must have Autism Spectrum Disorder with challenging behaviors that present a health or safety risk to themselves or others. The child also must live within (or the Medicaid eligibility must originate from) one of the 11 counties in the Sandhills Center region.

**VISIT OUR WEBSITE: [SandhillsCenter.org](http://SandhillsCenter.org)**

**CALL ANYTIME: 1-800-256-2452 (TTY: 1-866-518-6778)**

**BEHAVIORAL HEALTH CRISIS LINE: 1-833-600-2054**