



COLORADO
Department of Health Care
Policy & Financing

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Pediatric Behavioral Therapy (PBT) Treatment Treatment Options

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The Colorado Department of Health Care Policy and Financing recognizes the growing body of evidence that supports a range of treatment options for the diverse population of people diagnosed with ASD and related conditions.

Many providers use a variety of best practices with treatment options based in developmental and behavioral science to meet the unique needs of each person and family.

Due to the emerging field of treatment for ASD and related conditions, the Pediatric Behavioral Therapy (PBT) benefit covers a range of treatment options. A person may receive treatment intervention according to one of the HCPF-recognized treatment modalities.

HCPF recognizes the following treatment modalities:

- Applied Behavior Analysis (ABA).
- Developmental, Individual Difference, Relationship-based (DIR)/Floortime model.
- Early Start Denver Model (ESDM).
- PLAY Project.
- Relationship Development Intervention (RDI).
- Early Social Interaction (ESI).

Note: HCPF may add other treatment modalities..

All enrolling Pediatric Behavioral Therapy Clinics (84) must have a Level I provider with advanced certification in one of the following treatment modalities:

Subspecialty: 831

1. Applied Behavior Analysis (ABA):

- **BCaBA. If approved**
- BCBA.
- BCBA-D.

Subspecialty: XXX**2. DIR/Floortime:**

- Provider with Level 3 certification or DIR/Floortime Advanced Certificate.
- Provider with Level 4 certification or DIR/Floortime Expert Training Leader Certificate.

3. Early Start Denver Model (ESDM):

- Certified Trainer.
- Parent Coach Trainer.
- Senior Trainer.

4. PLAY Project:

- Dual certification in PLAY Project and Teaching PLAY.

5. Relationship Development Intervention (RDI):

- RDI Certified Consultant.

6. Early Social Interaction Project (ESI):

- Certification as an Autism Navigator Regional Specialist.
- Certification as an Autism Navigator Master Coach and Global Trainer.

7. Other specific modality certifications as approved.

<p>Applied Behavioral Analysis (ABA)</p>	<p>ABA is a set of data-driven practices grounded in behavioral science. This approach can be applied to people of all ages.</p> <p>ABA focuses on increasing positive and appropriate behaviors through reinforcement while decreasing interfering/unwanted behaviors or behaviors that interfere with learning.</p> <p>Under ABA, the provider systematically analyzes factors in the person’s environment that interfere with their success and teaches new and more helpful ways of responding.</p> <p>ABA uses a combination of treatment strategies, including:</p> <p>Discrete trial training (DTT): Breaks down a desired behavior or response into individual steps and teaches each of those steps as a series of trials.</p> <p>Pivotal response training (PRT): Targets teaching behaviors that make the largest impact on the person’s overall development (e.g., increasing motivation, self-monitoring and functional communication skills).</p> <p>Verbal behavior intervention (VBI): Focuses on teaching verbal communication skills with the principles of ABA.</p> <p>Naturalistic teaching (NT): Uses a play-based strategy that follows the child’s lead and incorporates their strengths and interests to create learning opportunities in their natural environment.</p> <p>Certified providers: BACB Board</p>
<p>DIR/Floortime Model</p>	<p>The DIR/Floortime Model provides a framework for a provider to conduct a comprehensive assessment of the person and develop a program tailored to their unique needs and strengths. This approach can be applied to people of all ages.</p> <p>DIR/Floortime creates opportunities for learning through spontaneous exchanges. These exchanges help the person build critical developmental abilities, including the ability to:</p> <ul style="list-style-type: none"> Attend to environments and people in the environments. Engage and relate to others. Initiate and respond to communication. Participate in shared, social problem-solving. Think and play creatively and flexibly. <p>DIR/Floortime focuses on:</p> <ul style="list-style-type: none"> The person’s natural interests and emotions, which have shown to be essential in building on their social, emotional and intellectual skills. The role of the parent and other primary relationships in the person’s life. <p>Certified providers: ICDL</p>

<p>Early Start Denver Model (ESDM)</p>	<p>ESDM integrates a relationship-focused, developmental model with ABA teaching practices. The program typically serves children ages 12 to 48 months.</p> <p>The program focuses on the powerful pairing of interpersonal exchange and positive affect to promote shared engagement and teach social language and communication skills, play skills, cognitive and motor skills and personal independence. Supports parents' involvement. Is designed to be implemented in natural settings. Uses behavioral and developmental strategies and increases opportunities to promote typical development.</p> <p>Certified providers EDSM Certification</p>
<p>PLAY Project</p>	<p>The PLAY Project is an evidence-based, parent-implemented, early intervention program.</p> <p>Under the PLAY Project, trained PLAY consultants coach parents in the natural environment and provide feedback about how to support their child's language, social interaction and overall development. PLAY consultants teach the parent to be the primary provider of the intervention.</p> <p>The PLAY Project methods and techniques: Focus on children from 18 months to 6 years of age. Build on the child's current levels of development. Individualize treatment to each child's unique developmental and sensory-motor status. Show parents how to support and expand on their abilities to improve their child's social interaction, communication and regulatory skills.</p> <p>Certified providers Play Project Certification Training Program</p>
<p>Relationship Development Intervention (RDI)</p>	<p>RDI is a family-based, behavioral treatment that builds on the theory that "dynamic intelligence" is key to improving quality of life for people with ASD and related conditions. This approach can be applied to people of all ages.</p> <p>Dynamic intelligence is the ability to think flexibly and includes:</p> <p>Appreciating different perspectives. Coping with change. Integrating information from multiple sources (e.g., sights and sounds). RDI aims to help people with ASD and related conditions form personal relationships by gradually strengthening their ability to build social connections.</p> <p>Certified providers RDIconnect Professional Training Program</p>

<p>Early Social Interaction (ESI)</p>	<p>DHS recognizes the ESI modality based on the Evidence-Based Practices for Children, Youth and Young Adults with ASD Report (PDF) and feedback from the EIDBI Advisory Group, EIDBI Learning Collaborative and other stakeholders. Important elements of ESI include:</p> <p>Routine-based intervention in natural environments, (e.g., home, preschool or child care setting). Individualized curriculum developed around the child’s unique needs and abilities. Parent-implemented strategies in which providers train families to create learning opportunities and use specific intervention strategies to encourage practice of the child’s goals during daily activities and routines.</p> <p>Certified providers EDI for Professionals</p>
<p>Other Specific Modalities As Approved</p>	<p>HCPF may revise covered treatment modality options (i.e., add or remove options) as needed based on outcome data and other evidence. Anyone can start a revision request (e.g., stakeholders, providers, advocates, or parents).</p> <p>EIDBI treatment modalities approved by HCPF must follow EPSDT principles and policies:</p> <ul style="list-style-type: none"> ● Cause no harm to the person or the person’s family. ● Be individualized and person-centered. ● Be developmentally appropriate and highly structured, with well-defined goals and objectives that provide a clear direction for treatment. ● Be based in recognized principles of developmental and/or behavioral science. ● Use sound practices that are replicable across providers and maintain the fidelity of the specific modality. ● Demonstrate the modality is evidence-based. ● Have goals and objectives that are measurable, achievable and regularly evaluated and adjusted to ensure the person is making adequate progress. ● Include participation by the person and the person’s legal representative in decision-making, knowledge and capacity building and developing and implementing the person’s individual treatment plan. <p>Proposing new or revised treatment modalities: If you would like to recommend an additional treatment modality or revisions to the current list, email HCPF_EPSDT@state.co.us with the information listed above.</p>