



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**  
Division of Health Benefits


ROY COOPER • Governor

MANDY COHEN, MD, MPH • Secretary

DAVE RICHARD • Deputy Secretary, NC Medicaid

MEMORANDUM

TO: Mandy Cohen, MD, MPH  
Secretary

FROM: Dave Richard <sup>DS</sup>   
Deputy Secretary for NC Medicaid

SUBJECT: State Plan Amendment  
Title XIX, Social Security Act  
Transmittal #2021-0023

DATE: September 17, 2021

Please find attached an amendment for North Carolina's State Plan under Title XIX of the Social Security Act for the Medical Assistance Program. The affected page is Attachment 4.19-B, Section 13, Page 29.

This amendment will allow Medicaid to amend the state plan to add Research-Based Intensive Behavioral Health Treatment (RBI-BHT) that prevent or minimize the disabilities and behavioral challenges associated with Autism Spectrum Disorder (ASD) and promote, to the extent practicable, the adaptive functioning of a beneficiary under the Preventative Care suggestion.

This amendment is effective July 1, 2021.

Your approval of this state plan amendment is requested. If you have any questions or concerns, please contact me or Betty J. Staton at 919-538-3215.

**NC MEDICAID**

**NC DEPARTMENT OF HEALTH AND HUMAN SERVICES • DIVISION OF HEALTH BENEFITS**

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AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER

State Plan Under Title XIX of the Social Security Act  
Medical Assistance Program  
State: NORTH CAROLINA

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13. c. Preventive Services under Other Diagnostic, Screening, Preventive, Treatment, and Rehabilitative Services

**Research-based Behavioral Health Treatment (RB-BHT):**

RB-BHT services are researched-based behavioral intervention services that prevent or minimize the disabilities and behavioral challenges associated with Autism Spectrum Disorder (ASD) and promote, to the extent practicable, the adaptive functioning of a beneficiary. Research Based-Behavioral Health Treatments, demonstrates clinical efficacy in treating ASD, prevents or minimizes the adverse effects of ASD and; promotes, to the maximum extent possible, the functioning of a beneficiary.

In accordance with 42 CFR 440.130(c), RB-BHT services are covered as medically necessary services based upon the recommendation and referral of a licensed physician or a licensed doctorate- level psychologist for individuals who have been diagnosed with Autism Spectrum Disorder as defined below. Services that treat or address ASD under this state plan are available for the following beneficiaries: infants, children and adolescents age 0 to up to 21<sup>st</sup> birthday and adults (over 21<sup>st</sup> birthday). Services that treat or address ASD will be provided to all individuals who meet the medical necessity criteria for receipt of the service(s). For Individuals over the age of 21 the intervention provided must be supported by credible scientific or clinical evidence, as appropriate for the treatment of Autism Spectrum Disorder and the individuals age range.

Individuals diagnosed with Autism Spectrum Disorder utilizing a scientifically validated tool or tools for diagnosis of ASD including individuals diagnosed under Section 8A of the State plan. For an individual (0-3), at the time if initiating services, a provisional diagnosis of ASD is accepted.

- Behavioral / Adaptive / Functional assessment and development of treatment plan;
- Delivery of RB-BHT services;
  - Adapting environments to promote positive behaviors and learning while reducing negative behaviors (*e.g.*, naturalistic intervention, antecedent based intervention, visual supports);
  - Applying reinforcement to change behaviors and promote learning (*e.g.* Reinforcement, differential reinforcement of alternative behaviors, extinction);
  - Teaching techniques to increase positive behaviors, build motivation, and develop social, communication, and adaptive skills (*e.g.*, discrete trial teaching, modeling, social skills instruction, picture exchange communication systems, pivotal response training, social narratives, self-management, prompting);
  - Using typically developing peers (*e.g.*, individuals who do not have ASD) to teach and interact with children with ASD (*e.g.*, peer mediated instruction, structured play groups);
  - Applying technological tools to change behaviors and teach skills (*e.g.*, video modeling, tablet-based learning software); and
- Training of parents/ guardians/caregivers on interventions consistent with the RB-BHT, and

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TN No. 21-0023  
Supersedes  
TN. 17-0006

Approval Date

Effective Date 07/01/2021

MEDICAL ASSISTANCE  
State: NORTH CAROLINA

PAYMENTS FOR MEDICAL AND REMEDIAL CARE AND SERVICE

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**30. Research-Based Intensive Behavioral Health Treatment (RBI-BHT)**

The agency's fee schedule rates are effective for services provided on or after the effective date of July 1, 2017. The fee schedule is published on the NC Division of Health Benefits website at <https://medicaid.ncdhhs.gov/providers/fee-schedules>.

Except as otherwise noted in the plan, state-developed fee schedule rates are the same for both governmental and private providers of RBI-BHT services.

This service will be provided by direct enrolled Medicaid providers who may be either private or governmental. This service is not cost settled for any provider.

The facilities providing this service are not IMD facilities and NC Medicaid is not reimbursing room and board for this service.

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