

Family Education Sheet

Behavioral Health Services for Children and Adolescents (BHCA)



Boston Children's Hospital

Where the world comes for answers

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www.bostonchildrens.org/familyeducation

This sheet explains some resources available to support your child's behavioral health.

Key points

- Your insurance may cover services to support your child and family.
- You can check the government's website or call your insurance to find out if your child qualifies.
- You need a referral for some services but not all.

Some **private health insurance** carriers are covering certain intensive home, school and community-based behavioral health services for children and adolescents under age 19 and their families.

What services are offered through BHCA?

Qualifications are different for each service, which includes:

- Intensive care coordination (ICC)
- Family support and training (FS&T/Family Partners)
- In-home therapy services (IHT)
- In-home behavioral services (IHBS)
- Therapeutic mentoring services (TM)
- Mobile crisis intervention

Is my child eligible for BHCA services?

- Eligibility is based on your insurance's criteria for 'medical necessity'
- Only some insurance companies cover these services. Please check the BHCA website:
<https://www.mass.gov/service-details/behavioral-health-services-for-children-and-adolescents-bhca>

You can also call your insurance's behavioral health division directly to ask about your coverage.

How do I find a BHCA provider?

Start by searching your insurance's listings located on the BHCA website:

<https://www.mass.gov/service-details/behavioral-health-services-for-children-and-adolescents-bhca>

How do I get BHCA services for my child?

A parent or guardian can call to set up:

- Intensive Care Coordination (ICC)
- In-home therapy (IHT)
- In-home behavioral services (IHBS)

A hub (meaning the referral needs to come from one of the following; an outpatient therapist, ICC or IHT) **needs to call to set up:**

- Family support and training (FS&T)
- Therapeutic mentoring (TM)

Who can I contact if my child is having a behavioral health crisis?

Mobile crisis intervention (MCI) - This is an emergency behavioral health service for children who need to be seen urgently. MCI is available 24-hours-a-day, 365 days a year. Clinical staff can come to your home, your child's school or at a location in your community.

Call 877-382-1609

**If your child has a diagnosis of autism spectrum disorder, you can ask to be connected with an autism specific provider.*

Where can I find more information on BHCA?

The Insurance Resource Center for Autism and Behavioral Health has put together educational sheets for families that go into detail on BHCAs: insurance policies and plans, how to access services and what these services entail

<https://massairc.org/behavioral-health-insurance-for-children-and-adolescents/#page-content>

What are other resources?

The Insurance Resource Center for Autism and Behavioral Health

774-455-4056

AIRC@umassmed.org

<https://massairc.org/>

**Offers BHCA assistance for families with and without an Autism diagnosis (ASD)*

Autism Spectrum Center at Boston Children's Hospital

617-355-7493

<https://www.childrenshospital.org/autismspectrumcenter>