



# Patty's Points



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As we return to work and parents are sending their kids back to school – whether physically or virtually, many may be feeling stress and anxiety. Rest assure that you have the District's Employee Assistance Program (EAP) as a resource and Behavioral Health Benefits of your health plan.

Dear Patty,

Q: How do I find a provider in the District's Employee Assistance Program (EAP)?

A: You may call 1-800-624-5544. Please click [here](#) for more information.

Q: I exhausted my five no cost sessions per issue with a counselor through the District's EAP (Employee Assistance Program). Can I continue with the same counselor using my Florida Blue benefits?

A: Yes, as long as the counselor is a participating provider, then you may continue your sessions at \$35 copay per visit.



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**Q:** How do I find an in-network behavioral health specialist (i.e., behavioral health counselor, Psychiatrist, etc.)

**A:** You may call New Directions Behavioral Health at 1-866-287-9569, 24 hours a day, 7 days a week. Please click [here](#) for more information.

**Q:** What is the office copay for consultations with an *in-network* behavioral health specialist?

**A:** The copay per visit is \$35, regardless of which health plan you are enrolled in.

**Q:** Are there limits to the number of visits?

**A:** No, there are no limits to the number of visits for Behavioral health services.

**Q:** My son was just diagnosed with Autism Spectrum Disorder. He needs therapy. What services are covered under the District's health plans?

**A:** Services can include: Speech Therapy, Physical Therapy, Occupational Therapy, and Behavioral Analysis (ABA services).



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Autism Spectrum Disorders include the following diagnosis:

- Autistic Disorder
- Asperger's Disorder
- Childhood Disintegrative Disorder
- Pervasive Development Disorder

*Note: Member must be under age 18 or still be attending high school. Also, member must have been diagnosed with Autism Spectrum Disorder prior to his or her 9th birthday.*

**Q:** Do the above services require prior authorization?

**A:** Yes, Providers must obtain authorization for services. The following is recommended to assure coverage:

- Signed order or treatment plan from ordering physician
- Diagnostic Report(s) indicating diagnosis of Autism Spectrum Disorder
- Completed Treatment Plan to include all services related to the DSM IV diagnosis