A PARENT'S ROADMAP

Your First 90 Days of ABA Therapy: What to Expect

The diagnosis report is sitting on your kitchen counter. Your pediatrician said the words ABA therapy and handed you a list of providers. Here is exactly what happens between that moment and your child’s first real session, step by step.

Day 1

Phase 1: Reach Out

You can call or send the contact form, whichever is easier — you need nothing in hand. We reach out to schedule your free consultation and email you one short intake form so everything after moves fast.

What the intake form asks for

- **The diagnosis report.** The full written evaluation from the developmental pediatrician, neurologist, or psychologist. If you do not have a copy, the office that did the evaluation can send it.
- **Your insurance card.** Front and back. The member ID and the customer service number on the back are what get used.
- **Signed consent forms.** Release of information (ROI) consents, included in the form we email you. Signing digitally takes a few minutes.

> Not sure ABA is the right fit, or whether your insurance covers it? You can check both at mastermindbehavior.com/first-90-days-of-aba-therapy before you ever pick up the phone.

Within a day or two

Phase 2: The Benefits Check

Once your form comes back, we contact your insurance company directly and verify your benefits — usually before your free consultation, so we can talk real numbers instead of estimates. This step is on us, not you. Here is what we confirm:

- Whether your child is eligible for ABA therapy through your specific plan
- Your cost sharing: deductible, copay or coinsurance, and out-of-pocket maximum
- Any plan requirements, like referrals or prior authorization

If your documents come in a little later, no problem — the verification simply happens after the consultation instead. It does not hold anything up.

> Hearing terms like prior authorization or single case agreement for the first time? Our insurance terminology guide on mastermindbehavior.com explains what each one means in plain language.

Scheduled around you

Phase 3: The Free Consultation

This is a real conversation, not a sales call. We go through your child's needs, Mastermind's requirements, whether your child is eligible for ABA therapy through your insurance, and exactly what your share of the cost would be. You leave knowing precisely what the process looks like if you decide to sign on.

What we cover together

- **Your child.** Their diagnosis, strengths, and the concerns that brought you here.
- **Coverage and cost.** Whether your insurance covers ABA for your child and what your cost sharing actually looks like — we bring the verified numbers.
- **The road ahead.** Step by step, what happens if you decide to sign on — no surprises later.

What you do not need to worry about

- There is no commitment. The consultation is free, and you decide on your own time.
- You do not need to prepare anything. We already have your documents from the intake form.
- Bring every question you have. This is exactly the time to ask them.

Your pace · up to 4 weeks

Phase 4: Sign-On, Paperwork and the Assessment

If you decide to move forward, we send you a sign-on packet: a caregiver handbook, financial policy, telehealth policy, and consent forms. Once your signed paperwork comes back, we send the assessment request to your insurance — and the assessment usually starts within one week.

What is in the sign-on packet?

A caregiver handbook, financial policy, telehealth policy, and consent forms. You review and sign everything before anything starts, and we walk you through any question along the way.

What happens in the assessment?

A Board Certified Behavior Analyst leads the assessment — often working remotely over video, at times that fit your schedule. They observe your child in their own space, ask you about routines and priorities, and guide short play-based activities. There is no test your child can fail — even a meltdown is useful information, and your house does not need to be clean.

How soon does the assessment happen?

Once we receive your signed paperwork, we send the assessment request to your insurance — and the assessment usually starts within one week.

When does therapy actually begin?

We do not wait for authorization. Once the assessment is complete, we aim to start therapy as soon as possible — matching your child with the right therapist is usually quick, though in some locations it can take a little longer. The authorization runs in parallel, and we follow up with the insurance company so you do not have to sit on hold.

We start as soon as we can

Phase 5: Authorization and First Sessions

Here is something most families do not expect: we do not wait for insurance approval to get moving. Once the assessment is complete, we work to start therapy right away — the authorization runs in parallel, and we handle the follow-up so you never sit on hold. And here is the surprise about session one: it looks like play. What happens first is called pairing. Your child's therapist spends the early sessions becoming the most fun person in the room, building trust and rapport, because a child who wants to be with their therapist is a child who is ready to learn.

What the first weeks look like

Your therapist builds trust and works on treatment plan goals from day one — play and rapport woven together with everyday moments like mealtimes, getting dressed, and transitions. The balance shifts naturally as your child gets comfortable; there is no hard line where rapport-building ends and therapy begins. By day 90, most children have weeks of momentum behind them.

Your role as a parent

You are part of the team, not an observer. Expect parent training sessions where the BCBA shows you the same strategies the therapist uses, so progress carries into the hours when we are not there. The parents who see the most change are the ones who ask questions, and we want the questions.

Ready to start day one?

Families in New Jersey, Georgia, and North Carolina can begin with a free consultation. We will walk you through every phase in this guide, starting with your insurance.

mastermindbehavior.com

Call 732.813.7333