

Lubbock **First 90 Days** After an Autism Diagnosis Checklist



Get matched with a BCBA
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Gather the paperwork in week 1

Health plans, clinics, schools and aid programs each ask for some of these papers. Keep them in one folder and make copies of the diagnosis report.

☐ **The full written diagnosis report**

Texas Medicaid looks for the DSM criteria, the severity level and the name of the standardized test, such as the ADOS. A screening checklist like the M-CHAT does not count on its own.

☐ **A signed referral for an ABA evaluation**

Texas Medicaid needs a signed, dated referral before any ABA evaluation. Your child's primary care provider can write it, or the diagnosing doctor, nurse practitioner or physician assistant.

☐ **A copy of your child's Medicaid or insurance card**

The ABA provider uses it to ask your child's health plan for approval before therapy starts.

☐ **A written evaluation request to your school district, if your child is 3 or older**

Give it to the special education director or the principal, and keep a dated copy. A request made only by phone or in person does not start the 15 school day clock.

☐ **Recent vision and hearing screening results**

The ABA assessment for Texas Medicaid includes vision and hearing screening, and results from Texas Health Steps checkups can count. Ask the pediatrician's office for a copy.

☐ **Proof of family income**

The Medicaid Buy-In for Children counts family income before taxes, and ECI uses family size and income to set any monthly charge for services.

☐ **A folder for every letter you get**

StarCare has to check in every two years with families on the HCS and TxHmL interest lists, and Uniting Parents mails its respite vouchers. Keep each letter with its date.

Make the first calls in week 1

Who to call and how	What they do
Lubbock ISD Early Childhood Intervention (ECI), for children under 3. Call 806-219-0500 on weekdays, 8 a.m. to 5 p.m.	Evaluates your child's development and plans services with you, at no cost. Families whose child has Medicaid pay nothing for services. Other families, including CHIP families, pay a monthly share set by family size and income, and families at or below the poverty line pay nothing.
Lubbock ISD Special Services, ages 3 to 21. Call 806-219-0400, or ask your neighborhood school's counselor.	Evaluates for special education and serves students at no cost. After a written request, the district has 15 school days to send consent forms or a written refusal.
Frenship ISD Special Education, 806-866-9541. For Lubbock-Cooper ISD, call Special Services at 806-993-2404.	For families who live in those districts. Send the same kind of written request, and keep a dated copy.
Texas Parent to Parent, for families of children and adults with disabilities. Call 866-896-6001.	Staff who are parents of children with disabilities take calls and run weekly Zoom support groups in English and Spanish.
PEN Project, Partners Resource Network, birth to 26. Call 1-833-847-2686, or 806-281-3495 for Region 17.	It is the federally funded parent center for Education Service Center Region 17, which includes Lubbock. It explains special education rights at no cost to parents.

Set up how therapy gets paid for

Start with the coverage your child has now. If your child has no coverage yet, the Medicaid application is the first thing to send.

☐ Know that Texas Medicaid covers ABA for children under 21

Since February 1, 2022, Texas Medicaid has covered applied behavior analysis (ABA) evaluation and treatment for members 20 and younger with an autism diagnosis, through Texas Health Steps. The ABA provider asks your child's health plan for approval before therapy starts.

☐ Learn what EPSDT means for your child

EPSDT stands for Early and Periodic Screening, Diagnostic and Treatment. In Texas it is called Texas Health Steps, and it covers Medicaid members from birth through age 20. Federal law requires Texas Medicaid to pay for a listed service that is medically necessary to correct or improve a child's condition, even when Texas Medicaid does not cover that service for other members.

☐ Find out whether your child belongs in STAR Kids

STAR Kids is the Texas Medicaid program for children and youth 20 and younger with disabilities. A child on Medicaid is enrolled if the child also gets SSI, has Medicare, or is in a waiver such as MDCP, YES, CLASS, HCS or TxHmL. Every STAR Kids member gets a service coordinator through the health plan.

☐ Save your STAR Kids plan's member services number

Two plans serve the Lubbock service area, which covers Lubbock County and 14 other South Plains and Panhandle counties. Superior HealthPlan member services is 1-844-590-4883, and Wellpoint member services is 1-844-756-4600.

Set up how therapy gets paid for (continued)

☐ If your child does not have Medicaid yet, apply online or call 2-1-1

Texas HHS says to apply through Your Texas Benefits at [YourTexasBenefits.com](https://www.yourtexasbenefits.com) or by calling 2-1-1. Your child has to be on Medicaid before STAR Kids can start.

☐ If your income is too high for Medicaid, look at the Medicaid Buy-In for Children

The Buy-In is a Medicaid program for children with disabilities under age 19, in families earning up to 300 percent of the federal poverty level. Some families pay a monthly premium, based on income and on whether the child is on a parent's job-based health plan. Because it is Medicaid, you apply through Your Texas Benefits or 2-1-1.

☐ If you have private insurance, ask whether the Texas autism law applies to your plan

Texas Insurance Code section 1355.015 applies to state-regulated group health plans. Those plans have to cover autism screening at 18 and 24 months, and treatment your child's primary care doctor prescribes, which can include ABA, speech, occupational and physical therapy. Treatment coverage applies when the diagnosis was in place before age 10, and from age 10 a plan may cap ABA at \$36,000 a year. Deductibles and copays still apply. The Texas Department of Insurance says it does not regulate most health plans, including self-funded employer plans, so ask your plan whether this law covers you. The TDI help line is 800-252-3439.

Join the waiver interest lists this month

Program and who it is for	Who takes your call
HCS and TxHmL, the Home and Community-based Services and Texas Home Living waivers, for people with an intellectual or developmental disability.	StarCare, the local IDD authority for Lubbock, Lynn, Hockley, Cochran and Crosby counties. Ask StarCare intake to add your child to both lists. Call 806-740-1421, or 844-472-8810 toll free.
CLASS, for children and adults with a related condition, such as cerebral palsy or spina bifida, that began before age 22. MDCP, for medically fragile children and young adults 20 and younger. DBMD, for people who are deaf-blind and have another disability.	The Texas HHS interest list line, 877-438-5658. The Arc of Texas says you can also join these three online through the Interest List Manager on YourTexasBenefits.com .
Community First Choice, for a child on Medicaid who needs help with daily activities such as dressing, bathing and eating, at the level of care an institution would give. The Arc of Texas says it comes without a wait.	Ask StarCare at 806-740-1421.

You do not have to prove your child is eligible to join a list. The Arc of Texas says eligibility is checked when your child reaches the top, and it reports waits of as much as 16 years for some waivers. For HCS and TxHmL, Texas HHS serves the person who has waited longest first. For every waiver and the full steps, see the Texas Medicaid waivers guide on the last page.

Ask about the Children's Autism Program

The Children's Autism Program is a Texas HHS program that provides focused applied behavior analysis (ABA) through local agencies. Focused ABA works on one challenging behavior, or one social or daily living skill, at a time.

☐ Check that your child qualifies

A child qualifies with an autism diagnosis from a qualified professional, between the ages of 3 and 15, as a Texas resident. Services end on the child's 16th birthday.

☐ Know how many hours it covers

Treatment is limited to 180 hours in a 12-month period and 720 hours over a child's lifetime.

☐ Plan for your part in it

Parent training is a required part of the program. The child and the parents have to attend at least 85 percent of scheduled treatment.

☐ Call 2-1-1 to apply

Texas HHS says to call 2-1-1 to find the contractor near you and enroll. The HHS program office answers questions at 512-438-5356, weekdays from 8 a.m. to 5 p.m. Central Time.

☐ If your child has Medicaid, ask about Medicaid ABA as well

Texas HHS notes that Texas Medicaid also covers ABA and many other services for children with autism who are Medicaid members.

Get a full evaluation if you still need one

Where	How to get an appointment	Cost and contact
TTU Psychology Clinic, Texas Tech University. Autism testing for age 3 and up.	Call to get on the waitlist. The clinic's FAQ says assessment waits are generally up to six months. Testing starts with an interview, and the clinic aims to finish the report within a month.	Autism testing costs \$1,500, and the clinic does not take insurance. At least half is due at the first testing appointment, and the rest before you get the report. Phone 806-742-3737. Texas Tech Plaza, 1901 University Avenue, Room 103.
Legacy Developmental Pediatrics. A developmental pediatrics clinic for children.	Call 806-300-8228. The team evaluates and treats ADHD, developmental delays and other conditions, and it works on autism together with other care teams.	Its insurance page lists Blue Cross Blue Shield, UMR, Aetna, Aetna Providence, Meritain, Cigna and TeamChoice. Ask about Medicaid and the current wait. 2403 82nd St., Lubbock, TX 79423.

Texas Medicaid accepts an autism diagnosis from a developmental pediatrician, neurologist, psychiatrist, licensed psychologist or diagnostic team. The report has to name the DSM criteria, the severity level and the standardized test, so ask each clinic whether its report will include them, and ask about the current wait before you book.

Apply for grants and money

Program and who can apply	What it pays for and how to apply
PDSES, Parent-Directed Special Education Services. Texas public school students, Pre-K to 12th grade, with an IEP.	A one-time \$1,500 grant for learning materials and services such as extra speech therapy or tutoring, first come, first served. Apply through the SPEDTex parent portal, or call SPEDTex at 1-855-773-3839.
Uniting Parents, Coalition of Health Services. Families of children with disabilities, birth to 21. The Lubbock office is 806-420-7365.	Each family gets a parent case manager who has a child with a disability. Families in the program who get no respite from another source can ask their case manager for respite vouchers. A friend or relative from outside your home can give the care, and the voucher lists the rate and your co-pay.
SSI, Supplemental Security Income. Apply at ssa.gov, or call 1-800-772-1213 on weekdays between 8 a.m. and 7 p.m. local time.	SSI is a monthly payment for a child under 18 whose condition causes marked and severe functional limits expected to last at least 12 months. Social Security counts part of the parents' income.
Texas ABLE. Texas residents whose disability began before age 46. The age limit rose to 46 on January 1, 2026.	Texas ABLE is a savings account for disability-related costs, run by the Texas Prepaid Higher Education Tuition Board. Call 844-489-2253.
More Texas and national grants.	Alpaca Health's Texas autism grants guide on alpacahealth.io lists more Texas and national grants and how to apply.

Find breaks, sports and activities

These Lubbock programs are set up for children, teens or adults with disabilities. Call ahead, since dates and fees change.

☐ Sign up for a High Point Village Respite Night

Respite Nights are themed evenings with dinner for people 8 and up with intellectual and developmental disabilities, so caregivers get a night off. Each costs \$15, due a week ahead. Call 806-698-0015.

☐ Go to Fiesta Friday at Monterey Church of Christ

On the last Friday of each month, teens and adults with special needs share games, movies and snacks while caregivers have an evening out. Call 806-795-5201.

☐ Try Ballet Lubbock's Dance Abilities classes

Dance Abilities teaches adaptive dance to people with autism, Down syndrome and other needs, from age 5 through adult, with a Kids class for ages 5 to 12. Call 806-785-3090.

☐ Ask the Texas Tech Therapeutic Riding Center about lessons

The center offers riding lessons and hippotherapy, and autism is on its list of conditions served. It does not take insurance, and a family pays at most \$75 a session. Call 806-792-4683.

☐ Join Lubbock Challenger Little League

Teams are set up by ability, and buddies help players on the field. Fee waivers are offered, and no child is denied the chance to play. Call 806-792-5141.

☐ Ask High Point Village about Special Olympics

The High Point Village Hurricanes train year round and compete in Area 17 Special Olympics Texas events. Each athlete needs a new physical. Call 806-698-0015.

☐ Watch the Burkhardt Center for family events

The Burkhardt Center is Texas Tech's center for autism research and educator training. Its family events include the Burkhardt Walk for Autism and Camp Burkhardt. Call 806-742-4561.

Save these crisis numbers now

Put these numbers in your phone before you need them. If anyone is in danger, call 911.

☐ **988 Suicide and Crisis Lifeline**

Call or text 988, or chat at 988lifeline.org, at any hour of any day. Conversations are free and confidential, and text and chat are available in Spanish.

☐ **StarCare crisis line, 806-740-1414**

The toll free number is 800-687-7581. StarCare's Mobile Crisis Outreach Team gives crisis intervention and assessment at any hour, every day.

☐ **StarCare IDD Crisis Intervention referrals, 806-224-4391**

This line takes referrals for people with intellectual and developmental disabilities in a crisis where police, medical or psychiatric services are not needed. It answers Monday through Friday, 8 a.m. to 5 p.m.

Your call log

Date	Who I called	Who I spoke to	What they told me	Next step and date

Questions to ask on each call

Write down each answer with the date and the name of the person you spoke to.

- ☐ **Does my child's diagnosis report meet Texas Medicaid's rules for ABA?**
Ask the evaluator. Texas Medicaid looks for the DSM criteria, the severity level and a standardized test, made or reconfirmed within the last 3 years.
- ☐ **Who will sign the referral for an ABA evaluation?**
Your primary care provider, or a diagnosing doctor, nurse practitioner or physician assistant.
- ☐ **What will our monthly ECI charge be, if any?**
Ask Lubbock ISD ECI at 806-219-0500 before you sign the family cost share agreement.
- ☐ **Is my child in STAR Kids, and who is our service coordinator?**
Ask your plan. Superior HealthPlan is 1-844-590-4883, and Wellpoint is 1-844-756-4600.
- ☐ **On what date did the school district receive my written request?**
The 15 school days start on that date. After you sign consent, the district has 45 school days to evaluate.
- ☐ **Is my child on the HCS and TxHmL interest lists, and what is our request date?**
Ask StarCare at 806-740-1421. The person who has waited longest is served first.
- ☐ **Is my child on the CLASS, MDCP and DBMD lists?**
Ask the Texas HHS interest list line at 877-438-5658, and write down the date of your call.
- ☐ **Does my private plan follow Texas Insurance Code 1355.015?**
Ask whether your plan is state-regulated or self-funded, and whether ABA needs approval first.
- ☐ **What will the evaluation cost, and how long is the current wait?**
Ask Legacy Developmental Pediatrics about your plan. The TTU clinic takes no insurance.

Sources

Sources change over time, so check each one before you act on it.

Lubbock ISD, Early Childhood Intervention (ECI)

<https://www.lubbockisd.org/o/lisd/page/early-childhood-intervention-eci>

Texas HHS, ECI family cost share booklet, PDF (archived copy, May 11, 2026)

<https://www.hhs.texas.gov/sites/default/files/documents/services/disability/eci/eci-family-cost-share-booklet.pdf>

Texas HHS, ECI sliding scale, May 29, 2025, PDF (archived copy, October 31, 2025)

<https://www.hhs.texas.gov/sites/default/files/documents/services/disability/eci/eci-family-cost-share-mthly-max-charge.pdf>

Lubbock ISD, The Child Find Process

<https://www.lubbockisd.org/page/the-child-find-process>

Frenship ISD, Special Education

https://www.frenship.net/apps/pages/index.jsp?uREC_ID=761462&type=d&pREC_ID=1167292

Lubbock-Cooper ISD, Special Education

<https://www.lcisd.net/page/special-education>

Texas Education Agency, Special Education Initial Referral Timeline, PDF, 2024

https://spedsupport.tea.texas.gov/sites/default/files/2024-09/special-education-initial-referral-timeline_2024.pdf

Texas Parent to Parent

<https://www.txp2p.org/>

Partners Resource Network, PEN Project

<https://prntexas.org/texas-ptis/pen-project/>

Texas Education Agency, Education Service Centers map, Region 17 in Lubbock

<https://tea.texas.gov/school-and-district-leaders/other-services/education-service-centers/education-service-centers-map>

TMHP, autism services benefits effective February 1, 2022

<https://www.tmhp.com/news/2021-07-30-hhsc-release-autism-services-benefits-effective-february-1-2022>

TMPPM, Children's Services Handbook, September 2026, sections 2.1, 2.3 and 3, PDF

https://www.tmhp.com/sites/default/files/file-library/resources/provider-manuals/tmppm/pdf-chapters/2026/2026-09-september/2_04_childrens_services.pdf

Sources (continued)

Texas HHS, STAR Kids (archived copy, December 8, 2025)

<https://www.hhs.texas.gov/services/health/medicaid-chip/medicaid-chip-members/star-kids>

Texas HHS Handbooks, STAR Kids plans and member services numbers by service area

<https://fhhb.hhs.texas.gov/handbooks/star-kids-program-support-unit-operational-procedures-handbook/appendix-xxvi-star-kids-plan-codes>

Texas HHS Handbooks, Medicaid Buy-In for Children, N-1200

<https://fhhb.hhs.texas.gov/handbooks/medicaid-elderly-people-disabilities-handbook/n-1200-program-overview>

Texas Insurance Code, sections 1355.002 and 1355.015 (archived copy, December 11, 2025)

<https://statutes.capitol.texas.gov/Docs/IN/htm/IN.1355.htm>

Texas Department of Insurance, health care coverage guide (archived copy, August 7, 2026)

<https://www.tdi.texas.gov/pubs/consumer/cb005.html>

Texas HHS, directory of local IDD authorities, StarCare entry

<https://resources.hhs.texas.gov/directories/lidda>

StarCare Specialty Health System, intellectual disabilities services

<https://www.starcarelubbock.org/services/intellectual-disabilities-services/>

Texas HHS Handbooks, LIDDA handbook section 7000, HCS and TxHmL interest lists

<https://fhhb.hhs.texas.gov/handbooks/local-intellectual-developmental-disability-authority-handbook/7000-hcs-txhtml-interest-lists>

The Arc of Texas, Medicaid waivers (archived copy, June 10, 2026)

<https://www.thearcoftexas.org/resources/medicaid-waivers/>

Texas HHS, Children's Autism Program (archived copy, February 9, 2026)

<https://www.hhs.texas.gov/services/disability/autism>

Burkhart Center for Autism Education and Research, Texas Tech University

<https://www.depts.ttu.edu/burkhartcenter/>

TTU Psychology Clinic, assessment and testing fees

<https://www.depts.ttu.edu/psy/clinic/testing.php>

Sources (continued)

TTU Psychology Clinic, questions and wait times

<https://www.depts.ttu.edu/psy/clinic/FAQ.php>

Legacy Developmental Pediatrics

<https://www.legacy-dp.com/>

Legacy Developmental Pediatrics, insurance

<https://www.legacy-dp.com/general-5>

SPEDTex, Parent-Directed Special Education Services (PDSES)

<https://spedtex.org/resources/pdses>

Coalition of Health Services, Uniting Parents

<https://www.cohs.net/uniting-parents/uniting-parents>

Coalition of Health Services, Families Respite Program

<https://www.cohs.net/families-respite-program/families-respite-program>

Social Security Administration, SSI for children, 2026 edition

<https://www.ssa.gov/ssi/text-child-ussi.htm>

Social Security Administration, contact by phone

<https://www.ssa.gov/agency/contact/phone.html>

Texas ABLE, expanded ABLE eligibility in 2026

<https://www.texasable.org/expanded-able-eligibility/>

High Point Village, Respite Nights

<https://highpointvillage.org/respites-nights/>

High Point Village, Special Olympics

<https://highpointvillage.org/special-olympics/>

Monterey Church of Christ, Fiesta Friday

<https://www.montereychurch.com/community-ministries>

Sources (continued)

Ballet Lubbock, Dance Abilities

<https://balletlubbock.org/dance-abilities/>

Texas Tech Therapeutic Riding Center

<https://www.depts.ttu.edu/afs/ttrc/>

Lubbock Challenger Little League

<https://www.lubbockchallenger.org/>

988 Suicide and Crisis Lifeline

<https://988lifeline.org/>

StarCare, Mobile Crisis Outreach Team and IDD crisis referrals

<https://www.starcarelubbock.org/services/mental-health-crisis/mobile-crisis-outreach-team/>

Alpaca Health, insurance

<https://www.alpacahealth.io/insurance>

Alpaca Health, ABA therapy in Lubbock

<https://www.alpacahealth.io/cities/lubbock>

Alpaca Health, Texas Medicaid waivers guide

<https://www.alpacahealth.io/family-resources/texas-medicaid-waivers-your-guide-to-approval>

Alpaca Health, Texas autism grants guide

<https://www.alpacahealth.io/family-resources/texas-autism-grants>

This kit is general information and is not medical or legal advice. Talk to a qualified professional about your child's situation.

Start ABA therapy in Lubbock with Alpaca Health

Alpaca Health accepts Texas Medicaid and private insurance plans. It matches Lubbock families with an independent Board Certified Behavior Analyst (BCBA), and it handles the insurance paperwork, from checking your child's coverage to sending claims after each session.



When you are ready

Start with Alpaca Health →

<https://secure.alpacahealth.io/signup>



Scan to open

Read the Texas Medicaid waivers guide <https://www.alpacahealth.io/family-resources/texas-medicaid-waivers-your-guide-to-approval>