

# Behavioral Health Treatment



CalOptima Health covers Behavioral Health Treatment (BHT) for members. This treatment includes Applied Behavior Analysis (ABA) and other evidence-based services.

- BHT is for members under 21 years of age.
- BHT focuses on improving behavior, communication and skills by increasing behaviors that are helpful and decreasing behaviors that are harmful or affect learning.
- BHT services require referral by a medical doctor or a licensed psychologist.

For more information and help with mental health or BHT, call the **CalOptima Health Behavioral Health Line** toll-free at **1-855-877-3885 (TTY 711)**, 24 hours a day, 7 days a week. We have staff who speak your language.

*If you have a medical or psychiatric emergency, call 911.*

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