



Lighthouse ABA Therapy Expands Insurance Coverage Clarity for North Carolina Families

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Lighthouse ABA Therapy has outlined streamlined insurance coverage options intended to help families across North Carolina access Applied Behavior Analysis services with greater financial certainty. Through broad in-network participation with NC Medicaid and leading commercial payers—including Blue Cross and Blue Shield of North Carolina (BCBS NC), BCBS Federal Employee Program (FEP), Aetna, State Health Plan, Healthy Blue, WellCare, Carolina Complete Health, AmeriHealth, Ambetter, MedCost, Partners, CareSource NC, Trillium, Alliance, Vaya Health/Cardinal, and First Health—may qualify for coverage that may cover in full or in part individualized ABA therapy programs, reducing the risk of unexpected costs that often delay care.

Applied Behavior Analysis is a widely recognized approach for supporting children with autism spectrum disorders, and research has long emphasized the value of early intervention. Many families, however, report that confusion around insurance eligibility and authorization creates a significant barrier to beginning treatment. The updated coverage information from Lighthouse ABA Therapy is designed to address that barrier directly by clarifying which plans apply and how families can determine whether they qualify.

The company, which is BCBA-owned and operates in New York and North Carolina, provides therapy for children aged 2 to 21. Services include in-home ABA therapy, therapy in community settings such as parks and shopping centers, parent training and coaching, telehealth sessions, ongoing progress updates, and individualized treatment plans tailored to each child. The organization handles insurance and authorization on behalf of families, matches each child with a BCBA, and coordinates the start of services.

"Insurance uncertainty is one of the most common reasons families postpone care, and that delay can affect a child during critical developmental years," said Chayaleh Hurwitz BCBA, LBA, Co-Founder and CEO of Lighthouse ABA Therapy. "By accepting NC Medicaid and regional plans, and by managing the authorization process directly, the goal is to remove the guesswork so families understand their coverage before therapy begins."

Early intervention remains a central theme in autism care. Clinicians widely note that children who begin structured support at younger ages often build foundational communication, social, and daily living skills that carry into later stages of development. The in-home model used by the company is intended to help those skills transfer into a child's everyday environment, while community-based sessions allow practice in real-world settings.

Parent involvement is another component of the approach. Through training and coaching, caregivers are equipped to reinforce strategies used during sessions, and regular communication keeps families informed of measurable progress. Telehealth options extend access to households in remote areas or those unable to travel to in-person appointments.

"Families deserve a clear path to care rather than a maze of paperwork," Hurwitz added. "Concrete insurance clarity allows parents to focus on their child instead of worrying about whether services will be covered."

The company has stated that its team assists parents in determining eligibility, an effort intended to make the intake process more approachable for households navigating an autism diagnosis for the first time. The expanded coverage information reflects a broader focus within the healthcare community on accessibility and the alignment of services with available insurance benefits.

About Lighthouse ABA Therapy:

Lighthouse ABA Therapy provides Applied Behavior Analysis services for children with autism spectrum disorders across New York and North Carolina. Founded and led by Board-Certified Behavior Analysts, the company offers in-home therapy, community-based sessions, parent training, telehealth, and individualized

treatment planning. Its work is guided by a commitment to personalized care and practitioner-led clinical decision-making. Further information and media inquiries can be directed to intake@thelighthousech.com or by calling +1 (718) 218-5528.

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For more information about The Lighthouse ABA Therapy, contact the company here: The Lighthouse ABA Therapy
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The Lighthouse ABA Therapy

Lighthouse ABA is an ABA therapy provider serving all five boroughs of New York City and the state of North Carolina.

Chayaleh Hurwitz BCBA, LBA is the founder and CEO of Lighthouse ABA Therapy.

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