

URGENT Action Alert: Help Us Stop Medicaid Cuts to Critical Autism Therapy

ABC of NC friends, we need your help! Harmful Medicaid rate cuts in North Carolina took place on October 1st, **but there is still time to take action!**

Please make your voice heard, TODAY by reaching out to Governor Stein, the NC Department of Health and Human Services (NCDHHS) Secretary Sangvai, and your elected representatives in the NC House and Senate (scroll on for links and phone numbers). Ask them to work together to find a resolution to fund Medicaid fully.

Although time is limited, it's never too late to reverse course!

Why This Matters

Medicaid is more than just a program — it's a lifeline for autistic people and their families. It makes home and community-based services possible and supports the professionals and direct care staff who provide the daily care so many depend on.

Here's what you need to know:

The North Carolina Department of Health and Human Services (NC-DHHS) has said it needs \$819 million to fully cover Medicaid. Lawmakers did not reach a budget agreement by the end of the last fiscal year on June 30, 2025.

As a result, NC-DHHS has proposed rate cuts across the board, with the highest rate reduction – 10% planned for Applied Behavior Analysis (ABA) therapy rates [in the Medicaid world, this is known as Research-Based Behavioral Health Treatment (RB-BHT)]. Significant proposed Medicaid cuts will be disastrous for our autistic and other vulnerable NC citizens:

- 10% cut to autism ABA services (RBBHT)
- 3% cut to Innovations Waiver and 1915i services
- 8–10% cuts to physicians, intermediate care facilities (ICFs), and other providers

Because the budget was not resolved, these cuts began on October 1, 2025. Families will lose access to vital services, the direct care workforce crisis will worsen, and autistic people will pay the highest price.

At ABC of NC, we have been working hard to prevent these cuts. Our mission includes advocacy to protect services, supports, and the staff who make them possible. And now we need your help. Please raise your voice — call, email, and share your story. Together, we can make a difference.

What You Can Do

Make your voice heard! Call or email the leaders below and tell them:

- Rate cuts hurt autistic people, caregivers, and their families.
- Work together to find a resolution to the Medicaid Rebase and preserve the services that allow people to live in a community of their choice.
- Direct Support Professionals (DSP) are essential. The NCGA worked for years to fund increased rates to improve DSP pay rates; the proposed cuts move that progress backwards.
- The Innovations Waiver program already has a years-long waiting list. These cuts will mean even longer waits and fewer supports.
- Share your story: How does Medicaid support your family? What would fewer hours or reduced services mean for you?



YOUR VOICE MATTERS!

Help us stop harmful Medicaid rate cuts that directly and negatively impact our autistic community!

Call or email Governor Stein, NC Department of Health and Human Services Secretary "Dev" Sangvai, and your elected representatives in the NC House and Senate, and ask them to work together to find a resolution!

**Find Your
Representatives!**



[Click Here!](#)

**NC Governor
Josh Stein**



[Click Here!](#)



919-814-2000

**NC DHHS Secretary
"Dev" Sangvai**



[Click Here!](#)



919-855-4800