



CROSSROADS COUNSELING CENTER, INC.

RATE SHEET

Fiscal Year 07.01.2019 to 06.30.2020

(effective 7.01.2019)

All services may not be currently available in all Crossroads Counseling Center Offices. Please check with your local Crossroads Office for services available in your area.

COMMUNITY MENTAL HEALTH REHABILITATIVE SERVICES	HOUR / UNIT	FEE
Intensive In-Home Service (IIH): H0031 Assessment; H2012 IIH Intensive, time-limited interventions for children/adolescents under the age of 21, provided typically, but not solely in the residence of a child who is at risk of out-of-home placement or who is being transitioned to home from an out-of-home placement. These services are designed to improve family dynamics, provide modeling and the clinically necessary interventions to increase functional and therapeutic interpersonal relations between family members in the home. IIH services provide assessment, individual and family counseling, crisis treatment, psycho-educational skills instructions, including problem-solving, interpersonal interaction, anger management, and communication skills, service coordination with other providers, and 24-hour emergency response. At least one adult with whom the child/adolescent is living must be willing to participate in services. Services are delivered by qualified Specialists following all regulations as defined by DBHDS and DMAS. FAPT funded individuals must meet the medical necessity criteria for this service as defined by DMAS.	Per hour	\$60.00
Therapeutic Day Treatment Service for Children and Adolescents (TDT): H0032 U7 Assessment; H0035 HA School Based TDT; H0035 HA U7 Summer TDT Services offered to school-aged children and adolescents who have behavioral or emotional difficulties or are at risk for out-of-home or school placement. These services include a combination of individual and group therapeutic interventions and activities, including evaluation, psychiatric medication education and monitoring, opportunities to learn and use daily skills, and enhancing social and interpersonal skills such as problem solving, anger management, community responsibility, increased impulse control, and appropriate peer relations. TDT services may be provided during the school day or during the summer (where available) in programs of two or more hours per day. Services are delivered by qualified Specialists following DBHDS and DMAS regulations. FAPT funded individuals must meet the medical necessity criteria for this service as defined by DMAS.	Per unit	\$36.53
Mental Health Skill-Building Service (MHSS): H0032 U8 Assessment; H0046 MHSS Services provide individualized, goal-directed training to enable individuals with severe and chronic mental health disorders to achieve and maintain stability and independence within the community so they may continue to reside in the least restrictive environment. Training is provided to develop functional skills and appropriate behavior related to health and safety, activities of daily living, use of community resources, assistance with medication management, and monitoring health, nutrition and physical condition, with goals toward self-monitoring and self-regulation of these activities. Services are delivered by qualified Specialists following all regulations as defined by DBHDS and DMAS. FAPT funded individuals must meet the medical necessity criteria for this service as defined by DMAS.	Per unit	\$83.00 \$91.00 (Northern VA)

FAMILY SUPPORT SERVICES	HOUR / UNIT	FEE
Home Based Service: HB0002 Qualified Specialists provide therapeutic interventions and skills training to children/adolescents and their families in the home setting of the child at risk of an out-of-home placement or transitioning from an out-of-home placement. Seeks to enhance more effective communication within the family and to improve behavior management practices with children. This service is an alternative for individuals who do not carry Medicaid or do not meet the Medicaid criteria for Intensive In-home services.	Per hour	\$60.00 \$70.00 (Northern VA)
Parent Mentoring Service: PM0002 Skill-based service for families who have a child (birth to 18) at risk of or is transitioning from an out-of-home placement, have emotional or behavioral difficulties, or for parents who may be challenged by their own mental health concerns and need assistance in learning to manage their child's behavior. Services are provided in the family's home at a more intensive level than a parent class, with the primary purpose of improving family functioning. Qualified Specialists provide parents with education and skills to improve family functioning by increasing positive familial communication, understanding the child's behavior and improving management techniques, and enhancing the child's self-esteem. *Parents receiving this service are encouraged to participate in the Parenting Education Group.	Per hour	\$65.00 \$75.00 (Northern VA)
Supervised Visitation: SV0002 Supervised Visitation is a service that monitors the interactions of children and their birth parents during planned visitations, ensuring a safe and healthy environment in which children can interact with their birth family. If needed, a qualified Specialist may use therapeutic interventions to enhance the visitation and teach and model healthy parent/child interactions, appropriate boundaries and work to improve the overall relationship between the children and birth family.	Per hour	\$60.00 \$70.00 (Northern VA)
Parenting Education Group: PEG002 A trained group facilitator dedicated to creating healthy relationships within families, teaches parents a set of strategies that assists children in developing self-regulation and self-efficacy with children of all ages. Parenting principles include refusing to energize negativity, energizing success, absolute clarity, active-experiential-proactive recognitions, and consistent consequences. The program consists of 10 weekly sessions. This group complements Parent Mentoring and is most effective as a concurrent service.	Per session	\$40.00 (Individual) \$60.00 (Couple)
INDEPENDENT LIVING SERVICES	HOUR / UNIT	FEE
Independent Living Skills: Adults ILSA02 Qualified Specialists provide goal directed training and support to adults (21+) to develop functional skills and appropriate behavior related to health and safety, activities of daily living, use of community resources, employment, housing, assistance with medication management, and monitoring health, nutrition and physical condition. Enables individuals to achieve and maintain community stability and independence in the most appropriate, least restrictive environment. This service is an alternative for individuals who do not carry Medicaid or do not meet the Medicaid criteria for Mental Health Skill-Building services.	Per hour	\$55.00 \$65.00 (Northern VA)

Independent Living Skills: Adolescents ILSAD2 Qualified Specialists provide independent living skills training, support and connection with additional resources for older adolescents (16-20) who may be transitioning to an independent living situation or may be having difficulty with the transition to adulthood. Services include support and training in the areas of education, employment, daily living skills and community life.	Per hour	\$55.00 \$65.00 (Northern VA)
Re-Entry Life Skills Coaching: RELS02 A program designed to help teens transition into their community upon release from incarceration. This program utilizes an evidence-based, 12-session curriculum, each session lasting between 1 ½ to 2 hours, to teach life skills, self-awareness, anger avoidance, employment skills, and community service activities to help increase the teen's responsibility for his/her actions by overcoming self-defeating thoughts and behaviors.	Per hour	\$42.00 \$48.00 (Northern VA)
INDIVIDUAL SUPPORT SERVICES	HOUR / UNIT	FEE
Adolescent Services for Support, Independence, Skill-building & Training (ASSIST): ASST02 A service for youth/adolescents needing support and training aimed at reducing continued court involvement and promoting personal accountability and independence. Qualified Specialists develop positive relationship with at-risk youth/adolescents to help guide them to make better life choices, teach appropriate social and interpersonal skills, and appropriate functioning in the community.	Per hour	\$50.00 \$60.00 (Northern VA)
Adult Anger Management Group: AMG002 A psycho-educational group conducted by a trained facilitator, focusing on several topics including teaching adults 18 years and older to identify individual triggers and symptoms associated with anger. Participants learn strategies to manage their anger and increase coping skills. Participants may be self-referred, referred by the courts or other professionals. The program consists of 1 session (1.5-2 hr.) per week for 8 weeks.	Per session	\$40.00
Adolescent Anger Management Group: AAMG02 A psycho-educational group conducted by a trained facilitator, designed to teach participants aged 14 to 17, coping skills to help manage their anger. Participants learn what not to do, helping them respond to anger in a nonaggressive manner and rethink anger-provoking situations. Participants may be self-referred, referred by the courts or other professionals.	Per session	\$30.00
Social Skills Group: SOC002 Daily psycho-educational group provided to middle and high school students who are in an Alternative Suspension Center or other educational setting. The group teaches social skills, anger management and moral reasoning using an evidenced-based curriculum.	Per day/per group	\$60.00
MENTORING SERVICES	HOUR / UNIT	FEE
Mentoring Service: ME0002 Qualified Mentors provide behavior management, advocacy, role modeling, individual living/life skills development, socialization/recreation and anger management techniques.	Per hour	\$50.00 \$60.00 (Northern VA)

OUTPATIENT SERVICES	HOUR / UNIT	FEE
Mental Health Evaluation: MHE001 A Mental Health Evaluation (MHE) is used to ascertain whether or not an individual is functioning on a healthy social, emotional, and behavioral level, and to diagnose potential mental health disorders. The individual receives a diagnostic evaluation, Psychological Screening Inventory (PSI), and treatment recommendations. The MHE is conducted by a licensed therapist, or a Resident or Supervisee under the direct supervision of a licensed therapist.	Per evaluation	\$225.00
Diagnostic Evaluation: 90791 Initial evaluation and clinical assessment of treatment needs for mental health outpatient therapy services for individuals and/or families by a licensed therapist, or a Resident or Supervisee under the direct supervision of a licensed therapist. This evaluation is the first outpatient therapy appointment.	Per evaluation (90 min.)	\$125.00
Outpatient Therapy: 90837 – Individual; 90846 – Family w/client; 90847 – Family w/o client Individual mental health outpatient therapy with the individual and/or family by a licensed therapist, or a Resident or Supervisee under the direct supervision of a licensed therapist.	Per hour	\$100.00
SUBSTANCE ABUSE OUTPATIENT SERVICES	HOUR / UNIT	FEE
Substance Abuse Assessment: 90791 A biopsychosocial, multidimensional Substance Abuse Assessment based on the ASAM Criteria conducted by a licensed professional to ascertain an individual's level of care needs for treatment of their substance use. The individual receives the assessment and the Substance Abuse Subtle Screening Inventory (SASSI), an evidence-based screening instrument. Diagnosis and treatment recommendations are determined as a result of the assessment.	Per assessment	\$250.00
Individual Substance Abuse Counseling (ASAM Level 1): 90837 Individual substance abuse counseling with a licensed professional as determined to meet individualized needs based on the Substance Abuse Assessment. A licensed professional will develop an individualized treatment plan with the client. Sessions will be 60 minutes and the number of sessions will be dependent on the client's needs and progress.	Per hour	\$135.00
Group Substance Abuse Counseling (ASAM Level 1): 90853 Group substance abuse counseling will be provided by a licensed professional. Goals established individually with the client for their ISP will be addressed in a group setting. Groups will have no more than 10 individuals at a time.	Per session	\$60.00
Family Substance Abuse Counseling (ASAM Level 1): 90846 – Family w/client; 90847 – Family w/o client Family counseling with a licensed professional as determined to meet ISP goals established with the individual.	Per hour	\$135.00
Substance Abuse Intensive Outpatient Services (ASAM Level 2.1): H0015 Intensive Outpatient Services for Adults (21+) or Adolescents (12-20 years old) with substance use disorders and/or co-occurring mental health disorders whose assessed substance abuse treatment needs fall within the ASAM Level 2.1 continuum of care. This	Per day/per person	\$250.00

<p>service is provided to individuals who do not require the intensive level of care of inpatient, residential or partial hospitalization services, but require more intensive services than the weekly or bi-weekly sessions of traditional outpatient services. Adults receive a minimum of 9 hours per week (3, 3-hour sessions) and Adolescents receive a minimum of 6 hours per week (2, 3-hour sessions) of substance abuse treatment. Includes individual, group and family counseling, psychoeducational group sessions, referral and collaboration with other treatment and medication management providers, and treatment for co-occurring mental health disorders.</p>		
<p>Relapse Prevention Group: RPG002 Psychoeducational group sessions conducted by a licensed professional, Resident or Supervisee under the direct supervision of a licensed professional, or a Certified Substance Abuse Counselor (CSAC) to assist with relapse prevention. This group focuses on skills needed in early and late recovery to avoid relapse, addressing triggers, and development of a relapse prevention plan to cope with life stressors so as not to return to substance use as a coping mechanism.</p>	Per session	\$50.00
<p>Adult Substance Abuse Prevention & Education Group: SAEG02 Psychoeducational groups for Adults (21+) conducted by a licensed professional, Resident or Supervisee under the direct supervision of a licensed professional, or a Certified Substance Abuse Counselor (CSAC). The group will be topic driven based on the needs identified for the clients on their ISPs. Topics will range from enhancing coping skills, relationships and codependence, stages of change, learning about individual substances and their effect on the brain and body, to issues likely in early recovery, and ultimately relapse prevention.</p>	Per session	\$40.00
<p>Adolescent Substance Abuse Prevention & Education Group: SAGA02 Psychoeducational groups for Adolescents (12-20) conducted by a licensed professional, Resident or Supervisee under the direct supervision of a licensed professional, or a Certified Substance Abuse Counselor (CSAC). The group will be topic driven based on the needs identified for the clients on their ISPs. Topics will range from enhancing coping skills, relationships and codependence, stages of change, learning about individual substances and their effect on the brain and body, to issues likely in early recovery, and ultimately relapse prevention. The Adolescent Group will utilize an evidenced-based curriculum "Teen Intervene" and consist of ten (10) one-hour (1 hr.) sessions. For adolescents there is an expectation of parent/legal guardian participation during at least one session. A certificate of completion is awarded to participants who complete the program.</p>	Per session	\$30.00
<p>Peer Support Services, Individual: T1012 Peer Support Services for adults is an evidence-based, recovery oriented rehabilitative service for individuals 21 years or older provided by a certified Peer Recovery Specialist (PRS). A PRS is an individual with lived experience with substance use or co-occurring mental health and substance use disorders who has been successful in the recovery process. Specific Peer Support Service activities promote empowerment, self-determination, and understanding through mentoring, service coordination, and teaching positive coping skills to use when facing the unique stressors and barriers encountered by individuals in recovery.</p>	Per hour	\$50.00
<p>Peer Support Services, Group: S9445 Peer Support Services for adults facilitated by a Certified Peer Recovery Specialist or cofacilitated by a PRS and CSAC or LMHP. This service can assist individuals with self-determination strategies utilizing a group setting.</p>	Per session	\$40.00

Urine Drug Screen	Per unit	\$50.00
TRANSPORTATION SERVICES	HOUR / UNIT	FEE
Transportation: Transportation of a client and/or family by CCC to/from pre-determined locations.	Per mile	\$ 0.58

Crossroads Counseling Center, Inc. is a DBHDS licensed provider of Intensive In-Home Services, Therapeutic Day Treatment for Children and Adolescents, Mental Health Skill-building Services, Mental Health and Substance Abuse Outpatient Services, and Substance Abuse Intensive Outpatient Services for Adults and Adolescents.

Crossroads Counseling Center, Inc. is a participating provider with the following Medicaid plans:

Aetna Better Health of Virginia

Anthem HealthKeepers Plus

Magellan of Virginia

Magellan Complete Care of Virginia

Optima Health Community Care

United Healthcare

Virginia Premiere