



Winchester, VA 22601

Phone: 540-535-1112

2020-2021 FAPT FUNDED AND SELF-PAY RATES

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****Please note that many of these services may be available in Spanish****

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OUTPATIENT COUNSELING SERVICES	UNIT	RATE
<p><u>Individual, Couples, and Family Counseling</u></p> <p>Individual and/ or Family Counseling Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT), or a Resident in Counseling (RIC) under the direct supervision of an LPC or LCSW.</p> <p>Individual and/ or Family Counseling is a process through which client(s) will work one-on-one with a qualified counselor, in a safe and caring setting, to explore their feelings, beliefs, or behaviors to better understand themselves and others. Clients will set and identify personal goals and work towards aspects of their lives they would like to change.</p> <p><u>Intake Appointment:</u> The intake appointment is the very first appointment a client will attend to begin participating in a service. The counseling intake assists both the counselor and the client with obtaining a clear focus on past and present concerns and informs the counselor as to the direction to take in counseling.</p> <p><u>Follow-Up Appointments:</u> Clients are usually recommended to begin attending follow-up appointments once weekly. However, more frequent sessions may be recommended by the counselor based on the client's individualized needs. As a client progresses in sessions, the counselor may step them down to less frequent sessions.</p> <p><u>Trauma Focused Counseling</u></p> <p>Trauma Focused Counseling Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT), or a Resident in Counseling (RIC) under the direct supervision of an LPC or LCSW with training and certification as a Child and Adolescent Trauma Provider, Certified Clinical Trauma Provider, and a Certified Expert Trauma Provider or EMDR Trained.</p> <p>Trauma Focused Counseling is an evidence-based treatment approach, shown to help children, adolescents, and adults overcome trauma-related difficulties. Trauma focused therapy is designed to reduce negative emotional and behavioral responses following sexual abuse, domestic violence, traumatic loss, neglect, and other traumatic events.</p> <p><u>Trauma Focused Counseling Appointment:</u></p> <p>***Please note, the rate is the same for intake and follow-up appointments. **</p>	<p>1</p> <p>1</p> <p>1</p>	<p>\$150.00 Per Session</p> <p>\$135.00 Per Session</p> <p>\$150.00 Per Session</p>

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<p><u>ADOPTION/FOSTER CARE COMPETENCY COUNSELING</u></p> <p>Adoption/Foster Care Competency Counseling Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage and Family Therapists (LMFT) or a Resident in Counseling (RIC) under the direct supervision of an LPC or LCSW who have completed the 9-month Training for Adoption Competency (TAC through C.A.S.E.)</p> <p>Adoption/Foster Care Competency Counseling services utilize evidence-based and evidence-informed practices and interventions shown to help birth families, adopted children, adoptive families (current and prospective) with issues of trauma and attachment, loss, grief, separation, identity formation.</p> <p>ADOPTION/ FOSTER CARE COMPETENCY COUNSELING APPOINTMENT: ***Please note, the rate is the same for intake and follow-up appointments. ***</p>	1	\$150 Per Session
<p><u>ATTACHMENT THERAPY</u></p> <p>Attachment Therapy Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT), or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW with training and certification as a Child and Adolescent Trauma Provider, Certified Clinical Trauma Provider, Certified Expert Trauma Provider, with training, experience, and/or certification in Attachment Therapy.</p> <p>Attachment therapy takes place in the dyad between parent(s) and child. Since early attachment problems start in a problematic relationship to a birth parent or primary caregiver, healing must take place in session (and at home) in the primary relationship between child and biological or adoptive parents. In session the counselor will work with parents and child, to create active emotional connection. Furthermore, the treatment is developmental, meaning that parent and counselor are helping the child through the first developmental phase of "Trust vs. Mistrust." Often children with early life trauma have missed this important developmental stage. Building Trust is accomplished first through educating parents about the unique needs of their child, teaching them a set of emotional attunements, and limit setting skills, to help the child form a more secure attachment. The work relies on key therapeutic principles including empathy, emotional attunement, playfulness, curiosity, and acceptance.</p> <p>ATTACHMENT THERAPY APPOINTMENT: ***Please note, the rate is the same for intake and follow-up appointments. ***</p>	1	\$150 Per Session

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<p><u>ART THERAPY</u></p> <p>Individual and/ or Family Counseling Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT), or a Resident in Counseling (RIC) under the direct supervision of an LPC or LCSW with training and/ or certification in Art Therapy.</p> <p>Art Therapy is a form of expressive therapy using the creative process of making art, with materials such as paints, chalk, and markers, to improve a person's physical, mental, and emotional well-being. Art therapy combines traditional psychotherapeutic theories and techniques with an understanding of the psychological aspects of the creative process. The creative process involved in expressing one's self artistically can help people to resolve issues as well as develop and manage their behaviors and feelings, reduce stress, and improve self-esteem and awareness.</p> <p>ART THERAPY APPOINTMENT: ***Please note, the rate is the same for intake and follow-up appointments. ***</p>	1	\$135.00 Per Session
<p><u>MUSIC THERAPY</u></p> <p>Music Therapy Services are provided by individuals certified as Music Therapists by The Certification Board for Music Therapists (CBMT)</p> <p>Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship, by a credentialed professional who has completed an approved music therapy program. Music Therapy interventions can be designed to: Promote Wellness, Manage Stress, Alleviate Pain, Express Feelings, Enhance Memory, Improve Communication. Music Therapy uses music to address several emotional, cognitive, and social issues in people of all age. The benefits of music can be enjoyed by anyone at any age and the process of making and listening to music can provide a channel for communication and expression that may go beyond what is easily expressed in words.</p> <p>MUSIC THERAPY APPOINTMENT: ***Please note, the rate is the same for intake and follow-up appointments. ***</p>	1	\$135.00 Per Session

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<p><u>Parent-child interaction therapy (PCIT)</u></p> <p>Parent-child interaction therapy (PCIT) is a family-centered treatment approach proven effective for abused and at-risk children ages 2 to 8 and their caregivers—birth parents, adoptive parents, or foster or kin caregivers. During PCIT, therapists coach parents while they interact with their children, teaching caregivers strategies that will promote positive behaviors in children who have disruptive or externalizing behavior problems. Research has shown that, as a result of PCIT, parents learn more effective parenting techniques, the behavior problems of children decrease, and the quality of the parent-child relationship improves.</p> <p>PCIT is an evidenced based therapy, which stands for Parent-Child Interaction Therapy, and it is believed this will be the gold star service used with young children.</p>	1	\$150.00 Per Unit

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OUTPATIENT PSYCHIATRIC MEDICATION MANAGEMENT SERVICES	UNIT	RATE
<p><u>PSYCHIATRIC MEDICATION MANAGEMENT:</u> Psychiatric Medication Management Services are provided by Board Certified Psychiatrists, Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses, under the direct supervision of a Psychiatrist. Psychiatric Medication Management is an integrative service to determine the individual appropriateness of medication to treat and alleviate the symptoms of many mental health disorders. Medication management is often recommended to accompany counseling services, as medication may make it easier for individuals to focus on the therapeutic aspects of treatment.</p> <p>All individuals, 11 years of age and older, who are new or returning patients for medication management services, will be required to provide a urine drug screening at their intake appointment. Additionally, urine drug screenings are required for all patients, 11 years of age and older, who are currently receiving prescriptions for controlled substances. Urine drug screenings not only increase the safety of prescribing medications by preventing dangerous medical complications and substance interactions, they also monitor medication adherence, help prevent misdiagnosis, and assists the healthcare provider assess the efficacy of the treatment plan and current level of care.</p>	1	\$410.00 Per Session
<p>PSYCHIATRIC MEDICATION MANAGEMENT INTAKE WITH THE PSYCHIATRIST: ***This rate includes the required urine drug screening***</p>	1	\$165.00 Per Session
<p>PSYCHIATRIC MEDICATION MANAGEMENT FOLLOW-UP APPOINTMENT WITH THE PSYCHIATRIST: **This rate <u>does not</u> include the urine drug screening**</p>	1	\$335.00 Per Session
<p>PSYCHIATRIC MEDICATION MANAGEMENT INTAKE APPOINTMENT WITH THE NURSE PRACTITIONER: ***This rate includes the required urine drug screening***</p>	1	\$125.00 Per Session
<p>PSYCHIATRIC MEDICATION MANAGEMENT FOLLOW-UP APPOINTMENT WITH THE NURSE PRACTITIONER: ***This rate <u>does not</u> include the urine drug screening***</p>	1	\$110.00 Per Unit
<p><u>URINE DRUG SCREENINGS:</u> All urine drug screenings at WCMHC, Inc. include a two-step process. The first step provides the healthcare provider with immediate preliminary point of care results. The urine specimen is then sent to the medical laboratory for definitive testing resulting in confirmation results. Further, Urine Drug Screenings help increase the safety of prescribing medications by preventing dangerous medical complications and substance interactions, as they also monitor medication adherence, help prevent misdiagnosis, and assists the healthcare provider assess the efficacy of the treatment plan and current level of care.</p> <p>Urine Drug Screenings tests for licit and illicit substances, including alcohol and tobacco.</p>	1	\$110.00 Per Unit

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COMPREHENSIVE ASSESSMENTS	UNIT	RATE
<p>All Comprehensive Assessments are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT or LCSW. All assessment rates include a required Urine Drug Screening and result in a detailed report with service recommendations.</p> <p><u>MENTAL HEALTH ASSESSMENT:</u></p> <p>Mental Health Assessments are vital early steps in assessing mental health and well-being. Mental Health Assessment tools make this process happen. Mental Health Assessments are a powerful tool for beginning to fully understand a person's mental health, to decide if he or she should see a Mental Health Professional, and to figure out what are the specific needs. In general, Mental Health Assessments are used for:</p> <ul style="list-style-type: none"> • Identifying symptoms and problems • Creating a Mental Health Treatment Plan • Treatment Planning • Decision making • Identifying client's strengths • Promotion positive changes <p>Examples of Mental Health Assessment Tools include:</p> <ul style="list-style-type: none"> • Observation (The clinician watches and listens, and makes notes) • Interviews (Structured and formal from a script of pre-written questions, Semi-structured; or informal question and answer type discussion.) • Interviews with a client and/ or family. • Checklists • Rating Scales • Questionnaires • Standardized Testing (Tests with fixed instructions for administering, taking, and recording answers, whose scores are compared to others in the same age group) • Mental Status Exam (MSE) • Urine Drug Screening 	1	<p>\$385.00 Per Session</p>

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COMPREHENSIVE ASSESSMENT	UNIT	RATE
<p><u>SUBSTANCE ABUSE ASSESSMENT:</u></p> <p>As the American Society of Addiction Medicine (ASAM) explains, “For those at risk of developing a serious problem with drinking or drugs, the identification of early warning signs can be enough to change negative drinking or drug use habits.” Substance Abuse Assessments may provide the visual evidence necessary to change a person’s decision about treatment. Essentially, assessments involve a series of questions which help identify warning signs of substance abuse. Some indicators may be frequency of use (i.e. daily, monthly, or yearly) or duration of use (i.e. how long abuse may have occurred). Clinician’s Substance Abuse (ASAM) Assessments are in-depth, involving a series of questions which are then scored based on the answers—risk of abuse is then based on the tabulated score. Substance Abuse (ASAM) Assessments involve a person’s personal history of substance abuse, health history, family history of substance abuse, age, and may also ask about any current mental health disorders—all of which can contribute to a person’s risk of developing a substance use disorder. There are also assessments which may gauge a person’s substance abuse over the past 12 months. Questions for these assessments may include the following, as noted by the National Institute on Drug Abuse (NIDA):</p> <ul style="list-style-type: none"> • Have you used substances other than prescribed medications in the past 12 months? • Can you make it through a week without using substances? A day? • Do you engage in abuse of more than one substance at a time? • Have you ever experienced a “blackout” due to drug use? • Do you have the ability to stop use of substances when you desire? • Do you ever feel remorse about your substance use? • Does anyone close to you, i.e. family, complain about or mention your drug use? • Do you feel that you have ever let down your family or fallen short on obligations due to drug use? • Can you say that you have ever done something illegal to obtain substances? • Have you ever undergone withdrawal symptoms when you stopped use of drugs? • Have you experienced medical side effects due to drug use (i.e. loss of memory, contracted contagious diseases, tremors, etc.)? <p>Certain Substance Abuse ASAM assessments may be geared toward adolescents. The questions involve many of the same questions given to adults, but some are more teen-specific. Examples of questions on an adolescent substance abuse screen may be:</p> <ul style="list-style-type: none"> • Have you ever lost friends due to your drug use? • Have you ever been in trouble at school because of drug use? • Are you falling behind in school due to drug use? • Have you been arrested for drug use? • Have you contacted someone about getting help with treatment? <p>Substance Abuse Assessments are typically used for identifying early signs of a substance use disorder but may also be used to identify withdrawal symptoms and severity. Substance abuse assessments may be the first step in identifying a substance use disorder and treatment is the first step in recovery.</p>	1	\$385 Per Session

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COMPREHENSIVE ASSESSMENT	UNIT	RATE
<p><u>COMBINED MENTAL HEALTH & SUBSTANCE ABUSE ASSESSMENT:</u> This dual service combines the tools of both the Mental Health Assessment and Substance Abuse Assessment and includes a required Urine Drug Screening. This service results in a detailed report with service recommendations at a discounted rate.</p>	1	\$450.00 Per Unit
<p><u>TRAUMA ASSESSMENT:</u> Trauma Assessments are in-depth exploration of the nature and severity of the traumatic events, the consequences of those events, and current trauma-related symptoms. Behavioral health problems, including substance use and mental health conditions, are more difficult to treat if trauma-related symptoms and disorders are not detected early and treated effectively. Although the high prevalence of significant psychological trauma among clients with serious and persistent mental health challenges is well known, and even where it is duly recorded in initial psychiatric histories, such trauma is rarely reflected in the primary (or secondary) diagnosis. A history of trauma, even when significant, generally appears only in the category of “developmental history”, and as such does not become the focus of treatment.</p> <p>If trauma is not considered when a consumer enters a service setting, there is an increased risk of being diagnosed incorrectly. Additionally, without assessing, clients’ trauma histories and related symptoms often go undetected, leading providers to direct services toward symptoms and disorders that may only partially explain client presentations and distress. Failure to assess for trauma can have important implications for treatment and recovery:</p> <ul style="list-style-type: none"> ▪ Increases a consumer’s vulnerability to substance abuse disorders. ▪ Leads to a worse course of serious mental illness. ▪ Contributes to social isolation and loss of social support, increasing vulnerability to relapse in persons with serious mental health challenges. <p>Benefits of Inquiry</p> <ul style="list-style-type: none"> ▪ Assessment for trauma history and trauma-related symptoms can help behavioral health practitioners identify individuals at risk of developing more pervasive and severe symptoms of traumatic stress. ▪ This identifies cases early and allows treatment of basic causes rather than vainly treating the symptom of the moment 	1	\$385.00 Per Unit

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PSYCHOSEXUAL TREATMENT	UNIT	RATE
<p><u>JUVENILE PSYCHOSEXUAL ASSESSMENT:</u> Child/Adolescent Psychosexual Assessments are provided by Individual and/ or Family Counseling Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT) who are Certified Sex Offender Treatment Providers (CSOTP).</p> <p>A Juvenile Psychosexual Assessment is conducted by a CSOTP, for identifying the level of recidivism risk and treatment needs. The assessment is appropriate for youth between 12 and 18 years of age. The process includes a structured clinical interview over 2 to 3 sessions for approximately two hour each and would include information from collected from official records. The required information would include but not limited to official law enforcement documents (if available); records included prior evaluations; prior treatment information, school behavioral/disciplinary records, involvement with social services, past hospitalizations and/or placement outside of the home. A written report will be provided within 30 days of last interview and will include specialized risk assessment measures looking at static and dynamic variables, protective variables, and risk level. The information provided in Juvenile Psychosexual Assessments are only good for approximately one year due to youth developmental changes</p>	1	\$875.00 Per Unit
<p><u>CHILD, ADOLESCENT, AND FAMILY PSYCHOSEXUAL INDIVIDUAL THERAPY:</u> Child, Adolescent, and Family Psychosexual Individual Therapy Services are provided by Individual and/ or Family Counseling Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT) who are Certified Sex Offender Treatment Providers (CSOTP).</p> <p>The Child and Adolescent Sex Offender Treatment Program at WCMHC is a specialized, outpatient therapy program that offers a comprehensive psychosexual evaluation and on-going individual and family therapy. The specialized Certified Sex Offender Treatment Provider (CSOTP) functions as part of the larger containment team. Referrals come primarily from the court system, staff work closely with probation and parole staff and report to the court as needed. Family involvement in the treatment process is strongly encouraged. The program aims at helping children and adolescents and their families identify their strengths and resolve problems or concerns that may have contributed to the offense. The child or adolescent explores their offense(s) and identify their individual cycle of abuse (i.e., the thoughts, feelings, conditions that precede and follow their offenses(s). They also explore how they have denied and minimized the significance of their behavior. They learn the effects of sexual offenses on the victims and some learn how to deal with their own abuse.</p>	1	\$150.00 Per Session
<p><u>CHILD, ADOLESCENT, AND FAMILY PSYCHOSEXUAL INDIVIDUAL THERAPY APPOINTMENT:</u> ***Please note, the rate is the same for intake and follow-up appointments. ***</p>		

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COMMUNITY BASED SERVICES	UNIT	RATE
<p><u>INTENSIVE IN-HOME (IHS):</u> Intensive In-Home Services are provided by individuals certified as Qualified Mental Health Professional-Child (QMHP-C), under the direct supervision of Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW. Intensive In-Home Services is a mental health service encompassing intensive individual and family counseling, life skills activities, crisis intervention, behavior management and case management. A thorough evaluation is completed and a tailored intensive service plan (ISP) addresses each child and his/her individual and family needs.</p>	1	\$120.00
<p><u>INTENSIVE IN-HOME SERVICES SCREENING ASSESSMENT:</u> All new clients must participate in the screening before receiving Intensive In-Home Services.</p>	1	\$60.00 Per Hour
<p><u>INTENSIVE IN-HOME SERVICE:</u></p>		
<p><u>HOME-BASED SERVICES (HBS):</u> Home-Based Services are provided by individuals certified as Qualified Mental Health Professional-Child (QMHP-C), under the direct supervision of Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW. Home-Based Services is a mental health service encompassing intensive individual and family counseling, life skills activities, crisis intervention, behavior management and case management. A thorough evaluation is completed and a tailored intensive service plan (ISP) addresses each child and his/her individual and family needs.</p>	1	\$120.00
<p><u>HOME-BASED SERVICES SCREENING ASSESSMENT:</u> All new clients must participate in the screening before receiving Home-Based Services.</p>	1	\$60.00 Per Hour
<p><u>HOME-BASED SERVICE:</u></p>		
<p><u>PARENT MENTORING [PM]:</u> Parent Mentoring Services are provided by individuals certified as Qualified Mental Health Professional-Child (QMHP-C), under the direct supervision of Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW.</p> <p>The Parent Mentor observes the parent's interaction with their child(ren) and provides feedback and coaching. The purpose of Parent Mentoring is to help identify safety concerns, engage with the parent and child(ren) to prepare for potential reunification. The service can take place in the home, in the community, at the Department of Social Services, or any other location authorized by DSS. During the time with the client's child(ren), the Parent Mentor strictly observes the interaction, providing feedback and coaching for anything that may be considered unsafe or not in the best interest of the child(ren) and only intervening in the event of an emergency or any situation in which the parent mentor is immediately concerned for the safety of the child(ren).</p>	1	\$65.00 Per Hour

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<p><u>APPLIED BEHAVIOR ANALYSIS [ABA]:</u> The ABA program provides a service based on the principles of Applied Behavior Analysis. This service can take place in the home, school, office, or community with the client and his/her family. At the start of services, a Board-Certified Behavior Analyst (BCBA) will conduct an assessment which includes interviews, formal/informal skills assessments, and conducting observations. The BCBA will then use the information determined in the assessment to create a treatment plan with goals focusing on different areas such as behaviors, communication, social skills, academics, and adaptive functioning. If there are disruptive behaviors taking place, the BCBA will conduct a Functional Behavior Assessment to utilize in creating a Behavior Intervention Plan (BIP). A Registered Behavior Technician (RBT) will conduct sessions in the determined setting multiple times per week with a total number of weekly hours based on the recommendation of the BCBA. Each session will focus on goals from the treatment plan, as well as training parents and caregivers on the implementation of the BIP. The BCBA will continue to supervise the RBT throughout the services with at least one office supervision per week and with on-site supervisions determined by the number of direct hours the RBT is conducting.</p>	1	\$300.00 Per Unit
<p><u>ABA SERVICE ASSESSMENT:</u> All new clients must participate in the 5-hour assessment before receiving Applied Behavioral Analysis Services to determine treatment goals and hours needed.</p>		
<p><u>APPLIED BEHAVIORAL ANALYSIS SERVICE:</u> RBT hours will be determined by the BCBA once the assessment is concluded.</p>	1	\$60.00 Per Hour
<p><u>ADULT MENTAL HEALTH SKILLS BUILDING (MHSSB):</u> Adult Mental Health Skills Building Services are provided by individuals certified as Qualified Mental Health Professional-Adult (QMHP-A), under the direct supervision of Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW. Adult Mental Health Skills Building is a goal directed training to enable individuals to achieve and maintain community stability and independence in the most appropriate, least restrictive environment. MHSS shall include goal directed training in the following areas: functional skills and appropriate behavior related to the individual's health and safety; activities of daily living and use of community resources; assistance with medication management; and monitoring health, nutrition, and physical condition.</p>	1	\$120.00 Per Unit
<p><u>ADULT MENTAL HEALTH SKILLS BUILDING SCREENING ASSESSMENT:</u> All new clients must participate in the screening before receiving Adult Mental Health Skills Building services.</p>		
<p><u>ADULT MENTAL HEALTH SKILLS BUILDING SERVICE:</u></p>	1	60.00 Per Hour

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<p><u>Trauma and Attachment Focused Parent Mentoring:</u> Trauma and Attachment Focused Parent Mentoring by a licensed or license eligible counselor. The objective is to work with the parent and the child specifically on trauma attachment during in office parent / child interactions. The therapist will coach the parent on how to respond to child's outbursts, threats, behaviors and help her/him learn how to emotionally regulate themselves and the child. The parent coach will use a two-way mirror and earpiece to give the parent autonomy and help increase parent positive empowerment and safe child attachment.</p> <p><u>It is recommended that this service be funded for 1-2 hours a week.</u></p>	1	\$150 Per Unit
<p><u>Reel Teen Mentoring Program</u> Reel Teen Mentoring is designed to bring teens together for a team-based film project. Through the process of film production, our mentees will be assigned a mentor to foster self-esteem and encourage positive choices. The mentor program focus is to increase a sense of empowerment, motivation, leadership qualities, positive choices, anti-bully activism and a therapeutic outlet through creativity. Many adolescents have a hard time voicing their emotions, causing them to be disruptive, use drugs and drop out of school. Adolescents who are struggling for many reasons including physical, emotional, sexual abuse and/or neglect find a voice in the film making process. The mentor's role is to assist the mentee's with work ethic, learn about appropriate work attire, personal empowerment, leadership, team building, encouraging school attendance and improved grades. The mentee is encouraged to become the next generation of animators, filmmakers and photographers while fostering personal growth, confidence, and independence. Mentee's will develop life skills beyond high school and college. A film expert guides the program towards the final production.</p> <p><u>This program is a minimum of 4 hours a week</u></p>	1	\$65 Per Hour
<p><u>Therapy:</u> Group counseling 1 x a week is integrated into the Reel Teen program; therapy covered by Medicaid, private insurance, self-pay, or CSA funds</p>		
<p><u>Random UDS:</u> Covered by Medicaid, private insurance</p>		

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COMMUNITY BASED SERVICES	UNIT	RATE
<p><u>Adoption and Foster Parent Education and Support Group</u></p> <p>Program is co-facilitated by a Licensed Professional Counselor, LPC, Licensed Clinical Social Worker, LCSW, License eligible Resident in Counseling, License eligible Social Work Supervisee or Qualified Mental Health Provider and a Family Support Partner with possible adoption and foster care lived experience. The Adoption and Foster Parent Education and Support Group was developed to provide prospective adoption, foster and guardian parents the most trauma-informed information available as they begin the journey to becoming adoptive, foster or guardian parents. A focus on research and child brain development information will be provided to help parents understand the adoption, foster and guardianship child. Becoming a foster parent can be a very complex process. The Adoption and Foster Parent Education and Support Group was designed to help future adoption, foster and guardian parents learn, discuss, and support each other with the guidance of the trained co-facilitators. The goal is to provide prospective adoption, foster and guardian parents with skills they can pack in their “parenting suitcases”. Additionally, prospective adoption, foster and guardian parents are asked to self-assess throughout the training to determine what items in their “parenting suitcase” may not be useful for parenting adoption, foster and guardian children and remove those items. The Adoption and Foster Parent Education and Support Group will also focuses on relationship building, which is encouraged among the training participants along with <u>protecting their own well-being and happiness</u> especially during periods of stress. The group attendees will be encouraged to maintain communication and a supportive relationship after the training has been completed.</p> <p><u>The objectives:</u></p> <ul style="list-style-type: none"> • Describe and understand the role of birth parents • Understand and maintain cultural integrity • Illustrate the importance of a strong support system to the overall well-being of the adoptive, foster and/or guardian home including self-awareness and mindfulness • Discover how the brain is built • Identify the levels of stress • List types of trauma that foster children experience • Be familiar with definitions of abuse and neglect • Review the most common forms of trauma responses • Identifying and understanding the loss some adoption, foster and guardian children’s experience • Recognize the stages of grief and loss • Define resiliency and identify factors that can increase resilience in adoption, foster and guardianship children • Explore steps to becoming a secure base and Safe haven for children • Understand attachment styles • Understand Reaction Attachment Disorder • How to discipline: Describe reasons why physical punishment does not work • Discuss and Identify appropriate house rules • Discover how a child’s physical, cognitive, and emotional ages can all be different due to trauma • Identify benefits of teaching skills as part of the discipline process <p>1 parent Per 90 min group. (1 group a week) (12-week program) - \$60.00 hour</p> <p>2 parents Per 90 min group. (1 group a week) (12-week program) - \$90.00 hour</p>	<p>1 (One Parent)</p> <p>1 (Two parents)</p>	<p>\$60 Per hour</p> <p>\$90 Per Hour</p>

Please note that many of these services may be available in Spanish

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Winchester, VA 22601

Phone: 540-535-1112

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ADULT MENTAL HEALTH CRISIS STABILIZATION PROGRAMS	UNIT	RATE
<p><u>CRISIS STABILIZATION PROGRAM DETERMINATION SCREENING:</u> All clients who are discharged from behavioral health hospitalization, inpatient, or considering participation in a Mental Health, Substance Abuse, Medicated Assisted Treatment Program [MAT], or Hybrid Crisis Stabilization Program (PHP or IOP) must complete a Determination Screening, including a urine drug screening, to determine an appropriate level of care. If an individual has completed a Mental Health, Substance Abuse, and or Trauma Assessment, and the recommendations were participation in any of the following Crisis Stabilization Programs, the reports from the assessment may be used in place of the screening, if the assessment was completed within an appropriate amount of time.</p> <p><u>ADULT MENTAL HEALTH PARTIAL HOSPITALIZATION PROGRAM (MHPHP):</u> Adult Mental Health Partial Hospitalization Program (MH-PHP) services are provided by a professional team composed of Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses under the direct supervision of a Psychiatrist, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW. Adult Mental Health Partial Hospitalization Program is for individuals aged 18 and older and is a treatment approach developed as an alternative to inpatient treatment. It is designed for voluntary patients with serious mental health disorders, who require intensive and multi-disciplinary treatment, with cannot be provided in outpatient services. MHPHP includes a major psychiatric evaluation (Psychiatric Medication Management Intake with Nurse Practitioner) and treatment modalities, both psychosocial and biological, that are usually found in a comprehensive psychiatric inpatient program. MHPHP provides psychiatric treatment to patients in a less restrictive setting than an inpatient unit. The benefits of MHPHP include: lessening the disruption of social, family, and community ties, allowing the patient to test new skills in a more neutral environment than a hospital setting, providing treatment milieu that fosters independence and self-reliance, allowing daily feedback from home environment, thereby closely involving members of the patient's family for supportive environment in the treatment program, providing flexibility in the number of treatment days per week, thus allowing a patient to pursue other activities, such as shortening the number of the inpatients stays, or preventing the need for full hospitalization.</p> <p><u>ADULT MENTAL HEALTH PARTIAL HOSPITALIZATION PROGRAM (MH-PHP) GROUPS:</u> The Adult Mental Health Partial Hospitalization Program currently runs Monday – Friday (5 days a week) from 9:00am to 1:00pm.</p> <p><u>ADULT MH-PHP PSYCHIATRIC MEDICATION MANAGEMENT INTAKE WITH THE NURSE PRACTITIONER WITH UDS:</u> Additionally, please note that the Psychiatric Medication Management Intake is required for all individuals participating in the MHPHP.</p> <p><u>ADULT MH-PHP PSYCHIATRIC MEDICATION MANAGEMENT FOLLOW-UP APPOINTMENT WITH THE NURSE PRACTITIONER:</u> If the Nurse Practitioner and the patient both agree medication may be beneficial in helping management/treat mental health symptoms, follow-up appointments with the Nurse Practitioner will occur once weekly while the individual is participating in the MHPHP to monitor for medication stability. These follow up appointments also include a required urine drug screen.</p> <p><u>ADULT MH-PHP WEEKLY INDIVIDUAL/FAMILY COUNSELING SESSION:</u> Please note, Adult MHPHP Individual/ Family Counseling is a discounted rate that is only provided while the individual is participating in Adult MH-PHP. If the client successfully steps down to Outpatient therapy, the rate returns to \$135.00 per session.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>\$210 Per Unit</p> <p>\$150.00 Per Day</p> <p>\$335.00 Per Unit</p> <p>\$235.00 Per Unit</p> <p>\$100.00 Per Session</p>

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ADULT MENTAL HEALTH CRISIS STABILIZATION PROGRAMS	UNIT	RATE
<p><u>CRISIS STABILIZATION PROGRAM DETERMINATION SCREENING:</u> All clients who are discharged from behavioral health hospitalization, inpatient, or considering participation in a Mental Health, Substance Abuse, Medicated Assisted Treatment Program [MAT], or Hybrid Crisis Stabilization Program (PHP or IOP) must complete a Determination Screening, including a urine drug screening, to determine an appropriate level of care. If an individual has completed a Mental Health, Substance Abuse, and or Trauma Assessment, and the recommendations were participation in any of the following Crisis Stabilization Programs, the reports from the assessment may be used in place of the screening, if the assessment was completed within an appropriate amount of time. Client is not required to complete a Determination Screening if they are stepping down from a higher-level Crisis Stabilization Program (MHPHP or SAPHP).</p>	1	\$210.00 Per Unit
<p><u>Adult Mental Health Intensive Outpatient Program (MH-IOP):</u> Adult Mental Health Intensive Outpatient Program (MH-IOP) services are provided by a professional team composed of Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses under the direct supervision of a Psychiatrist, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC or LCSW. Adult Mental Health Intensive Outpatient Program is to provide short-term stabilization and resolution for adult individuals suffering from a crisis or exacerbation of the psychiatric condition. The Adult Mental Health Intensive Outpatient Program is often a “step-down” service from Adult Mental Health Partial Hospitalization Program.</p>		
<p><u>ADULT MENTAL HEALTH INTENSIVE OUTPATIENT PROGRAM (MH-IOP) GROUPS:</u> The Adult Mental Health Intensive Outpatient Program currently runs Monday, Wednesday, and Friday (3 days a week) from 9:00am – 12:00pm.</p>	1	\$105.00 Per Day
<p><u>ADULT MH-IOP PSYCHIATRIC MEDICATION MANAGEMENT INTAKE WITH THE NURSE PRACTITIONER WITH UDS:</u> the Psychiatric Medication Management Intake is required for all new individuals participating in the MH-IOP. If an individual is not entering MH-IOP as a new client, but rather “stepping down” from MH-PHP into MH-IOP, the intake will not be required. The individual would continue with their regularly scheduled weekly medication management follow-ups.</p>	1	\$335.00 Per Unit
<p><u>ADULT MH-IOP PSYCHIATRIC MEDICATION MANAGEMENT FOLLOW-UP APPOINTMENT WITH THE NURSE PRACTITIONER:</u> If the Nurse Practitioner and the patient both agree medication may be beneficial in helping management/treat mental health symptoms, follow-up appointments with the Nurse Practitioner will occur once weekly while the individual is participating in the MHIOP to monitor for medication stability. These follow up appointments also include a required urine drug screen.</p>	1	\$235.00 Per Unit
<p><u>ADULT MH-IOP WEEKLY INDIVIDUAL/FAMILY COUNSELING SESSION:</u> Please note this rate Adult MH-IOP Individual/ Family Counseling is a discounted rate. This rate is only provided while the individual is participating in Adult MH-IOP, as it is coupled with other required services to help achieve optimum care and outcomes. If the client successfully steps down from the Crisis Stabilization Program and into Outpatient Services, the rate will increase to the Outpatient Individual, Couples, and Family Counseling Rate of \$135.00/per unit/hour.</p>	1	\$100.00 Per Session

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ADULT MENTAL HEALTH CRISIS STABILIZATION PROGRAMS	UNIT	RATE
<p><u>CRISIS STABILIZATION PROGRAM DETERMINATION SCREENING:</u> All clients who are discharged from behavioral health hospitalization, inpatient, or considering participation in a Mental Health, Substance Abuse, Medicated Assisted Treatment Program [MAT], or Hybrid Crisis Stabilization Program (PHP or IOP) must complete a Determination Screening, including a urine drug screening, to determine an appropriate level of care. If an individual has completed a Mental Health, Substance Abuse, and or Trauma Assessment, and the recommendations were participation in any of the following Crisis Stabilization Programs, the reports from the assessment may be used in place of the screening, if the assessment was completed within an appropriate amount of time.</p> <p><u>ADULT SUBSTANCE ABUSE PARTIAL HOSPITALIZATION PROGRAM (SA-PHP):</u> Adult Substance Abuse Partial Hospitalization Program (SA-PHP) services are provided by a professional team composed of Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses under the direct supervision of a Psychiatrist, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT or LCSW and may be a Certified Alcohol and Drug Counselors (CADC) or Certified Advanced Alcohol and Drug Counselors (CAADC). Individuals may also participate in the MAT Program, while participating in SA-PHP. Adult SA- PHP is for individuals 18 years and older and is a treatment approach developed as an alternative to inpatient treatment. It includes the ASAM Criteria Substance abuse evaluation and is designed for voluntary patients with serious substance use disorders and co-occurring disorders who require intensive and multi-disciplinary treatment which cannot be provided in lower level individual outpatient treatment.</p> <p><u>ADULT SUBSTANCE ABUSE PARTIAL HOSPITALIZATION PROGRAM (SA-PHP) GROUPS:</u> The Adult Substance Abuse Partial Hospitalization Program currently runs Monday – Friday (5 days a week), from 9:00am - 2:00pm.</p> <p><u>ADULT SA-PHP PSYCHIATRIC MEDICATION MANAGEMENT INTAKE WITH THE NURSE PRACTITIONER WITH UDS:</u> The Psychiatric Medication Management Intake is required for all individuals participating in the SA-PHP.</p> <p><u>ADULT SA-PHP PSYCHIATRIC MEDICATION MANAGEMENT FOLLOW-UP APPOINTMENT WITH THE NURSE PRACTITIONER:</u> If the Nurse Practitioner and the patient both agree medication may be beneficial in helping management/treat mental health symptoms, follow-up appointments with the Nurse Practitioner will occur once weekly while the individual is participating in the SA-PHP to monitor for medication stability. These follow up appointments also include a required urine drug screen.</p> <p><u>ADULT SA-PHP WEEKLY INDIVIDUAL/FAMILY COUNSELING SESSION:</u> Adult SA-IOP Weekly Individual/ Family Counseling is a discounted rate that is only provided while the individual is participating in Adult SA-PHP. If the client successfully steps down to Outpatient therapy, the rate returns to \$135.00 per session.</p> <p><u>ADULT SA-PHP PROGRAM RANDOM URINE DRUG SCREENINGS [UDS]:</u> ASAM encourages wider and “smarter” use of drug testing within the practice of medicine, meaning increased use of random testing. Random UDS are used to discourage nonmedical drug use and diversion of controlled substances, to encourage appropriate and safe addiction treatment. “Best Practice” protocol suggests an individual to receive consistent Random Urine Drug Screenings, though consistency may vary, it is suggested for an individual to receive at minimum of one Random Urine Drug Screening per week.</p>	<p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p> <p>1</p>	<p>\$210.00 Per Unit</p> <p>\$165.00 Per Day</p> <p>\$335.00 Per Unit</p> <p>\$235.00 Per Unit</p> <p>\$100.00 Per Session</p> <p>\$110.00 Per Unit</p>

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ADULT MENTAL HEALTH CRISIS STABILIZATION PROGRAMS	UNIT	RATE
<p><u>CRISIS STABILIZATION PROGRAM DETERMINATION SCREENING:</u> All clients who are discharged from behavioral health hospitalization, inpatient, or considering participation in a Mental Health, Substance Abuse, Medicated Assisted Treatment Program [MAT], or Hybrid Crisis Stabilization Program (PHP or IOP) must complete a Determination Screening, including a urine drug screening, to determine an appropriate level of care. If an individual has completed a Mental Health, Substance Abuse, and or Trauma Assessment, and the recommendations were participation in any of the following Crisis Stabilization Programs, the reports from the assessment may be used in place of the screening, if the assessment was completed within an appropriate amount of time. Client is not required to complete a Determination Screening if they are stepping down from a higher-level Crisis Stabilization Program (MHPHP or SAPHP).</p>	1	\$210.00 Per Unit
<p><u>ADULT SUBSTANCE ABUSE INTENSIVE OUTPATIENT PROGRAM (SA-IOP):</u> Adult SA-IOP services are provided by a professional team composed of Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses under the direct supervision of a Psychiatrist, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW and may be Certified Alcohol and Drug Counselors (CADC) or Certified Advanced Alcohol and Drug Counselors (CAADC). Adult SA-IOP is for individuals 18 years of age and older with substance use disorder. The goal of the Adult SA-IOP is to provide information about the physical, emotion, social, and legal consequences of alcohol consumption and/or drug use and prevent recidivism.</p>	1	\$115.00 Per Day
<p><u>ADULT SUBSTANCE ABUSE INTENSIVE OUTPATIENT PROGRAM (SA-IOP) GROUPS:</u> Adult SA-IOP Currently runs 4 days a week: Mondays & Wednesdays (9:00 am – 1:00 pm) and Tuesdays & Fridays (9:00 am – 12:00 pm).</p>	1	\$335.00 Per Unit
<p><u>ADULT SA-IOP PSYCHIATRIC MEDICATION MANAGEMENT INTAKE WITH THE NURSE PRACTITIONER WITH UDS:</u> The Psychiatric Medication Management Intake is required for all individuals participating in the SA-IOP, unless being stepped down from SA-PHP. If the client is stepping down from SA-PHP, the client may continue with regularly scheduled weekly Medication management follow-up appointments.</p>	1	\$235.00 Per Unit
<p><u>ADULT SA-IOP PSYCHIATRIC MEDICATION MANAGEMENT FOLLOW-UP APPOINTMENT WITH THE NURSE PRACTITIONER:</u> If the Nurse Practitioner and the patient both agree medication may be beneficial in helping management/treat mental health symptoms, follow-up appointments with the Nurse Practitioner will occur once weekly while the individual is participating in the SA-IOP to monitor for medication stability. These follow up appointments also include a required urine drug screen.</p>	1	\$100.00 Per Session
<p><u>ADULT SA-IOP WEEKLY INDIVIDUAL/FAMILY COUNSELING SESSION:</u> Please note, Adult SA-IOP Weekly Individual/ Family Counseling is a discounted rate that is only provided while the individual is participating in Adult SA-IOP. If the client successfully steps down to Outpatient therapy, the rate returns to \$135.00 per session.</p>	1	\$110.00 Per Unit
<p><u>ADULT SA-IOP PROGRAM RANDOM URINE DRUG SCREENINGS [UDS]:</u> ASAM encourages wider and “smarter” increased use of random UDS to discourage nonmedical drug use and diversion of controlled substances, to encourage appropriate and safe addiction treatment. “Best Practice” protocol suggests for an individual to receive at minimum of one Random Urine Drug Screening per week.</p>	1	

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ADULT SUBSTANCE ABUSE MEDICATED ASSISTED TREATMENT PROGRAM	UNIT	RATE
<u>CRISIS STABILIZATION PROGRAM DETERMINATION SCREENING:</u> All clients considering participation in the Medicated Assisted Treatment Program [MAT] must complete a Determination Screening, including a urine drug screening, to determine an appropriate level of care. If an individual has completed a Mental Health, Substance Abuse, and/or Trauma Assessment, and the recommendations were participation in MAT, the reports from the assessment may be used in place of the screening.	1	\$210 Per Unit
<u>MEDICATION ASSISTED TREATMENT PROGRAM:</u> Medication Assisted Treatment Program Services are provided by a team of Medical and Clinical Providers including, but not limited to: Board Certified Psychiatrists, Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses, under the direct supervision of a Psychiatrist, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT), or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW who may be Certified Alcohol and Drug Counselors (CADC) or Certified Advanced Alcohol and Drug Counselors (CAADC), Substance Abuse Case Managers, and Substance Abuse Peer Recovery Specialists. The MAT Program is an Integrated Behavioral Health Service provided to individuals (18+) with diagnosed Opioid Use Disorder and includes the use of FDA-approved medication (Buprenorphine and Buprenorphine/Naloxone) in combinations with counseling, behavioral therapies, and support services. According to SAMHSA, a combination of medication and behavioral therapies is effective in the treatment of substance use disorders and can help some people to sustain recovery. ANY individual wanting to enroll into the MAT Program must successfully complete a minimum of two full weeks in the Substance Abuse Intensive Outpatient Program (SAIOP) to develop the appropriate skills to be successful in the Outpatient Program. If the client is not successful within the two weeks and shows clinical need for additional support, they may be required to remain in SA-IOP for an additional amount of time. If a client is transferring due to impending discharge, they may be required to participate in SA-IOP to increase support and development of coping skills. However, if a client is transferring from another MAT Program and can provide documentation from the previous program showing favorable progress, they may be eligible to avoid the SA-IOP requirement.	1	\$410.00 Per Unit
<u>MEDICATION ASSISTED TREATMENT PROGRAM INTAKE WITH PSYCHIATRIST OR PSYCHIATRIC NURSE PRACTITIONER:</u> During the Intake, the Medical Provider may request the client to complete a series of blood work and physical overviews, and may include referrals to additional services including Internal Medicine, Neurology, Gynecology, Pre-Natal, etc.) This rate also includes the required UDS.	1	\$300 Per Unit
<u>MEDICATION ASSISTED TREATMENT PROGRAM INDUCTION:</u> The MAT Medical Provider may prescribe the MAT Program Induction to monitor for any adverse or allergic reactions. The goal of induction is to safely suppress opioid withdrawal as rapidly as possible with adequate doses of SUBOXONE or Subutex sublingual tablets. The same induction procedures are applicable for medical withdrawal (i.e., detoxification) or initiating SUBOXONE or Subutex maintenance.	1	\$210.00 Per Unit
<u>WEEKLY MAT PROGRAM FOLLOW-UP APPOINTMENT WITH PSYCHIATRIST OR PSYCHIATRIC NURSE PRACTITIONER:</u> Weekly MAT Program Appointments are required for an individual to continue receiving prescriptions for Buprenorphine/Buprenorphine/Naloxone Products. This rate includes required Urine Drug Screening.	1	\$40.00 Per Group
<u>WEEKLY SUBSTANCE ABUSE RELAPSE PREVENTION PSYCHOEDUCATIONAL GROUP THERAPY:</u> The purpose of the Weekly Substance Abuse Relapse Prevention Psychoeducational Group Therapy is to continue providing support and education about the physical, emotional, social, and legal consequences of Opioid Drug Use, and prevent relapse. Groups are typically 8-12 clients.	1	\$110.00 Per Unit
<u>MAT PROGRAM RANDOM URINE DRUG SCREENINGS [UDS]:</u> ASAM encourages increased use of random UDS are used to discourage nonmedical drug use and diversion of controlled substances, to encourage appropriate and safe addiction treatment. It is suggested for a client to receive at minimum of one Random UDS per week.		

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ADOLESCENT MENTAL HEALTH CRISIS STABILIZATION PROGRAM	UNIT	RATE
<p><u>CRISIS STABILIZATION PROGRAM DETERMINATION SCREENING:</u> All clients who are discharged from behavioral health hospitalization, inpatient, or considering participation in a Mental Health, Substance Abuse, or Hybrid Crisis Stabilization Program (IOP) must complete a Determination Screening, including a urine drug screening, to determine an appropriate level of care. If an individual has completed a Mental Health, Substance Abuse, and or Trauma Assessment, and the recommendations were participation in any of the following Crisis Stabilization Programs, the reports from the assessment may be used in place of the screening, if the assessment was completed within an appropriate amount of time.</p>	1	\$210 Per Unit
<p><u>MENTAL HEALTH ADOLESCENT INTENSIVE OUTPATIENT PROGRAM (MHA-IOP):</u> Mental Health Adolescent Intensive Outpatient Program (MHA-IOP) services are provided by a professional team composed of Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses under the direct supervision of a Psychiatrist, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT or LCSW. MHA-IOP provides substance abuse treatment to adolescents with mental health disorders who need more intensive treatment. We place a strong emphasis in treating the entire family, with the goals of restoring a sense of hope, bringing balance to the family unit, and providing a tailored treatment plan based on the individual's specific needs. WCMHC employs various evidence-based program methods to engage young patients in treatment. A unique treatment plan is created for each patient that includes individual counseling, as well as group/ and or family counseling along with random urine drug screenings. Mental Health Adolescent Intensive Outpatient Program is to provide short-term stabilization and resolution for adolescent individuals suffering from a crisis or exacerbation of the psychiatric condition. MHA-IOP may use additional support services such as Intensive In-Home.</p>		
<p><u>MENTAL HEALTH ADOLESCENT INTENSIVE OUTPATIENT PROGRAM (MHA-IOP) GROUPS:</u> MHA-IOP currently runs 3 days a week: Monday, Tuesday, & Thursday 4:00 pm to 6:00 pm.</p>	1	\$115.00 Per Day
<p><u>MHA-IOP PSYCHIATRIC MEDICATION MANAGEMENT INTAKE WITH THE NURSE PRACTITIONER WITH UDS:</u> The Psychiatric Medication Management Intake is required for all individuals participating in the MHA-IOP.</p>	1	\$335.00 Per Unit
<p><u>MHA-IOP Psychiatric Medication Management Follow-Up Appointment with the Nurse Practitioner:</u> If the Nurse Practitioner and the patient (& guardian) agree medication may be beneficial in helping management/treat mental health symptoms, follow-up appointments with the Nurse Practitioner will occur once weekly while the individual is participating in the MHA-IOP to monitor for medication stability. These follow up appointments also include a required urine drug screen.</p>	1	\$235.00 Per Unit
<p><u>MHA-IOP Individual Individual/Family Counseling Session:</u> Please note, MHA-IOP Weekly Individual/ Family Counseling is a discounted rate that is only provided while the individual is participating in MHA-IOP. If the client successfully steps down to Outpatient therapy, the rate returns to \$135.00 per session.</p>	1	\$100.00 Per Session

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ADOLESCENT SUBSTANCE ABUSE CRISIS STABILIZATION PROGRAM	UNIT	RATE
<p><u>CRISIS STABILIZATION PROGRAM DETERMINATION SCREENING:</u> All clients who are discharged from behavioral health hospitalization, inpatient, or considering participation in a Mental Health, Substance Abuse or Hybrid Crisis Stabilization Program (IOP) must complete a Determination Screening, including a urine drug screening, to determine an appropriate level of care. If an individual has completed a Mental Health, Substance Abuse, and or Trauma Assessment, and the recommendations were participation in any of the following Crisis Stabilization Programs, the reports from the assessment may be used in place of the screening, if the assessment was completed within an appropriate amount of time.</p>	1	\$210.00 Per Unit
<p><u>SUBSTANCE ABUSE ADOLESCENT INTENSIVE OUTPATIENT PROGRAM (SAA-IOP):</u> Substance Abuse Adolescent Intensive Outpatient Program (SAA-IOP) services are provided by a professional team composed of Psychiatric-Mental Health Nurse Practitioners, and Advanced Practice Registered Nurses under the direct supervision of a Psychiatrist, Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT or LCSW and may be Certified Alcohol and Drug Counselors (CADC) or Certified Advanced Alcohol and Drug Counselors (CAADC). SAA-IOP provides substance abuse treatment to adolescents with substance abuse disorders who need more intensive treatment. We place a strong emphasis in treating the entire family, with the goals of restoring a sense of hope, bringing balance to the family unit, and providing a tailored treatment plan based on the individual's specific needs. WCMHC employs various evidence-based program methods to engage young patients in treatment. A unique treatment plan is created for each patient that includes individual counseling, as well as group/ and or family counseling along with random urine drug screenings. SAA-IOP may use additional support services such as Intensive In-Home and Substance Abuse Intensive Care Management.</p>		
<p><u>SUBSTANCE ABUSE ADOLESCENT INTENSIVE OUTPATIENT PROGRAM (SAA-IOP) GROUPS:</u> SAA-IOP currently runs 3 days a week: Monday, Tuesday, & Thursday 4:00 pm to 6:00 pm.</p>	1	\$115.00 Per Day
<p><u>SAA-IOP PSYCHIATRIC MEDICATION MANAGEMENT INTAKE WITH THE NURSE PRACTITIONER WITH UDS:</u> The Psychiatric Medication Management Intake is required for all individuals participating in the SAA-IOP.</p>	1	\$335.00 Per Unit
<p><u>SAA-IOP Psychiatric Medication Management Follow-Up Appointment with the Nurse Practitioner:</u> If the Nurse Practitioner and the patient (& guardian) agree medication may be beneficial in helping management/treat mental health symptoms, follow-up appointments with the Nurse Practitioner will occur once weekly while the individual is participating in the SAA-IOP to monitor for medication stability. These follow up appointments also include a required urine drug screen.</p>	1	\$235.00 Per Unit
<p><u>SAA-IOP Individual Individual/Family Counseling Session:</u> Please note, SAA-IOP Weekly Individual/ Family Counseling is a discounted rate that is only provided while the individual is participating in SAA-IOP. If the client successfully steps down to Outpatient therapy, the rate returns to \$135.00 per session.</p>	1	\$100.00 Per Day
<p><u>SAA-IOP Program Random Urine Drug Screenings:</u> ASAM encourages wider and "smarter" increased use of random UDS to discourage nonmedical drug use and diversion of controlled substances, to encourage appropriate and safe addiction treatment. "Best Practice" protocol suggests for an individual to receive at minimum of one Random Urine Drug Screening per week.</p>	1	\$110.00 Per Unit

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2020-2021 FAPT FUNDED AND SELF-PAY RATES

INTENSIVE SUPPORT SERVICES	UNIT	RATE
<p><u>Intensive Care Coordination (ICC):</u> <i>Winchester Community Mental Health Center is Certified with the Commonwealth of Virginia to Provide ICC Services.</i></p> <p>Intensive Care Coordination (ICC) is provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT), or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT or LCSW with training and certification as a Child and Adolescent Trauma Provider, Certified Clinical Trauma Provider, Certified Expert Trauma Provider who may have completed the Training for Adoption Competency (TAC through C.A.S.E.)</p> <p>ICC is a service that uses the “wrap-around” care planning process to coordinate multiple services and supports for youth and families. Involvement and participation in ICC is voluntary. ICC is a family-driven, youth guided, team-based approach to help youths and their families, who are at risk of out of home placement. The ICC team follows these guiding principles:</p> <ul style="list-style-type: none"> • All children need and deserve loving, permanent homes and family connections. • Safety comes first. • Parents and families have the right and responsibility to raise their own children. • Services should be planned in a way that honors and reflects the family’s values and preferences. • Whenever possible, children and youth need to be served in their community. • If a placement outside the community is necessary, it needs to be as brief as possible. The ICC Team will help the family find and develop the supports needed to make sure that their child’s return home is safe and successful. <p>A Care Coordinator is assigned to work with each youth and family enrolled in ICC. The Care Coordinator is responsible for working with the youth a family to:</p> <ul style="list-style-type: none"> • Complete a risk management and safety plan. • Conduct a comprehensive home-based assessment of the youth’s and family’s strengths and needs. • Assemble a care planning team of the family’s preference made up of formal (i.e. teachers, state agency workers) and natural supports (i.e. friends, neighbors) to help support the youth and family. • Develop an individual service plan (ISP) that guides the family and team in pursuing goals identified by the care planning team. • Make sure services and supports identified on the ISP are in place and coordinated. 	1	\$1000.00 Per month

Please note that many of these services may be available in Spanish

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Winchester, VA 22601

Phone: 540-535-1112

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INTENSIVE SUPPORT SERVICES	UNIT	RATE
<p><u>FAMILY SUPPORT PARTNER SERVICES:</u></p> <p>Family Support Partner Services are provided by individuals with lived experience, extensive training, who are Certified Peer Recovery Specialists. Family Support Partner Services are provided to parents/guardians of children and or adolescents to increase family involvement and engagement within the mental health treatment process and to equip parents with skills necessary to address the challenges of raising a youth. Interventions of Family Support Partner staff may also provide supportive services to families by assisting a family with a youth's re-entry into the community following hospitalization.</p> <p>Family Support Partner Services provide families with peer delivered support to parents of youths in the mental health system, provide peer delivered support to parents of youth with SED/IDD in the public mental health system, facilitate access to services, provide a source of credible information, demonstrate effective communication & collaboration, assist with systems navigation, teach skills to effectively manage the day-to-day challenges of raising youth with SED, work individually with families whose children are receiving services and who need additional supports and skill building to reach their goals, build and nurture relationships with the family and others working with the family, support parent's and family member's participation in family-centered practices, person centered planning and in treatment, services and supports, provide information to increase the caregiver and family's understanding of their child's needs, CMHSP access, the assessment process, family-centered practice, and community resources, use their own experience and additional information to assist parents in understanding their child's diagnosis, supports and services available, team with others providing services and supports, participate in family-centered practice, person centered-planning process, and assists in development of goals related to Parent to Parent support in the plan of service, provide information to the family so they can make informed choices on what is best for their child and family, provide support and assist parents/family members to advocate for themselves, provide education and training to and assist families in preparing for meetings regarding their child, link the family, based on strengths and cultural interest, with activities and groups in the community</p>	1	\$50.00 Per hour
<p><u>MENTAL HEALTH AND SUBSTANCE ABUSE PEER RECOVERY SUPPORT SPECIALIST:</u></p> <p>Peer Support Services are provided by individuals with lived experience who are Certified Peer Recovery Specialists. Peer Support Services are structured and scheduled activities for adults ages 18 years of age and older with Mental Health and/or Substance Abuse symptoms. Peer Support Services are an individualized, recovery-focused service that allows individuals the opportunity to learn to manage their own recovery and advocacy process. Interventions of Peer Support staff serve to enhance the development of natural supports, as well as coping and self-management skills. Interventions of Peer Support staff may also provide supportive services to assist an individual in community re-entry following hospitalization. Peer Support Services emphasize personal safety, self-worth, confidence, and growth, connection to the community, boundary setting, planning, self-advocacy, personal fulfillment, and development of social supports, the helper principle, and effective communication skills. Services emphasize the acquisition, development, and expansion of rehabilitative skills needed to move forward in recovery.</p>	1	\$50.00 Per Hour

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INTENSIVE SUPPORT SERVICES	UNIT	RATE
<p><u>Bridging Natural Supports (BNS):</u> The Bridging Natural Supports Services are provided by individuals with lived experience, extensive training, who are Certified Peer Recovery Specialists.</p> <p>Bridging Natural Supports is a service for families to help close the Natural Support Gap. BNS staff perform a variety of services in support of wellness and recovery by monitoring client behavior and promoting healthy safe activities. While BNS services are non-clinical, they are person-centered, strengths based, wellness focused, and trauma informed. BNS help to ensure caregiver's a time to find natural supports, while continuing to work/and or go to school.</p> <p>BNS provides:</p> <ul style="list-style-type: none"> • Support for parents who have limited natural supports. • Provides a safe environment for children and adolescents while caregiver build Natural Supports. • Service as a role model of recovery, wellness, and self-advocacy. • Monitors activities that meet individual's physical, emotional, recreational, social, educational, and medical needs. • Assist with everyday tasks. • Support, encouragement, and the development of natural support systems. <p>Bridging Natural Supports (BNS) Service Weekday Rate:</p> <p>Bridging Natural Supports (BNS) Service Holiday & Weekend Rate:</p>	<p>1</p> <p>1</p>	<p>\$40.00 Per hour</p> <p>\$50.00 Per hour</p>

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RESIDENTIAL INTENSIVE VIRTUAL ALTERNATIVE [RIVA]	UNIT	RATE
<p><u>Residential Intensive Virtual Alternative (RIVA):</u> The Residential Intensive Virtual Alternative (RIVA) is a team approach with services provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC or LCSW and co-facilitated by Qualified Mental Health Professional-Child (QMHP-C), Qualified Mental Health Professional-Adult (QMHP-A), and/or Paraprofessionals. The Residential Intensive Virtual Alternative (RIVA) provides home-based intensive services for clients and families who may have tried multiple other therapies and interventions with minimal success. Clinical teams work with the family in their journey toward healing and recovery through building an understanding of trauma and its effects on the brain, relationships, and the home environment. RIVA utilizes a treatment team approach in the planning of all services. The Treatment Team includes the client, referring agency representative, parent/guardian, schools and any other support systems or persons identified by the team.</p> <p>WCMHC trauma-specific services will meet you at the point of your greatest need and includes the following:</p> <ul style="list-style-type: none"> • Provided in the family's home and community • Implements safety contracting crisis stabilization plans • Provides flexible and available service delivery seven days a week • Services are individualized depending on the needs of the youth and families which can include: <ul style="list-style-type: none"> ▪ Crisis intervention & 24-hour response ▪ Comprehensive case-management ▪ Family therapy ▪ Individual therapy ▪ Monitoring ▪ Parenting Skills Training ▪ Communication Skills Counseling ▪ Case Coordination with other services <p><u>The Residential Intensive Virtual Alternative (RIVA) Rates per hour:</u></p> <p>RIVA Weekday with QMHP 8:00AM – 5:00PM:</p> <p>RIVA Weekday with QMHP 5:00PM – 11:00PM:</p> <p>RIVA Weekday with QMHP 11:00PM – 8:00AM:</p> <p>RIVA Weekends with QMHP 9:00AM – 5:00PM:</p> <p>RIVA Weekends with QMHP 5:00PM – 11:00PM:</p> <p>RIVA Weekends with QMHP 11:00PM – 9:00AM:</p> <p>RIVA Holidays with QMHP 10:00AM – 5:00PM:</p> <p>RIVA Holidays with QMHP 10:00AM – 5:00PM:</p> <p>RIVA Holidays with QMHP 10:00AM – 5:00PM:</p> <p>Required <u>Weekly</u> Residential Intensive Virtual Alternative QMHP Supervision with Licensed Professional Counselor (LPC): <i>***An additional \$50.00/ per week will be added to the above supervision rate for each of the following circumstance: supervision provided at night/ overnight, weekends, or holidays. ***</i></p>		
	1	\$102.00
	1	\$112.00
	1	\$132.00
	1	\$120.00
	1	\$122.00
	1	\$132.00
	1	\$120.00
	1	\$122.00
	1	\$132.00
	1	\$50.00

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COURT ORDERED SERVICES	UNIT	RATE
<p><u>COURT ORDERED SUPERVISED VISITATION SERVICES:</u> This service is not covered by any Insurance.</p> <p>Court Ordered Supervised Visitation are provided by individuals certified as Qualified Mental Health Professional-Child (QMHP-C), under the direct supervision of Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW) or a Resident in Counseling (RIC) under the direct supervision of an LPC, LMFT, or LCSW.</p> <p>Therapeutic Supervised Visitations are typically (not always) court-ordered and allow non-custodial parents or guardians to meet with their children in a safe and controlled environment, with the guidance of a neutral mental health provider, who supervises the visitation and writes a brief report about what took place. Normally, the visitations occur weekly at WCMHC, for a predetermined amount of time. The frequency and duration of these visits are generally decided by a judge, or between attorneys through an agreed order.</p> <p>The purpose and goal of supervised visitations is to enable an ongoing relationship between the non-custodial parent and child by impartially observing their contact in a safe and structured environment. We also facilitate and maintain appropriate child/parent interaction during supervised contact and allow the judge to make informed decisions, based on the outcome of these visits. Another purpose of supervised visitations is to allow a safe and educational learning experience for the non-custodial parent. In our WCMHC Therapeutic Supervised Visitation Program, if the parent makes a mistake, the mental health professional can intervene and correct the behavior, therefore teaching the parent correct parenting skills.</p> <p>Normally high-conflict families who are at risk for domestic violence, physical or verbal abuse, and parents with a history of very poor parenting skills require the use of therapeutic supervised visitation programs. Those who have previous allegations of sexual abuse, who have threatened to run away with the child, or with a history of severe parental alienation are also generally good candidates for therapeutically supervised visitation in our program.</p> <p>Our monitors are trained mental health professionals who follow strict guidelines and are comfortable offering guidance to the court, based on their observations. By having mental health professionals supervise visitations, our staff can assist in identifying and attempting to correct any issues that may prevent the parent from having a healthy and productive relationship with their child. Our agency places a large importance on the safety of all parties involved in the visitations, which is another reason we chose mental health professionals who follow strict guidelines to ensure that safety is maintained. As mental health professionals we can recognize poor or dangerous behaviors or acts that may be harmful to the child, and immediately terminate visits if the need arises.</p>	1	\$65.00 Per Unit

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COURT ORDERED SERVICES	UNIT	RATE
<p><u>COURT ORDERED FAMILY REUNIFICATION COUNSELING:</u></p> <p><i>This service is not covered by any Insurance.</i></p> <p>Court Ordered Family Reunification Services are provided by Licensed Professional Counselors (LPC), Licensed Clinical Social Workers (LCSW), Licensed Marriage Family Therapist (LMFT), or a Resident in Counseling (RIC) under the direct supervision of an LPC or LCSW with training and certification as a Child and Adolescent Trauma Provider, Certified Clinical Trauma Provider, Certified Expert Trauma Provider who have completed the Training for Adoption Competency (TAC through C.A.S.E.)</p> <p>Reunification Therapy (RT) is a therapeutic intervention for separated families when the children find difficulty visiting with the noncustodial parent, but depending on the circumstances, the purpose and goals of reunification therapy vary. The therapist identifies the factors contributing to the estrangement and by working on communication, trust and probing residual feelings contributing to the estrangement. RT may include an intake assessment of parents and children to develop an appropriate treatment plan and in-office treatment for all family members affected by alienation or high conflict divorce.</p> <p>Reunification therapy requires a court order from the family court. The court order stipulates the expectations of cooperation by both parents, the court's expectation of treatment goals and interventions, parameters for extended family involvement, provides discretion to the therapist to set arrangements for treatment, payment arrangements for the therapist, and other contingencies. In the event of substance abuse and alcohol issues, allegations of abuse or past domestic violence, the reunification therapy begins the process of safe contact for the child and the estranged parent. All pertinent records and contact with collateral professionals and governing agencies must be available to the reunification therapist. Everyone involved should have clear understanding of the expectations and parameters of reunification therapy before it begins. The reunification therapist's role is to work with the reunifying parent and child. The information is not confidential as he or she will be responsible to report back to the court any significant findings and/or obstacles encountered.</p> <p>Reunification therapy is not client centered, that is, the child or parent does not determine the goals of treatment. Therefore, it is recommended that individual therapists for the child, the reunifying parent and the custodial parent be utilized. Adjunct individual therapy is useful when the custodial parent feels left out of the process and when the child has significant concerns about seeing the reunifying parent. The therapist spends time individually with the child and with the reunifying parent before meeting with both together. Moreover, the therapist acts as a container for the reunifying parent and child to safely address their relationship and contacts the individual therapists as needed to coordinate treatment.</p> <p>The therapy requires a minimum of eight to twelve weekly sessions with outside visitation depending on the circumstances of the case and at the discretion of the therapist. The therapist keeps the court aware of the therapy and writes a report at its conclusion.</p>	1	\$150.00 Per session

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