



PARTNERS
IN PARENTING

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2021-2022 Rate Sheet

ATTACHMENT EVALUATION AND INTERVENTION	UNITS OF SERVICE	RATE
<u>Parent-Child Attachment Evaluation</u> Full day research-based evaluation of parent-child attachment and caregiving patterns, including individualized report with specific treatment recommendations. Identifies health and quality of the child's attachment to the parent and identifies key issues to be addressed in treatment to shift attachment patterns to greater security. Intended for permanent placements or families at-risk of disruption. This evaluation is required as the first phase of the Attachment-Based Intervention.	Full-Day Evaluation	\$3,900 Two dyads (Ex. Two caregivers and one child) \$2,925 One dyad (One caregiver and one child)
<u>Attachment Based Parenting Intervention</u> Intensive intervention utilizing videotaped parent-child attachment evaluation and research-based protocol. Protocol follows phases of treatment with average duration of 12-15 months. Requires completed parent-child attachment evaluation.	Month	\$2,400* *\$1,600 if frequency is reduced to once weekly based on clinical need
<u>Circle of Security® Parenting Consultation</u> Relationship based parenting consultation provided by certified Parent Facilitators using the evidence-based Circle of Security® manual and video training series. Intended for new foster and adoptive placements and families who need individualized parent consultation that focuses on emotional development, understanding impact of trauma, and relationship building skills.	90-Minute Session 15 sessions expected	\$250* *Up to \$3,750 for 15 sessions; \$125 per session if covered by insurance
<u>Kinship Caregiver-Child Evaluation</u> Early evaluation of child interactions with caregiver to identify dyadic strengths, risk factors and intervention recommendations for optimal healing by matching the strengths of caregiver with the specific vulnerabilities of child. Summary and individualized treatment recommendations provided. Intended for new placements including kinship, fictive kin, and some foster families but may be used for any caregiver.	Half-Day Evaluation	\$1,650
<u>Brief Video-feedback Parent Intervention</u> This 8-session focused intervention uses video and interview material to promote positive parent-child interactions and to strengthen specific parenting skills. Video-feedback is used by the therapist to coach positive caregiver interactions, to increase parent observational and reflection skills, and to teach specific skills such as setting limits, providing comfort and emotion regulation, and encouraging age-appropriate exploration and independence.	90-minute Session 8 Sessions	\$250 *Up to \$2,000 for 8 sessions; \$125 per session if covered by insurance
SPECIALIZED SERVICES FOR PARENTS AND CAREGIVERS	UNITS OF SERVICE	RATE
<u>Attachment-Based Parent Class</u> Research-based training for prospective foster and adoptive parents	6 Classes 90 minutes each	\$3,000
<u>Circle of Security Parenting® Group</u> Evidence-based parent training for families with high-risk children facilitated by certified Circle of Security® Parent Trainer.	Group Meetings 12 meetings expected at 90 minutes each	\$6,000
<u>Foster Parent Support Group</u> Support group combined with didactic training that is attachment-based and trauma-informed.	Month One 90-minute session monthly expected	\$450
<u>Cognitive Processing Therapy (CPT)</u> <i>(offered as individual therapy or in group format)</i> CPT is a type of cognitive-behavioral therapy is strongly recommended for treating post-traumatic stress disorder (PTSD). CPT is based on the research indicating that individuals with PTSD think differently about themselves and their environment, particularly in these areas: safety, trust, control, esteem, and intimacy.	Group Meetings 12 sessions expected at 90 minutes each Individual Session 12-24 sessions expected at 60 minutes each	\$6,000 (Up to 8 participants) \$150 *Up to \$3,600 for 24 sessions

INDIVIDUAL PSYCHOLOGICAL EVALUATION	UNITS OF SERVICE	RATE
<u>Multi-Systemic Psychological Parent Evaluation</u> Comprehensive Individual evaluation of parent (not of parent-child relationship). Evaluation provides information regarding impact of emotional and cognitive functioning and personality dynamics on parenting. Parenting strengths and recommendations for growth are identified.	Multi-Session Evaluation	\$2,300
<u>Structured Parent-Child Observation</u> Intended as an add-on to the multi-systemic psychological parenting evaluation, each parent and child participate in structured tasks to elicit specific types of interactions. This observational data is used to identify dyadic strengths, risk factors, and intervention recommendations.	One Session Evaluation	\$450 One caregiver and one child
<u>Multi-Systemic Psychological Child Evaluation</u> Comprehensive evaluation of child's cognitive, social, emotional, and academic functioning. Evaluation includes components not typically covered by insurance including extensive record review, collateral contacts, trauma history interview, projective measures, and may include academic/ADHD measures when needed. These components are often necessary for the challenging diagnostic questions that may arise for children with complex trauma histories and co-morbid presentations.	Multi-Session Evaluation	\$2,100* *\$1,400 if covered by insurance, invoiced hourly for activities not covered by insurance
<u>Multi-Systemic Psychological Parent or Child Evaluation in Spanish</u> Comprehensive evaluations of parents or children as described above. Tests are conducted using Spanish-language materials and by psychologist fluent in Spanish. Bilingual feedback session provided in addition to full report in English.	Multi-Session Evaluation	\$2,500
<u>Autism Spectrum Child Evaluation</u> This evaluation includes the gold standards for assessment and diagnosis of Autism Spectrum Disorders: The Autism Diagnostic Interview-Revised (ADI-R) and the Autism Diagnostic Observation Schedule (ADOS).	One Session Evaluation	\$800
<u>Evaluation Add-On Hourly Rate</u> (Additional relationship/s, report, testing measures, etc.)	Hour	\$150

TRAINING AND PROFESSIONAL CONSULTATION	UNITS OF SERVICE	RATE
<u>Professional Consultation</u> Attachment and trauma-informed consultation regarding particular cases or systems.	Hour	\$150
<u>Group Training/Presentations</u> Trainings can be tailored to meet the needs of professionals, parents and caregivers, foster and adoptive parents, and community groups. Wide variety of topics including parenting, relational health, trauma, attachment, child development, assessment, and others upon request.	Half-day	\$800
<u>Special 2021-22 Offering:</u> Child Welfare Trauma Training Toolkit intended for child welfare case workers and supervisors. Modules include Trauma 101 and Trauma-Informed Child Welfare.		
<u>Organizational Staff Support Groups</u> Support and case consultation designed to build group cohesion and morale. Addresses a variety of topics through case presentations including reflective leadership, manifestations of trauma, secondary trauma, and self-care.	Hour	\$175

OTHER FEES	UNITS OF SERVICE	RATE
General Outpatient Therapy – Individual	Hour	\$150
General Outpatient Therapy – Family	Hour	\$175
Court Attendance and Preparation	Hour	\$300
Case Coordination	Hour	\$75
Out of Area Travel	Mile and Hour	\$.55/mile \$25/hour



FY2021-2022 Services Description

Specialized Attachment Evaluations and Interventions

Service

Parent-Child Attachment Evaluation

This full day evaluation of parent-child attachment and caregiving patterns utilizes research-based methods including the Strange Situation and Circle of Security Interview for parents. Additional questionnaires are used with parents and children to assess parenting stress, trauma history, and other factors impacting the parent-child relationship. This evaluation assesses the health and quality of the child's attachment to the parent and identifies key issues to be addressed in treatment to shift attachment patterns to greater security. The Attachment Evaluation is required as the first phase of the Attachment-Based Intervention. Videotapes from the evaluation are used by the therapist to help parents learn to read their child's emotional signals and to be more aware of their own parenting responses.

Attachment Based Parenting Intervention

This is an intensive intervention for permanent or intended to be permanent families that aims to shift attachment and caregiving interactions to healthier more secure patterns. Results from the Parent-Child Attachment Evaluation, the first step of the intervention, are used to identify crucial treatment issues and to provide videos of parent-child interactions to increase treatment efficacy. Video-feedback of the parent interacting with their own child and exploration of the parent's relationship history as it impacts their parenting are important components of this intervention. The intervention proceeds in phases, with two 90-minute sessions per week. As the family stabilizes and demonstrates comfort with the intervention concepts, sessions decrease in frequency to one 90-minute session per week. In the final phase, the intervention may step-down to insurance billed outpatient services. The expected duration of treatment is 12 months. Therapists providing this intervention are trained in the Circle of Security® Individual Family Model. In addition to direct intervention hours, each therapist receives on-going consultation with an experienced clinician to assist in on-going use of the assessment and video data and evaluation of the therapeutic relationship and family needs within a larger system. This team approach also extends to partnerships with other providers and the referring agency. Therapists regularly participate in clinical conferencing, team meetings, and FAPT meetings.

Circle of Security® Parenting Consultation

This 15-session parenting consultation model uses the research-based Circle of Security® manual and video training series. The Circle of Security® Parenting Program is based on research about how parent-child relationships can be supported and strengthened and has proven effective with parents around the world. This engaging approach uses parent-friendly videos, graphics, and hand-outs to present examples of secure and challenging parent-child interaction and healthy options in caregiving. Attachment, trauma, and brain research are unpacked in an accessible, step-by-step manner for parents. The consultation approach is designed for new foster, adoptive, kinship or fictive kin placements, for parents who need individualized parent education focused on emotional development and relationship building skills, and for families for which there is a question about their capacity to benefit from the more intensive Attachment-Based Intervention. This approach is not intended for families with children at risk of placement outside the home, for parents with a severe trauma history or acute psychological distress, or families in crisis. Therapists providing this service are certified Circle of Security® Parent Facilitators and participate in monthly fidelity training and supervision. Pre-and post measures of treatment efficacy, monthly reports, and attendance at treatment team meetings is included. Consultation does not involve an attachment evaluation but, when clinically indicated, some families may be referred on to the Parent-Child Attachment Evaluation and Attachment-Based Parenting Intervention.

Kinship Caregiver-Child Evaluation

This half-day evaluation is intended for new placements including kinship, fictive kin, and foster families. The evaluation includes interview and standardized test measures of factors impacting parenting including caregiver trauma history, underlying beliefs regarding attachment and relationships, attribution style, and parent stress level. In addition, each caregiver and child participate in a series of structured tasks designed to elicit specific types of interactions between caregiver and child. This evaluation of the caregiver and child is intended to identify dyadic strengths, risk factors, and intervention recommendations that will promote healing in the child and stabilization of the placement. A summary with recommendations is provided with an option to participate in the Brief Video-feedback Parent Intervention (described below) and/or consultation to agencies providing parent coaching or intensive in-home services.

Brief Video-feedback Parent Intervention

This 8-session focused intervention uses video and interview material from the Kinship Caregiver-Child Evaluation to promote positive parent-child interactions and strengthen specific parenting skills. Therapists use video-feedback to coach positive caregiver-child interactions, increase parent observational and reflection skills, and teach specific skills such as setting limits, providing comfort and emotion regulation, and encouraging age-appropriate exploration and independence. While intended for kinship caregivers, this intervention may be appropriate for any caregiver, including biological parents, who need focused parent training. This intervention is available for families whose results from the Kinship Caregiver-Child Evaluation indicate they may benefit from this short-term intervention. Therapists providing this service participate in monthly fidelity training and supervision. Pre-and post measures of treatment efficacy, monthly reports, and treatment team meeting attendance is included.

Individual Psychological Evaluation

Service

Multi-Systemic Psychological Parent Evaluation

A multi-systemic psychological evaluation of the parent is intended to provide in-depth information regarding factors that may impact parenting. Multiple sources of information, potentially including personality, cognitive, trauma history, executive functioning, emotion regulation, parenting measures, and academic test data, are used to create a comprehensive picture of the individual's mental health and parenting competencies. A full report follows this evaluation and includes specific treatment and community recommendations. (Note: The multi-systemic psychological evaluation is of the parent only and does not include the parent-child relationship).

Structured Parent-Child Observation

Intended as an add-on to the multi-systemic psychological parenting evaluation, each parent and child participate in structured tasks to elicit specific types of interactions. This observational data is used to identify dyadic strengths, risk factors, and intervention recommendations. Interactions are videotaped, coded by a trained evaluator, and incorporated into the parent evaluation. Videotapes from the evaluation can also be used by a PIP therapist in the Brief Video-feedback Parent Intervention.

Multi-Systemic Psychological Child Evaluation

A multi-systemic psychological evaluation of the child is tailored to specific referral questions. Multiple sources of information, potentially including personality, cognitive, executive functioning, emotion regulation, and academic test data, are used to create a comprehensive picture of the individual child's functioning. This evaluation includes components not typically covered by insurance including extensive record review, collateral contacts, trauma history interview, projective measures, and academic/ADHD assessment. A full report follows this evaluation and includes specific treatment recommendations. (Note: The multi-systemic psychological evaluation is of the child only and does not include the parent-child relationship).

Autism Spectrum Child Evaluation

The Autism Diagnostic Interview-Revised and the Autism Diagnostic Observation Scale. The Autism Diagnostic Interview-Revised (ADI-R) is a semi-structured clinical interview administered to caregivers for assessing autism. The measure assesses behaviors related to social interaction, communication, and restricted, repetitive, stereotyped behaviors. The items inquire about both current behaviors as well as early development. The Autism Diagnostic Observation Schedule (ADOS) is a semi-structured observational assessment of play, social interaction, and communication. The measure allows an examiner to observe behaviors that may be consistent or inconsistent with a presentation of autism. Activities presented during the administration include both structured and unstructured social interactions, affording a range of opportunities to observe relevant behaviors. The Autism Spectrum Child Evaluation can be a stand-alone evaluation for children under 5 or for children who have had previous psychological testing. It can also be added on to the Multi-Systemic Child Evaluation.

Multisystemic Psychological Parent or Child Evaluation in Spanish

Comprehensive evaluations of parents or children as described above. Guidelines for culturally competent practice emphasize the importance of using culturally appropriate assessment and communication skills. Tests are conducted using Spanish-language materials by a Licensed Clinical Psychologist fluent in Spanish and knowledgeable about Hispanic/Latino culture. Bilingual feedback session and Summary Report with Treatment Recommendations in Spanish are provided in addition to full report in English.

Specialized Services for Parents and Caregivers

Service

Attachment Based Parent Class

This evidence-based parenting class is intended for prospective foster and adoptive parents. Six 90-minute sessions are led by clinicians with attachment and trauma informed training and provides parents with an increased understanding of children's emotional development and needs prior to a child's placement in the home.

Circle of Security® Parenting Group Intervention *(typical group size 6-8 families)*

The Circle of Security® Parent Group is an evidence-based protocol that utilizes a library of videos and other engaging, parent friendly material. This protocol has been used with high-risk families around the world with demonstrated success in increasing parenting skills and helping families shift to healthier, more secure attachment patterns. This intervention is a more intensive and individualized service than the parent class listed above and is intended for families currently parenting at high-risk children. The 12-session group is facilitated by a Certified Circle of Security® Parent Trainer.

Foster Parent Support Group

Support group combined with didactic training. Led from an overarching framework that is both attachment-based and trauma-informed. Interdisciplinary facilitators focus on developing a safe and validating atmosphere that encourages healthy coping, self-reflection, and the application of sound developmental science to fostering.

Cognitive Processing Therapy (CPT) *(offered as individual therapy or in group format with typical group size 8-10 clients)*

CPT is an evidence-based intervention proven effective in treating the impacts of complex trauma and reducing a variety of symptoms associated with Post-Traumatic Stress Disorder (PTSD). This highly structured therapy uses cognitive behavioral techniques to help clients approach and process traumatic experiences in a way that allows for healthy expression of natural emotions *and* promotes more balanced and accurate thoughts. After first processing specific traumatic events, clients explore how such stressful life experiences have impacted their current thoughts, attitudes, emotions, and behaviors in the key domains of safety, trust, power/control, esteem, and intimacy. In addition to hourly individual or 90-minute group sessions, CPT uses weekly practice assignments to reinforce concepts. A team approach including a licensed mental health provider who is trained in CPT and an in-home provider such as a parent coach or mental health skill builder is ideal. Case coordination hours (6 per month) are requested for CPT individual and group cases to allow for the coordination needed among providers for this team approach.

Training and Professional Consultation

Service

Professional Consultation

Trained PIP therapists provide attachment and trauma-informed consultation relating to specific cases or to broader systemic issues.

Group Training/Presentations *(each topic may be tailored for caregivers or professionals)*

*A comprehensive list of talks available upon request. **New in 2021:*** 1. Child Welfare Trauma Training Toolkit intended for child welfare case workers and supervisors. Modules include Trauma 101 and Trauma-Informed Child Welfare. This training is offered in half-day segments that can be combined into a multiple day program. 2. Attachment Needs of Parents: How Understanding Parent Sensitivities and Motivation Can Guide Treatment; 3. Coping with Impacts of Loss, Trauma, and Isolation in a Post-Covid Environment. A wide variety of additional topics are available including parenting, relational health, trauma, attachment, child development, assessment, and others.

Organizational Staff Support Group

On-going group format designed to promote group cohesion, coping skills, and morale for workers on the front line. Using a case presentation format, a variety of topics are addressed including reflective leadership, manifestations of trauma, secondary trauma, self-care, and other topics of interest. Pre-and post-evaluations of group efficacy are included.

Other Fees

Service

Case Coordination

This service is intended for complex treatment cases such as Cognitive Processing Therapy, which require intensive coordination with other providers. Case coordination also supplements the 45-minute therapy session covered by Medicaid and other insurance. Case coordination includes attendance at school or treatment team meetings, consultation with parents or other providers, time as needed for lengthier treatment sessions, etc. Six hours per month are requested but hours are billed only as used.