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### TEENS, Inc 2021-2022 Services Rate Sheet

TEENS, Inc. is proud to be of service to Winchester City, Frederick County, Clarke County, Warren County, Shenandoah County and Loudoun County in the state of Virginia. As a non-profit organization, we must charge modest fees for our services in order to ensure our sustainability. The Board of Directors has established the following service fee schedule effective July 1, 2020.

Fees per unit services (e.g., mentoring, community service) are based on an hourly rate per participant.

<p><b><u>Vocational Mentoring:</u> One to one mentoring on and off the TEENS, Inc campus.</b></p> <p>A community-based program that provides an integrated approach to career development, vocational training or apprenticeship and academic achievement, while teaching vocational agriculture skills, green industry methodologies and important job readiness skills with an overall program goal of fostering the skillset (hard and soft skills) required for participants to obtain and maintain gainful employment.</p>	<p><b>\$67.00 per hour</b></p>
<p><b><u>Individual Mentoring:</u> One to one mentoring on or off the TEENS, Inc campus.</b></p> <p>Mentoring includes supporting, coaching, and training participants in age-appropriate behaviors, interpersonal communication, problem-solving and conflict resolution, and relating appropriately to other children and adolescents', as well as adults, in recreational, community, school, and social activities. These services are provided to help ensure the participant's success in navigating various social contexts, learning new skills and making functional progress. Mentors offer supervision of these interactions and engage the participants in discussions about strategies for effective handling of peer interactions. Mentoring services are provided in one-on-one, group, community, home, and school settings.</p> <p><b>*Community Service credits can be earned while participating in the Individual Mentoring program</b></p>	<p><b>\$67.00 per hour</b></p>



<p><b><u>Independent Living Skills (ILS): One to one interaction at the TEENS, Inc campus</u></b>          Designed to help people with mental disabilities, mental health conditions or chronic illnesses gain independence. Casey Life Skills, which consist of managing health care, finances, accessing transportation, social skills, safety skills, meal planning and nutrition, job readiness, finding and maintaining living quarters, organization, communication and interpersonal development are taught, modeled and discussed through one-on-one, group and community sessions to assist participants in garnering the skills needed to function independently.</p>	<p><b>10 hours per week, \$50.00 per hour.</b></p> <p><b>Under 10 hours per week, \$67.00 per hour</b></p>
<p><b><u>Anger Management: 8-week program, 1 hour per week</u></b>          Groups facilitated by TEENS, Inc. staff member(s) to assist participants in decreasing anger and reducing the emotional and physical arousal that anger can cause. The Anger Management curriculum will provide participants a safe and supportive space in which they can begin to learn ways to manage anger, identify triggers and replace violent tendencies through coping strategies and self-control techniques demonstrated through group discussions, activities, modeling, homework assignments and therapeutic intervention strategies (impulse control, meditation, breathing and relaxation techniques, and frustration management). The overall goal of the program is for participants to learn to control reactions and respond in a socially appropriate manner in the home, school, vocational and community environment.</p>	<p><b>\$50.00 per hour (\$400.00 full course)</b></p>
<p><b><u>Summer Day Camp: Beginning June 15<sup>th</sup>, Monday through Friday, 10am to 2pm, snacks provided, on and off the TEENS, Inc campus</u></b>          An eight-week structured training program which provides a combination of T.E.E.N.S. Inc. program services—vocational and individual mentoring, independent living skills training, and anger management group sessions. Participants will also encounter regular opportunities to give back to the community through volunteer work, projects, and events. Participants engage in activities over the course of the program that promote team building skills, increase and model positive social interactions, foster and build healthy relationships, and enhance job readiness and independent living skills.</p>	<p><b>\$40.00 per hour, 16 hours per week for 8 weeks (\$5,120 full course)</b></p>
<p><b><u>Parent/Caretaker Education: 8-week course. First weekly session with the parent. 2<sup>nd</sup> weekly session with parent and child. 1-hour sessions.</u></b>          Interactive and customizable one-on-one and family sessions facilitated by T.E.E.N.S. Inc. staff member(s) for one hour, twice per week over an eight-week period with the parent/caretaker and participant. One session per week will provide a one-on-one session with the parent/caretaker, while the second session will focus on the entire family unit (parent/caretaker, participant, siblings, etc.). Parent/caretaker sessions will focus on enhancing parenting practices and behaviors, such as developing and practicing positive discipline techniques, learning age-appropriate child development skills and milestones,</p>	<p><b>\$50.00 per hour, 2 hours per week (\$800.00 full course)</b></p>



promoting positive play and interaction between parents and children, increasing positive communication, developing healthy interactions and setting healthy boundaries, and locating and accessing community services and supports. The family sessions will focus on modeling and reinforcing positive communication, self-expression, and techniques discussed during the one-on-one sessions.	
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