



Wellness 8
experience the difference

407 S. Loudoun Street

Winchester, VA 22601

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Rate Sheet 2021-2022

Individual Services

Therapeutic Mentoring	\$61/hr. (Assessment included)
Certified Life Coaching	\$77/hr. (Assessment included)
Comprehensive Parenting Assessment w/o services	\$255 (Assessment only)
Parent Mentoring, Coaching and Visitation	\$70/hr. (Assessment included)
Crisis Prevention Program	\$81/hr. (Assessment included)
Short-term Emergency Crisis Program	\$120/hr. (Assessment included)
Outpatient Services	\$113/hr. (Assessment included)
Outpatient Telehealth Services	\$101/hr. (Assessment included)
Mobile Parent Mentor	\$120/ hr. (Assessment included)

***Groups**

**Wellness 8 will be launching the below group services in April, 2022 (rates to follow)*

1. Foster Parent Training and Support
2. Life Coaching Career Assessment and Placement
3. Young Parent Support Group and Training Program
4. First Aid & CPR Certification and Training
5. Anger Management and Coping Skills Development
6. Juvenile Probation Career Planning
7. Stress Assessment and Management
8. College Prep Course

About Wellness 8.....

As Mental Health professionals working with families for over 20 years across all settings, we began to understand more how mental health plays a key role in overall well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make choices. While it is widely known that mental health includes our emotional and psychological well being, we cannot overlook how mental health affects our ability to care for ourselves nutritionally and physically in addition to our ability to sustain gainful employment, engage in self growth opportunities and develop relationships. At Wellness 8 we believe that solid mental health is tied to certain factors that help a person feel balanced and wellness overall. Those include:

Emotional Health

Social Health

Physical Health

Nutritional Health

Occupational Health

Spiritual Health

Financial Health

Intellectual Health

We commit to partnering with individuals and families using evidence-based strategies to treat, educate and provide appropriate resources to help them achieve personal goals. We work to ensure treatment plans are embedded with realistic objectives that are attainable- fostering continual engagement and sustainable- giving them tools to maintain and enhance the gains made. Ultimately with the desired outcome being improved overall wellness and the ability to experience a better quality of life.

Mission Statement

Working together using evidence based strategies to treat, educate and provide supportive resources for individuals and families in our community seeking total Wellness- Emotional, Social, Physical, Nutritional, Intellectual, Spiritual, Occupational and Financial- **WELLNESS 8**.

Wellness 8 Programs

Therapeutic Mentoring

Mentoring provides an opportunity for individuals to observe and put into practice modeled skills that can assist them with decreasing maladaptive behaviors and improve their level of functioning. The treatment process begins with rapport building and the utilization of evidence based approaches that align with the individual's specific needs and desired outcome. Our mentoring program is designed to meet each client where they are, working alongside them to set measurable and attainable goals. This approach allows for client autonomy, taking ownership of their treatment process and encourages consistent engagement throughout the service period. Mentoring will consist of one on one services that provide the individual with opportunities to implement learned skills in real life settings. It is our goal to help our clients reach their greatest potential in order for them to improve their overall quality of life.

Life Coaching/Mindfulness Coaching

Life coaching is a short term, goal-focused program designed to develop core values towards obtaining and sustaining goals, overcoming challenges, and making changes in their day to day lives to attain greater fulfillment. At Wellness 8 we facilitate a Certified life coach, mindfulness coach with individual clients in order to help them clarify their goals, identify the obstacles and barriers, alleviate stress and then come up with strategies for overcoming each obstacle, ultimately, positioning them to make, meet and exceed their personal and professional goals. Our program is strength-based, encouraging our clients to focus on self determination and individual strengths and abilities over their deficits by increasing their capacity to achieve their goals and desired outcomes. Through mindfulness individuals will look at their perception and how that perception can add or take away the stress in particular situations. Our outlooks can determine how we react to particular situations. We look at empathy and self competitions and love and help the client to utilize meditation as a means of stress reduction.

Parent Mentor/Coach

Parent mentoring aids parents and/or prospective caregivers in enhancing their parenting skills through reflecting, guidance, and training. (Our parent mentors conduct comprehensive evaluations and assessments which help to identify breakdowns within family systems, exposing generational patterns of deficits in parenting skill development) We focus on building individual confidence and confronting thinking errors that affect parenting. We will collectively review ways to improve parental/child bonding as well as confront safety issues through role play and reflections on observations during parent-child engagement. Assisting caregivers with developing their strengths and identifying goals for improvement is one of our primary goals. Our Parent Mentor program includes working collaboratively with community partners such as Case Managers, Social Services, Guardian Ad Litem, and any resource that will assist in improved outcomes in parenting knowledge.

Mobile Parent Mentor/Coach

Our Mobile Parent Coaching program is designed with families in mind that need support with location flexibility. Clinicians work with families and referral sources to coordinate services needed throughout the Commonwealth (*with restrictions) increasing ability to provide services for families transitioning between counties, have residency in other counties and those that have dual residency due to family status. We provide all the same services that are offered in Parent Coaching except we bring the service to you.

Supervised Visitation **Not Contracted**

Our supervised visitation program will provide specific and direct feedback to parents regarding strengths and areas that need improvement including safety, engagement, sobriety, program compliance, hygiene, stability, bonding, empathy, behavior management, preparedness, sanitation, nutrition, communication, punctuality, engagement with professional services and other necessary skills throughout the visit. We will provide guidance following each visitation including an overview of strengths and continued needs that will enhance future visitations. Supervised visitation can be paired with parent mentoring to enhance success.

Outpatient Counseling

Child and Adolescent- We provide a broad range of assessment and treatment approaches for children with emotional or behavioral difficulties and their families. Problems treated include attention-deficit/hyperactivity, depression, anxiety, family and interpersonal conflicts, adjustment to trauma, and behavioral difficulties at home or school.

Adult- OP services provide assessment and treatment for a wide array of mental health problems including depression, anxiety, stress-related disorders, sleep disorders, eating disorders, psychotic disorders, adjustment to trauma, and psychological issues related to medical conditions.

Intensive In-home Services **Not Contracted**

Intensive in home services is a program targeted for youth that are at risk of out of home placement. Children and adolescents who can benefit from this service may be involved in foster care, probation, detention centers. Services may include crisis intervention/treatment; individual and family counseling; life, parenting, and communication skills. By delivering the service in the home, clinicians are able to address family system issues and support parents in effective behavioral techniques.

Crisis Prevention Program

Our Crisis Prevention Program (CPP) partners at-risk youth with staff that have been trained and certified by the Crisis Prevention Institute using evidence-based curriculum. Our program is designed to prevent at risk individuals from being removed from their home and community settings. CPP has several components of flexibility in order to meet the needs of the individuals as identified at assessment. Staff will evaluate current skill sets and work with the individual to develop competencies in deescalation strategies; behavior management and cognitive awareness. Clients' treatment process is strength based with allowance of reflection sessions. These sessions provide opportunity to understand past maladaptive behaviors leading to crisis and now learning and implementing strategies to decrease crisis recurrence, improving stabilization within their family systems. At Wellness 8 we provide close supervision during session hours ensuring that our clients are continually engaged in their treatment process.

Short Term Emergency Crisis Program

Our Emergency Crisis program targets emergency supervision for at-risk individuals in social services custody or in foster care who are in-between placement. We provide overnight care at local DSS or designated areas, providing supervision and support to individuals who have had a family emergency, and or is in active crisis. We work collaboratively with community partners to ensure necessary resources are provided for families without compromising safety and supervision. Individuals in Short Term Emergency Crisis often transition into our Crisis Prevention Program to continue services after placement or to provide stabilization services for the individual and the family. **CSA cannot fund DSS overnight care.**