



FAMILY FIRST
WINCHESTER

107 MERLOT DRIVE
STEPHENSON, VA 22656
703-966-4741
JABBOUD@FAMILYFIRSTLLC.NET

Family First Winchester LLC 2023- 2024 Services Rate Sheet

Family First Winchester. is proud to service Winchester City, Frederick County and Clarke County in the state of Virginia. the following service fee schedule effective July 1, 2023.

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

| | |
|---|--------------------------------|
| <p><u>Parent Mentoring / Parent Support Partner: Community Based Service*</u> Provide peer-delivered support to parents/primary caregivers of children and youth with various mental health and behavioral challenges in the public mental health system.</p> <ul style="list-style-type: none">• Supports caregiver in identifying meaningful and beneficial services for their family.• Demonstrate effective communication & collaboration.• Support parents to build confidence to use their voice to navigate child-serving systems.• Work individually with families whose children receive various services to provide additional support and skill-building to partner with service providers.• Build and nurture relationships with the family and others working with the family• Supporting the parent/ primary-caregiver participation in all family-driven youth-guided practices, including developing a plan of service and treatment, choosing and guiding services, and supporting and assisting in developing goals related to caregiver-focused services.• Team with others providing services and support.• Encourages the family to ask questions to make informed decisions on what is best for their child and family.• Provide support and encouragement for parents/family members to speak for themselves.• Empower the family to prepare for meetings regarding their child.• Provide hope through strategic sharing of lived experience. | <p>\$70.00 per hour</p> |
| <p><u>Family Partnership Meeting Facilitation: Community Based</u> This service is delivered by a VDSS-Trained*, neutral facilitator to conduct a Family Partnership Meeting. The meeting is a relationship-focused, strengths-based approach that provides a structure for decision-making and empowers the family and the community in the decision-making process. It extends partnership messages to caregivers, providers, and neighborhood stakeholders.</p> <p>*VDSS Trained Facilitator</p> | <p>\$250 Flat Fee</p> |

| | |
|---|---|
| <p>Anger Management: 8-week program, 1 hour per week</p> <p>Anger Management can be offered to Youth and Adults in the community to assist in decreasing anger and reducing the emotional and physical arousal that anger can cause. The Anger Management curriculum* will provide participants with a safe and supportive space to learn ways to manage anger, identify triggers and replace violent tendencies through coping strategies. Anger Management Specialist will model Self-control techniques demonstrated through group discussions, activities, homework assignments, and therapeutic intervention strategies (impulse control, meditation, breathing and relaxation techniques, and frustration management). The program's overall goal 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>(Group or Individual sessions available.)</p> <p>*NAMA Certified CAMS-1 Instruction</p> | <p>\$50.00 per hour group/ \$60 individual (\$400/\$480course)</p> |
|---|---|