



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

Family First Winchester LLC 2024- 2025 Services Rate Sheet

Family First Winchester is proud to serve Winchester City, Frederick County, and Clarke County in Virginia. The following service fee schedule is effective July 1, 2024.

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

<p><u>Family Support Partner /Parent Mentoring</u></p> <p>Our service provides peer-delivered support to parents and primary caregivers of children and youth facing various mental health and behavioral challenges within the public mental health system. We are dedicated to empowering caregivers by helping them identify and access meaningful and beneficial services for their families. Our approach emphasizes effective communication and collaboration, ensuring that caregivers can confidently use their voices to navigate child-serving systems.</p> <p>Key Features:</p> <ul style="list-style-type: none">• Individualized Support: We work one-on-one with families whose children receive various services, offering additional support and skill-building to foster effective partnerships with service providers.• Relationship Building: We focus on building and nurturing relationships with families and other stakeholders involved in the care of the child, ensuring a cohesive support network.• Family-Driven Practices: We support parent and primary caregiver participation in all family-driven, youth-guided practices. This includes developing a plan of service and treatment, choosing and guiding services, and setting goals related to caregiver-focused services.• Team Collaboration: Our service teams with other providers to deliver comprehensive support, ensuring that all aspects of the child's and family's needs are addressed.• Empowerment and Advocacy: We encourage families to ask questions and make informed decisions about what is best for their child and family. We provide support and encouragement for parents and family members to advocate for themselves and prepare for meetings regarding their child's care.• Hope and Experience Sharing: By strategically sharing lived experiences, we offer hope and practical insights, helping families see the possibilities for recovery and improvement. <p>Our service is designed to be a beacon of support and empowerment for families navigating the complexities of mental health and behavioral challenges, ensuring they have the tools and confidence to advocate for their needs and achieve positive outcomes.</p>	<p>\$70.00 per hour</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. (Group or Individual sessions available.)</p> <p>*NAMA Certified CAMS-1 Instruction</p>	<p>\$50.00 per hour group/ \$60 individual (\$400/\$480course)</p>
---	---