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Family First Winchester LLC 2025 - 2026 Services Rate Sheet
Family First Winchester proudly serves Winchester City and Frederick County in Virginia.
The following service fee schedule is effective July 1, 2025.

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

<p><u>Family Support Specialist: Community-Based</u></p> <p>The Family Support Specialist provides peer-delivered support to parents and primary caregivers of children and youth facing mental health and behavioral challenges within the public mental health system. This support is delivered through a person-centered, strengths-based, wellness-focused, and trauma-informed approach, offering assistance, encouragement, and guidance to foster optimism and set recovery-oriented goals tailored to each family's needs. As a non-clinical role, it does not involve client treatment, assessment, or clinical evaluations. Instead, the focus is on building trusting relationships to enhance resilience, hope, and recovery capabilities, while connecting families to appropriate treatment options. The Family Support Specialist helps caregivers identify beneficial services, fosters effective communication and collaboration, and empowers parents to confidently navigate child-serving systems by using their voice in family-driven, youth-guided practices. This includes developing service plans, setting treatment goals, and guiding service choices. By building strong relationships with families and other service providers, the Family Support Specialist encourages informed decision-making, supports parents in advocating for themselves, and prepares them for important meetings. Through shared lived experiences, the role offers hope and encouragement, ensuring families feel empowered and supported throughout the process.</p>	<p>\$73.00 per hour</p>
<p><u>Youth Mentoring: Community-Based</u></p> <p>The youth mentoring program provides a supportive and engaging environment where participants can develop essential skills through coaching, training, and guidance. Mentors work one-on-one with individuals in community and home settings, focusing on age-appropriate behaviors, interpersonal communication, problem-solving, conflict resolution, and social interactions with peers and adults. This approach helps participants navigate various social contexts effectively, learn new skills, and make functional progress.</p> <p>The mentoring process begins with building rapport and utilizing evidence-based strategies tailored to each individual's specific needs and goals. Our goal is to meet clients where they are, empowering them to set</p>	<p>\$73.00 per hour</p>

<p>measurable and attainable objectives while promoting autonomy and ownership of their personal growth. Through real-life applications, participants have the opportunity to practice modeled skills, addressing maladaptive behaviors and enhancing their overall functioning. The ultimate goal of our mentoring program is to help clients reach their full potential, leading to an improved quality of life.</p>	
<p><u>Anger Management: 8-week program, 1 hour per week</u> 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.) *NAMA Certified CAMS-1 Instruction</p>	<p>\$50.00 per hour group/ \$60 individual (\$400/\$480course)</p>