

Standard Here Now Care Plan

Monthly

| Service | Rate | Max Units | Unit Measure | Cost |
|--|-------|-----------|---------------|---------------|
| Care Advocate Session | \$40 | 4 | Up to 30 Mins | \$160 |
| Initial Intake Session | \$200 | 2 | Up to 90 Mins | \$400 |
| Individualized Therapy Session/Youth & Caregiver Session/Caregiver Session | \$190 | 5 | 60 Mins | \$950 |
| Individualized Therapy Session/Youth & Caregiver Session/Caregiver Session | \$120 | 3 | 30 Mins | \$360 |
| | | | | |
| Total Max Cost | | | | \$1870 |

Services

| Service | Description | What's Included |
|--------------------------------------|---|---|
| Care Advocate Session | Care Advocate sessions offer non-clinical support to help foster youth and caregivers navigate systems, coordinate services, and access telemedicine. We reduce gaps without duplicating case management. | <ul style="list-style-type: none"> • Providing tech support for telemedicine set up • Support in scheduling needed healthcare services outside of Here Now Health |
| Intake Session | A clinical assessment conducted by a licensed therapist to understand the person receiving cares' history, current functioning, and support needs. | <ul style="list-style-type: none"> • Review of mental health history, caregiver relationships, school engagement, and current placement environment • Establishing preliminary goals and identifying key areas of support • Identifying escalation risks, safety concerns, or scope-related issues |
| Individual Therapy | One-on-one trauma-informed therapy sessions focused on supporting emotional regulation, relational repair, and behavioral stability. | <ul style="list-style-type: none"> • Evidence-informed clinical care • Adapted to youth's developmental, cultural, and contextual needs • Delivered by a licensed therapist |
| Youth & Caregiver Session | Joint clinical session for the youth and caregiver to strengthen relationships, improve communication, and build shared coping strategies. | <ul style="list-style-type: none"> • Clinician-led co-regulation practice • Trauma psychoeducation embedded in real-time • Practical tools for navigating daily conflict or stress |
| Caregiver Session | Psychoeducational support (not therapy) delivered by a clinician to build caregiver skill and confidence. | <ul style="list-style-type: none"> • Mentors caregivers in trauma-informed responses • Explains diagnosis and supports behavior strategies |