



"Growing Great Kids"

Welcome to "Family Perspectives" unique program, "Growing Great Kids." We are honored that you have chosen to begin a process of change with us. It is our pleasure to be allowed to help you reach your family goals. At Growing Great Kids, it is our belief that being in your home will allow us to work more efficiently as we will be able to walk with you side by side using proven techniques together. It has been our experience that families who are committed to using our strategies faithfully have experienced wonderful long-lasting change in their family. This will take work on your part, but we are confident that the fruits of your labor will make it worth it. Our idea is to work with you so that you will be equipped to continue with the strategies well after we are no longer involved and reap the benefits with your whole family for years to come. We want you to achieve the happiness and togetherness that you deserve as a family.

Background

Each professional that works with Growing Great Kids has the minimum of a masters degree in the helping profession such as social work, counseling, psychology, or marriage and family therapy. All of our workers are experienced with children, families, and adults, with a wide range of specialties that supersede the regular discipline and parenting strategies that are used with our client-families.

The benefit of using a masters level therapist is that they can also evaluate for different kinds of behavioral health diagnoses such as ADHD, aspergers, depression, anxiety, and conduct disorders. They are also trained to look at each family as a unique entity, while considering different issues that effect families such as individual, community, or medical issues.

Procedures and goals of treatment

The therapeutic process is not easily described in general statements. It varies depending on the personalities of the therapist, the client, and the issues the client is experiencing. Each therapist's treatment approach will be slightly different, but should provide a safe, supportive environment for people to explore the areas of their life in which they feel a need to change. The company's strategies are evidence-based primarily hands-on behavioral and cognitive techniques.

Therapy and our interactive coaching is not like the passive experience of surgery or many other medical interventions in that therapy requires a very active effort on your part. In order for the experience to be most successful, you will have to work on things we talk about outside of the therapy session.

Therapy can have benefits and risks. Because therapy often involves discussing unpleasant aspects of life, you may experience uncomfortable feelings like sadness, guilt, anger, frustration, loneliness, and helplessness. Still, therapy has also been shown to have many benefits. Therapy often leads to improved relationships with self and others, solutions to specific problems, and significant reductions in or management of feelings of distress. The hope of therapy is that resolution of issues and personal growth comes at a faster rate than "braving it alone." But there are no guarantees of what you will experience.

There are some circumstances under which we are required to refer. For example, if the counselor does not have specialized training for working with substance addictions (meaning alcohol or other drugs) or process addictions (such as gambling or sex). When someone presents with these issues that therapist is ethically obligated to refer them to people who can help them. Rules of confidentiality still apply, so they will not contact these people for a client but will let the client know how to contact them. If the therapist that is working with you has those

specialties, the two of you can discuss whether working together on those issues would be something you both want to pursue.

Limits of confidentiality

In most situations the therapists can only release information about your treatment to others if you sign a written authorization form that meets certain legal requirements imposed by the Health Insurance Portability and Accountability Act (HIPAA). However, there are some situations where we are permitted or required to disclose information without either your consent or authorization. These situations will be discussed in detail during your first visit. Finally, there are some situations in which we are legally obligated to take action in an attempt to protect others from harm and may have to reveal some information about a client's treatment.

- If the counselor has reason to believe that a child under 18 is or has been the victim of injury, sexual abuse, neglect or deprivation of necessary medical treatment, the law requires that the counselor file a report with the appropriate government agency, usually the Office of Child Protective Services. Once such a report is filed, the counselor may be required to provide additional information.
- If the counselor has reason to believe that any adult client who is either vulnerable and/or incapacitated and who has been the victim of abuse, neglect or financial exploitation, the law requires that they file a report with the appropriate state official, usually a protective services worker. Once such a report is filed, the counselor maybe required to provide additional information.
- If a client communicates an explicit threat of imminent serious physical harm to a clearly identified or identifiable victim and the counselor believes that the patient has the intent and ability to carry out such threat, the counselor must take protective actions that may include notifying the potential victim, contacting the police, or seeking hospitalization for the client.

It is common practice for therapists to discuss cases with other professional colleagues to facilitate continued professional growth and so that clients benefit from a variety of professional expertise. No identifying information is released in the peer consultation process. I reserve the right to share personally identifiable information with my associate, Matt Slavsky, or to whomever might be on-call for me (typically Matt Slavsky) for coordination of care or in the event that I am unavailable or out of town to facilitate the coverage of your care in my absence.

Fees

Our counselors do not work directly with any insurance companies. Your insurance company may or may not reimburse you for services performed by out of network providers. If you choose to ask them for reimbursement, it will be up to you to find out if they will consider reimbursing you and what information they will require from the therapist.

Fees are due at each meeting unless you have made prior arrangements with the therapist. Payment can be made via cash or personal check. Missed appointments and appointments cancelled less than twenty-four hours in advance are charged at the rate of \$55 and must be paid no later than the end of the next session. Balances are not carried for clients because this turns the therapeutic relationship into a debtor/creditor relationship.

- In-home rates given at a 50 minute hour for the first hour.
- \$150 for a 50 minute appointment
- \$220 for an 80 minute appointment
- \$280 for a one hour 50 minute appointment
- \$345 for a 2 hour 20 minute appointment
- \$405 for a 2 hour 50 minute appointment

There is a \$10 extra fee for each 1-5 miles from the Ahwatukee office. A minimum of an 80 minute session is required for in-home services.

- In-office fees are \$115 for a 50 minute appointment. The first session is usually 80 minutes. Longer or shorter sessions are prorated from this basic fee.

Other services include letters, coordination of care with other professionals you have authorized, preparation of records or treatment summaries, and the time spent performing any other service you may request of us. These along with telephone calls and emails are charged at the case management rate of \$15 per 15 minute increment rounded up from eight minutes or down from seven minutes. There will be a 15 minute charge for information that takes more than 5 minutes to review/work on. There is a \$35 fee for bounced checks. We reserve the right to utilize a collections agency in the event of nonpayment.

Court services/considerations

Some of our professionals are hired as expert witnesses to provide professional opinions about mental health issues. It is a conflict of interest for a therapist to provide opinions or recommendations and treat the same client. We can be hired as an expert witness or as a treating therapist, but we are not able to play both roles. If a client has these expectations, it can affect their willingness to disclose personal information vital to treatment. If a court appearance is required of us or the records the fee is \$250 per hour for each hour of preparation time, related phone calls, travel from office to the court and back, deposition time, testimony time, and any unforeseen related expenses or uses of our time with a two hour minimum. Copying fees will be based on cost of copies and amount of time needed to complete and/or mail them.

A retainer of \$2500 will be required at least ten business days before the court date. Since there is a large amount of time set aside for depositions or testimonies, \$500 of the \$2500 will not be returned if the deposition or testimony is cancelled or postponed within five business days. We accept cash, check, or money order as form of payment for retainers or any amounts over \$500. If there is a balance due after the court service, the remaining amount must be paid to Family Perspectives within two weeks from the day of court. We have the right to charge 10% interest if the remaining amount is not paid on time.

Payment method

Payment is required at the time services are rendered and may be made by check or cash.

Cancellation policy

If you are unable to keep an appointment, please notify the office immediately. You will be billed for appointments canceled or missed with less than 24 hours prior notice. The fee is \$55.00. If 3 late cancellations or missed appointments occur within a 12 month period, we will discuss your options as scheduling appointments in advance will no longer be an option.

Professional records

The laws and standards for behavioral health professionals in Arizona require that the agency keeps treatment records. You are entitled to receive a copy of the records upon written request. Because these are professional records, they can be misinterpreted and/or upsetting to untrained readers. It is recommended that you review them in the counselor's presence in order to discuss the contents. Clients will be charged at the same rate as a regular counseling service (\$115 per hour prorated accordingly) for any time spent in preparing information requests.

Contacting your Counselor

Growing Great Kids offers a unique phone support service option that can be used between meetings. Some families feel assured to know that they have support between visits and that they have a place to call when things are especially difficult. It is easy to continue with the same habits when under pressure. You will be able to call for emotional support or coaching. This can be a great way to receive an extra "push" and encouragement.

Telephone support services are \$15 per 15 minute increment rounded up from eight minutes or down from seven minutes. There will be a charge for any telephone conversation lasting more than 5 minutes. Counselors will make all necessary actions to be available as immediately as possible, but in certain circumstances they will not be able to return calls until the following business day. In situations where the person calls and gets their counselor's voice mail and feels they cannot wait for a response, a state crisis hotline (Value Options) number is also available 24/7 and can be reached at 602-222-9444.

Acknowledgement of that I have received, read and understood the above four-page document. I understand that it is my responsibility to inform the child's other parent that I am seeking therapy services our child and that the other parent must agree to therapy.

Guardian Print Name

Guardian Sign Name

Date

Witness Print Name

Witness Sign Name

Date

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