



| FEATURE | FUNCTION | BENEFIT | COST |
|---|--|--|---|
| Individual/Couples Psychotherapy EMDR Psychotherapy Specialized Group Psychotherapy w/ Didactic education | <ul style="list-style-type: none"> Biopsychosocial Assessment. Usually 1 to 2 Sessions per week. Collaborative 3rd party contact. Confidential professional office environment. Education-based process groups. Specialized (Specific topic) process groups. | <ul style="list-style-type: none"> Trauma Relief. Feel validation/ Acceptance. Emotional Intelligence/Regulation. Learn behavior modification skills. Develop coping skills. Improve. communication skills | <ul style="list-style-type: none"> \$ 150.00 for a 55 Min. Ind./Couples session. Blue Cross Blue Shield Insurance accepted. Blue Choice Insurance accepted. Sliding scale fee accepted by case. \$165.00 for a 55 min. EMDR session. |
| Recovery/Life Coaching | <ul style="list-style-type: none"> 1 face-to-face session per week. Up to 6 check-in calls per week. Remote access available. Address any life domain. Drug-testing available. Collaborative 3rd party contact. | <ul style="list-style-type: none"> Focus is to build structure, accountability & self-esteem. Establish autonomy & independence. Identify strengths, limitations and triggers. | <ul style="list-style-type: none"> \$150.00 for a 55 min. session. 1-hour min. per week. Check-in calls are billed in 15 min. intervals. |
| Intervention Family/Friends Consultation Group | <ul style="list-style-type: none"> Introduction to the intervention process. Establish intervention team members. Live or remote instruction. Create crisis management plan. Meeting location is flexible. | <ul style="list-style-type: none"> Start to build unity within the family system. Identify problems within the family system. Intro-education about addiction. | <ul style="list-style-type: none"> \$400.00 for a 120 min. family consultation session. Cost rolled-into intervention if the client engages. |
| Clinical Interventions: 1. Crisis Intervention 2. Full-Disclosure | <ul style="list-style-type: none"> Total of 10 or 20 hours of service. Intensive 3 day or 2-week process. 24h/7d access by phone. Crisis management. Live professional facilitation. | <ul style="list-style-type: none"> Identify family roles. Discuss and implement personal boundaries. Treatment selection/placement. Family system healing. | <ul style="list-style-type: none"> \$2,500 for a 10-hour Crisis Intervention. \$4,000 for a 20-hour Full-Disclosure Intervention. |
| Clinical Case Management | <ul style="list-style-type: none"> Wrap-around collaborative 3rd party contact. | <ul style="list-style-type: none"> Aligning all professional providers & family. | <ul style="list-style-type: none"> \$75.00 per hour. |
| Clinical/Medical Transport | <ul style="list-style-type: none"> Personal travel transport companion. Written clinical summary. Nursing staff available. (As needed) | <ul style="list-style-type: none"> Safe entry into a treatment center. Collaborative Care. | <ul style="list-style-type: none"> \$500.00 for a half-day. \$1,000.00 for a full day. |
| Concierge Health Care Consulting | <ul style="list-style-type: none"> In-home addiction health care consulting. Service available all 24 hours/7 days. | <ul style="list-style-type: none"> Expert advisory support on-demand. | <ul style="list-style-type: none"> \$200.00 per hour, plus travel. |