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Re: Virtual School Linked Mental Health Services

From: Regroup Counseling and Consulting PSC

Proposal

As a mental health group private practice, we would like to offer your online school, mental health services virtually. We have the ability to offer individual, family, and group psychotherapy along with medication management by a MN Board Approved Psychiatric Nurse Practitioner.

“What is School Linked Mental Health (SLMH)?”

Outpatient Therapy in YOUR School provided by Mental Health Professionals

Session rates are \$175 for Individual and family psychotherapy and \$300 for Medication Management- billed to insurance first if possible, we would reduce to \$100 / \$200 if using retainer.

“How do students and their families access services?”

- The students are recognized as demonstrating a need for services either due to behaviors or symptoms noticed by the school counselor or teacher.
- Regroup can be listed on the school website and families can contact us directly.
- The school referral source contacts the student’s parent and provides information on the services and if the parent is interested sends a Release of Information that the parent signs to gain permission for the school to make the referral to us. Once this comes back the referral person passes it on to Regroup who then contacts the family.
- The therapist meets with the student and parent for a diagnostic assessment and treatment planning.
- Therapy commences.
- Therapy can continue through summer

“How is this paid for?”

Just like going to a therapist outside of school, this service is billed to insurance. If a student doesn't have insurance or is underinsured we do our best to find a solution, such as helping with a MA application. Once those options are exhausted we would use the allotted “retainer”

“Will you provide ancillary services?”

Yes! This is another avenue to utilize the “retainer.” Therapists can attend IEP meetings, BIP meetings, meet with teachers to discuss behaviors/symptoms.

“Will you offer training and /or support to staff?”

Yes! We can offer training for staff development and support to staff.

“What are the rates for services billed to “retainer”?”

\$100 for individual / family therapy
\$200 for Medication Management
\$25 for each student for group therapy
\$150 / hour for staff training
\$50 / hour for ancillary support.

The retainer can also be used to cover co-pays, co-insurance, deductibles if families are unable to pay. We can use a sliding fee scale to determine eligibility for this.