

ChangeWell Psych Good Faith Estimate

Notice to clients and prospective clients:

Effective January 1, 2022, a ruling went into effect called the "No Surprises Act," which requires mental health practitioners to provide a "Good Faith Estimate" (GFE) about out-of-network care to any patient who is uninsured OR who is insured but does not plan to use their insurance benefits to pay for health care items and/or services.

You are entitled to receive this "Good Faith Estimate" of what the charges could be for therapy services provided to you. While it is not possible for a therapist to know, in advance, how many therapy sessions may be necessary or appropriate for a given person or family upon the initiation of therapy, this form provides an estimate of the cost of services provided. Your total cost of services will depend upon the number of therapy sessions you attend, your individual circumstances, and the type and amount of services that are provided to you.

This Good Faith Estimate is not intended to serve as a recommendation for treatment or a prediction that you may need to attend a specified number of counseling visits. The number of visits that are appropriate in your case, and the estimated cost for those services, depends on your needs and what you agree to in consultation with your therapist. You are entitled to disagree with the recommendations made to you concerning your treatment and you may discontinue treatment at any time.

Fees are charged by professional time. Our fee schedule has been established after careful consideration of what is fair based on the specialized services provided. This takes into account the experience, expertise, and additional training and certifications our providers have pursued as well as the customary fee in our geographic area.

Sample Good Faith Estimate

ChangeWell Psych recognizes every client's therapy journey is unique. How long you need to engage in therapy and how often you attend sessions will be influenced by many factors including: your schedule; personal finances; therapist availability; on-going life challenges; the nature of your specific referral concerns and how you address them.

In general, you will find that the cost of therapy varies between professionals based on a few different factors including: therapist training and experience, licensure status, type of degree (Masters vs PsyD or PhD), certifications and specialized or advanced training, and more. Below you will find an example of an estimate for a therapist charging our current maximum rates.

Provider Current Rates:

Dr. Leia Charnin
\$250 for Initial 60 Minute Session
\$200 for 50-55 Minute Session
\$275 for 75 Minute Extended Sessions (trauma-focused, family sessions, exposure based appointments)
Talley Mortara, LMFTA
\$220 for Initial Couples 80 Minute Session

\$160 for Initial 60 Minute Session
\$145 for 50 Minute Session
Aliya Saulson, LCSW
\$200 for Initial 60 Minute Session
\$175 for 45 Minute Session
Dr. Emily Soukhanouvong, Psy.D.
\$200 for 50 Minute Session
Eileen Geiger, LCMHCA, NCC
\$150 for 50 Minute Session

ChangeWell providers also charge for their time including, but not limited to: travel time to and from the office for any out of office appointments/meetings, phone calls with the client or guardians, and case management tasks including consultation with schools or other providers (such as medical professionals), compiling and summarizing requested records, letter writing (we will waive the fee for one letter per year), or other documentation.

Fees for Phone Calls, Consultation, and Travel Time with Clients	Fees for Case Management, including documentation, letter writing, etc.
\$100 for 1-22 minutes	\$25 for 1-22 minutes
\$175 for 23-37 minutes	\$50 for 23-37 minutes
\$220 for 38-55 minutes	\$75 for 48-55 minutes

To begin with, we recommend that new clients begin with weekly sessions for the first 8 - 12 weeks. This allows us the necessary time to assess and understand your presenting concerns, build our rapport, and begin any immediate skill building you may need. After this initial period, most clients either continue at this frequency or reduce to biweekly depending on your progress and needs at that time. You will work collaboratively with your therapist to ensure you are only attending sessions as needed and as deemed effective/helpful by you. Most exposure-based therapies take longer, and a standard length of treatment is 12 - 24 weeks.

You and your therapist will continually assess the appropriate frequency of therapy and will work together to determine when you have met your goals and are ready for discharge and/or a new "Good Faith Estimate" will be issued should the frequency of session(s) or needs change. As related, you may request a new GFE at any time in writing during your treatment.

At intake, your therapist will discuss an initial treatment plan with you regarding our recommended session frequency and revisit your session needs ongoing, you will confirm and consent to only one session at a time which your therapist will confirm with you at the end of each session. In other words, this means you will never receive or be "surprised" by additional services that you have not agreed to. When you become a client with us, you will receive an estimate unique to your chosen clinician's rate. You will also receive a No Surprises Act consent. You must review and sign these documents BEFORE your intake.

The amount below is only an estimate; it isn't an offer or contract for services. This estimate shows the full estimated costs of the items or services listed. It doesn't include any information

about what your health plan may cover. This means that the final cost of services may be different than this estimate. Contact your health plan to find out if your plan will pay any portion of these costs, and how much you may have to pay out-of-pocket. Of note, DSM-5 diagnostic codes and CPT billing codes will not be identifiable until you begin treatment. Any diagnoses will not affect the cost of the session, but would inform your treatment plan which would include suggested session frequency.

To get more information, go to www.cms.gov/nosurprises or call HHS at (800) 368-1019.

You are encouraged to reach out to *ChangeWell* at any time with any questions you may have regarding your treatment plan, or the information provided to you in this Good Faith Estimate at [\(\(704\) 826-2709\)](tel:(704)826-2709).