

**How often will there be visits?**

Usually weekly but could be more if in crisis. The length of therapy is based on your needs.

**What is your youngest age requirement?**

School age, 6 years of age and up..

**Do You Have "Walk-In" Services?**

No, we're sorry. We are unable to take walk in emergencies. Appointments are Necessary.

**Are Sessions Confidential?**

A written and signed release of information is required by law to speak with anyone about your treatment.

**Is There an Emergency Back-up Plan?**

In an emergency situation, we recomend a local Emergency Room or 24 hour Mobile Mental Health: 888-750-2266.

**Do You Take Insurance?**

Yes. We accept Cash, checks, Insurance/Self Pay and Credit Cards.

Accepted insurance plans:

- Aetena Healthcare
- Beacon Health
- CDPHD
- Cigna Healthcare
- Empire Blue Cross
- Blue Cross/Blue Card
- Magnacare
- MHN
- MVP/Value Options
- Optum Health
- Oxford Health/UHC
- Pomco
- Tricare
- Blue Cross Federal Employees
- GHI
- Health Now
- Indecs/Quantum
- Magellan Health
- Medicare
- Universal Behavioral Health
- United Healthcare
- 1199 Seiu Benefits

**Employee Assistance Programs:**

- ESI (Formaly Longview EAP)
- CCCS OC Corporate Services (EAP)(Catholic Charities)
- Center For Personal Development Recovery (EAP)
- Magellan EAP
- NASW EAPREFER