



Great River Psychotherapy

What to expect from therapy

Great River Psychotherapy provides psychological services to children, adolescents, and adults. We have two, doctoral-level licensed psychologists and a Licensed Marriage and Family Therapist in the clinic. We also have a Registered Dietitian who works out of our offices and who sees many of our clients. We utilize many different types of treatment including cognitive-behavioral therapy, insight-oriented therapy, and family-based therapy. Different modalities are helpful for different people and you and your therapist (and parents if you are a minor) will discuss what may be most helpful to you. However, no therapy is effective for everyone. Simply talking with your therapist during weekly sessions will likely not lead to change. In order for change to happen, you will need to work on things outside of session. You and your therapist will often identify new skills or strategies to approach issues or will identify new perspectives to try during the week. The more you are able to try out new ways of thinking or take on new challenges, the more helpful your therapy will be. Each therapist will discuss your individual treatment with you as part of your treatment planning. If you have questions about your therapy, always feel free to talk with your therapist.

Appointments/Fees

Our standard "therapy hour" is 45-50 minutes long. Please make every effort to be on time. We will do so as well. In order to keep on our schedules and respect each person's scheduled time, appointments will end on time even if you arrive late. In the unlikely event that we begin the session late, your time will be made up. Our sessions are billed at \$190 for an hour session. The initial diagnostic intake session is billed at \$250. This recognizes the greater time spent reviewing records, gathering information, writing up intake notes and developing a treatment plan. If we are billing your insurance, they will have contracted for reduced rates with our clinic and your co-pay or co-insurance will be based on those reduced rates. **If you have a co-pay, please pay this directly to your therapist at each session, unless other arrangements have been made.**

Insurance

We will work with your insurance to bill your therapy when appropriate. We are providers for many major insurers. **However you are ultimately responsible for checking your benefits to determine whether we are approved or in-network providers, what the limits of your coverage may be, what your co-pay is, and where your deductible is set.** Insurance benefits vary significantly even under an umbrella name (such as BCBS), and we can not guarantee your benefits. You are receiving the services provided and you are responsible for payment.. Please talk with your therapist about any concerns related to your bill.

Cancellations/Failed Appointments

When we schedule an appointment for you, we hold that block of time for you. If you need to cancel or reschedule an appointment, please provide at least 24 business hours so that we can attempt to offer that time to someone else who may need it. **If you do not provide 24 hours notice, or simply do not attend a scheduled appointment, you will be billed \$100 for the appointment time.** Insurance companies will not reimburse for failed appointments. Exceptions may be made to the late cancel policy in cases of emergencies or sudden illness. Please talk with your therapist about these situations if they arise.

Confidentiality (Privacy)

We maintain confidentiality for each client. This means that we will not release any information about you to anyone outside of The Beacon Clinic without your consent. There are a few exceptions to confidentiality. State law also requires that if you report suspected child abuse to one of us, it must be reported to Child Protective Services. We will always try to let you know if we need to do this. We are also obligated by law to report abuse of an adult who is deemed to be a “vulnerable adult.” In addition, if you report serious intent to harm another person we have a “duty to warn” that person or someone else who can help protect that person. If we believe you are at immediate risk for suicide, we may break confidentiality in order to keep you safe.

If you ask us to bill your insurance, they will generally need to know your diagnosis, dates of service, type of treatment, and other demographic information. They may also ask about your symptoms and need for treatment. In order to bill your insurance we need to release this information to them. Many insurances require that we request information be communicated to your primary care provider. We can discuss whether you want to release this information to your primary care provider in your session. This is not a requirement to bill insurance.

Crisis

We generally check voice mail during business hours. If you have a crisis after hours, a good option for phone support in Ramsey County is at 651-266-7900. In Minneapolis, after-hours, crisis phone support is through COPE at 612-596-1223. If you are calling about your minor child being in crisis, you may reach the Ramsey County Children's Crisis Unit at 651-266-7878 or the Hennepin County Children's Crisis Unit at 612-348-2233. These lines are answered 24/7. If the risk is immediate, you may call 911 or go to your nearest emergency room.

I consent to having my child seen and interviewed by _____.
I acknowledge that I may talk with this therapist at any time about my concerns or questions about my child. I have the right to information about my child's treatment and mental health. My signature, below, signifies that I agree that I have read this informational letter as well as the Bill of Rights, and I have had a chance to ask questions or raise concerns. I can always come back and ask further questions at a later point.

Signature

date

Printed Name

date