Community-Based Mental Health Collaborative Members

What is the Community-Based Mental Health Collaborative? The Community-Based Mental Health Collaborative is a group of non-profit organizations who independently serve their Georgetown Community.

Need help making the connection to these organizations?
GISD can help connect families to the organizations within the group when mental health supports are needed and the family resources require low-cost options. While families may contact these organizations independent from GISD, our school district has created a process to help individuals make a connection.

Families who want help making the connection will provide information about their needs to a GISD Counseling Services team member. Once this information is gathered and permission is provided to do so, the information shared by the family will be sent to the members of the Community-Based Mental Health Collaborative. With this information in hand, representatives from the group who are not affiliated with GISD have the opportunity to connect with the family directly if their services match the needs of the family.

GISD and the Community-Based Counseling members hope this process will make connecting a family with counseling services as easy as possible. Unless given permission to collaborate by the family, the GISD support is limited to the initial connection between the family and the local counseling groups. The counseling groups operate independent of GISD and the school district cannot guarantee an outcome or assume financial responsibility for services should they occur.

Want more information about the Community-Based Providers?
Information about each of the organizations can be found below as well as a resource for families about what to commonly expect when engaging with therapeutic support.

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Therapy Group	**Payments / Insurance**	**Information**
Lone Star Circle of Care **Georgetown:** 2 Locations LSCC at GISD Health and Wellness Center 5001 Airport Rd., Health Clinic Suite LSCC at Lake Aire Medical Center 2423 Williams Dr., Suite 108 General Phone: 877-800-5722	Insurance: Lone Star Circle of Care accepts Medicaid, Medicare, CHIP, MAP, Wilco, Texas Children's and most insurance plans. Sliding Scale: Yes - discounted services according to a sliding fee scale based on your income and family size.	Lone Star Circle of Care (LSCC) is a Federally Qualified Health Center (FQHC) with 23 geographic locations across four Texas counties. LSCC provides comprehensive primary care for all ages, along with integrated behavioral and mental health, obstetrics and gynecology, dentistry, optometry, pharmacy, mobile mammography and endocrinology services. Annually, LSCC serves nearly 100,000 unique patients. For more information visit lonestarcares.org.
Samaritan Center **Georgetown:** 2100 Scenic Drive, Suite 140 General Phone: 512-451-7337 Military Appointments: 512-466-4454	Insurance: BCBS, United/Optum, Cigna, Aetna, Tricare, Medicaid, Superior Out of pocket, HSA, FSA: Yes Sliding Scale: Yes - low-cost sliding scale; free services for low-income Georgetown residents. Free services for military families. Superbill: Yes	Serving Central Texas for 49 years, we have a wonderful team of therapists with expertise in treating anxiety, depression, trauma and grief with a variety of treatment options including play therapy, EMDR, Trauma-focused Cognitive Behavioral Therapy, and Somatic Experiencing. With multiple therapists, we have expertise serving children and adults with autism, ADHD, child-abuse, domestic violence, problematic sexual behavior, and developmental and behavioral challenges, as well as military service-related issues that impact families. ● Ages 3 to adult ● Spanish and English ● Individuals, couples, families and groups ● Parenting Classes ● Acupuncture/Nutrition/Herbs at our Austin location
Texas Baptist Children's Home Hope Counseling Program **Georgetown:** 2100 Scenic Drive, Suite 140 512-882-4673 (HOPE)	No cost counseling services	The Hope Program's licensed therapists provide trauma-informed counseling to individuals, couples, families and youth. Our counseling professionals are dedicated to providing compassionate care to those in need using a variety of therapeutic methods, including: *Trust Based Relational Intervention (TBRI), *Eye Movement Desensitization and Reprocessing (EMDR), *Expressive Arts Therapy

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		*Sand Tray Therapy The Hope Program recently expanded to add additional counselors at our new location, located just 10 minutes south of our Georgetown location. What sets us apart is that the TBCH Hope Program serves Williamson County residents at no cost, for individual, couples, family, and group therapy. We do have Spanish Speaking counselors, and at this time only the Spanish speaking counselor at the Round Rock location has openings. Both locations have openings at this time. We do not have a Registered Play Therapist at either location, but are able to see children ages 8 and up. Engaging and practical trust-based education is also available throughout the year on a variety of topics through groups and workshops. Services are provided at no-cost to the client. For more information on our counseling services, groups and workshops, visit our website at www.HopeGTX.org or to gather additional detail about the counselor check out our bio page at https://www.tbch.org/counselors
STARRY **Georgetown:** 2100 Scenic Drive, Suite 140 512-675-4144	Free short-term counseling services. No insurance or payments required.	STARRY nurtures children, strengthens families, and restores hope. **Qualification factors:** - Services for children from birth-17 years old - STARRY cannot accept youth who have been formally adjudicated - Legal guardian must call to initiate services - If custody documentation exists, this must be provided before initial appointment - A diagnosis or referral is not required to request services - No waiting list guaranteed - Initial intake appointment is offered within seven days of phone screening if applicable

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		- After School appointments available on a first come first serve basis. STARRY will also provide a school note for any absences due to appointments during school hours.
Impact Counseling **Georgetown:** 2100 Scenic Drive, Suite 140 info@impactcounselingservices.org 512-713-9886	Insurance: BCBS, United/Optum, Oxford, Oscar, Cigna, Aetna, EAP Out of pocket, HSA, FSA: Yes Sliding Scale: Yes - low-cost sliding scale. Superbill: Yes	Impact Counseling Services, INC. is a professional mental health counseling organization that provides individual, group, and family therapy to individuals, families, schools, and communities. Impact Counseling Services, INC., formerly Intervention Services has provided quality mental health services in Georgetown and the greater Williamson County for over 25 years. Our therapists are licensed mental health professionals with years of experience working with children, adolescents, adults, and families. We use evidence-based therapies and are trauma-informed in our approach with clients.

Things to Consider When Choosing a Provider

Content provided by Central Texas Child and Family Counseling

Finding the right fitting mental health provider is important for getting the most effective treatment. Below are some tips on how to navigate the search.

Finding the Right Fit
Areas to consider when finding the right fit:

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- Experience with a particular age group
- Training for a particular issue such as anxiety, depression, trauma or ADHD
- Ability to test, diagnose or medicate if you are seeking these goals
- Location and Availability- Your ability to attend appointments is essential and so finding a provider who is available and located near you is important. Ask about the times and days that are immediately and regularly available for appointments.
- Personal Considerations- Being able to connect with your provider makes a difference in mental health. If the opportunity is available, spend some
- Using your insurance provide, an online search engine (i.e. Google), or an online search engine specifically dedicated to locating mental health professionals (i.e. www.psychologytoday.com) to find a provider that fits what you are looking for. Call and email the provider and follow up after 24 hours.

Consider Payment Options
The cost of counseling varies greatly. Some options available for payment are: ● Free or reduced cost: Usually community-based services ● Out-of-Pocket: Payment directly to the provider at their full fee or sliding scale rate. ● Health Savings Account: Most providers can accept HSAs ● Insurance: In-network or out-of-network coverage for services. ● Employee Assistance Programs (EAPs) provided by employers

Learn about Insurance Coverage
The best way to learn about your coverage is by calling the number on the back of your insurance card and ask: ● What is my behavioral healthcare coverage? ● For my in-network and out-of-network benefits - Do I have a deductible to meet or a session limit? ● What are my out-of-pocket expenses (percentage, co-pay, etc....)? ● May I have a current list of in-network providers who specialize in____?

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- What is the process for out-of-network reimbursement? Using out of network benefits will open many more options in finding a provider.

Obtaining Out-of-Network Insurance Coverage
The best way to learn about your coverage is by calling the number on the back of your insurance card and ask: ● At time of service, pay for therapy out-of-pocket and request a “super bill”. A “super bill” is the documentation of sessions, which will include the counselor’s license number, NPI number, billing codes and diagnosis codes. Mail this to the address provided by your insurer. Reimbursement often requires follow up, so you will want to document everything. ● Expect to wait- a standard length of time is 30 days, sometimes longer. Keep track of sessions and charges that are accruing. ● When you receive payment, compare your records. There is often a ‘window of appeals’ if something is incorrect.

What to Expect
When speaking with a provider at the first appointment, it is likely that you will spend time sharing about the area you are seeking support for and some of your history. You will also discuss limits, policies, cost, and needed forms (such as a “Super Bill” for out-of-network reimbursement, if necessary). During the first few sessions, you and your counselor will work on defining your goals and the plan to get there. This is called the treatment plan. The treatment plan will be a rough outline of what to expect with your counseling experience and will be revisited throughout the process at various times.