

Tides Therapy, LLC
1805 Chantilly Street Suite 123
Richmond, VA 23230

Beginning January 1, 2022, federal laws regulating client care have been updated to include the “No Surprises” Act. Under the law, healthcare providers need to give patients **who don’t have insurance or who are not using insurance** an estimate of the bill for medical items and services called a “Good Faith Estimate” (GFE) explaining how much your medical care will cost.

This new regulation is designed to provide transparency to patients regarding their expected medical expenses and to protect them from surprises when they receive their medical bills. It allows patients to understand how much their health care will cost before they receive services.

There are a number of factors that make it challenging to provide an estimate on how long it will take for a client to complete therapeutic treatment, and much depends on the individual client and their goals in seeking therapy. Some clients are satisfied with a reduction in symptoms while others continue longer because it feels beneficial to do so. Others begin to schedule less frequently, and may continue to come in for “tune ups” or when issues arise. Ultimately, as the client, it is your decision when to stop therapy.

At Tides Therapy, we must provide a diagnosis for all clients for both ethical, legal, and insurance reasons -- as well as required by the "No Surprises Act". A formal diagnosis occurs after an assessment has been completed. That will take place 1-5 sessions after beginning psychotherapy. If you choose to decline a formal diagnosis, we will not update the GFE. It is within your rights to decline a diagnosis per state and federal guidelines.

Common Diagnosis Codes at Tides Therapy *Below are common diagnosis codes at Still Point Counseling and Wellness; however, the list is not exhaustive. With that said, diagnosis codes can change based on many factors. Please speak to your therapist with any questions or concerns.*

- Adjustment Disorder (F43.23)
- Mental Disorder, Not Otherwise Specified (F99)
- Depression (F32.9)
- Anxiety (F41.1)
- Bipolar (F31.9)
- PTSD/Post Traumatic Stress Disorder (F43.10)

Tides Therapy 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 and life circumstances
- Therapist availability
- Ongoing life challenges
- The nature of your specific challenges and how you address them
- Personal finances

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 your frequency or needs change.

According to the American Psychological Association, "on average 15 to 20 sessions are required for 50 percent of patients to recover as indicated by self-reported symptom measures". Additionally, they state that through the working relationship between the client and counselor sometimes the preference is for "longer periods (e.g., 20 to 30 sessions over six months), to achieve more complete symptom remission and to feel confident in the skills needed to maintain treatment gains".

So, it depends on several factors because everyone has unique counseling goals. Like any other relationship, it takes time to develop a therapeutic relationship with your counselor and identify your treatment goals, establish a plan of action, and work towards accomplishing them. Whatever your number of sessions will be, we will work together to meet your needs.

Common Services at Tides Therapy

- 90791: Intake session (\$175)
- 90837: 53+ minute extended psychotherapy session (\$150)

Where services will be delivered

Tides Therapy provides services in the office at 1805 Chantilly Street Suite 123, Richmond Virginia 23230 and via teletherapy

Provider Information

Provider Name: Tides Therapy, LLC

Email: annalee.lcsw@gmail.com

Phone: 804-404-6219

Good Faith Estimate

For a good faith estimate: the amount you would owe if you were to attend therapy for 52 sessions in a year (weekly, without skipping any weeks for holidays, break, vacation, unplanned events/sickness, etc.). The "Good Faith Estimate" requires practitioners to provide an exact estimate and not a range. Out of an abundance of caution and transparency, we will only quote weekly appointments.

90791: Intake session (\$175) plus 90837: 53+ minute extended psychotherapy session (\$150): \$7,975

The above example is provided to give an idea of the financial expectations for a calendar year were you to attend therapy every week without pause. The frequency and duration is dependent on your individual needs and goals.

We look forward to talking with you and answering any questions you may have about the "No Surprises" Act and Good Faith Estimates.