

Rhea Fugal Counseling

*Licensed Clinical Social Worker, Registered Play Therapist
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5480 Baltimore Dr. Suite 103, La Mesa, CA 91942
Individual, Family, & Child Therapy*

Office Policy Statement

Introduction

I am a licensed clinical social worker (LCSW), licensed by the State of California Board of Behavioral Sciences, LCSW - #23608. I hold a Masters Degree in Social Work from Brigham Young University. I am also a Registered Play Therapist with the Association for Play Therapy.

Making the decision

The decision to initiate therapy is an important one and I offer a free 20-minute telephone consultation to help you decide if working with me will meet your needs. Ongoing counseling services are available in person or over the phone. In a divorce situation, both parents must give consent for treatment.

Communication

Even if you think I already have your phone number, please leave both your name and number as part of your message. For non-urgent matters, I will get back to you as soon as possible, usually within 24 hours during the week and less frequently on weekends. There is no charge for brief telephone calls, but for calls lasting longer than ten minutes you may be billed proportionally to the hourly rate. Email will only be used for scheduling and not for personal counseling unless arranged in advance. Email has significant limitations and confidentiality cannot be guaranteed.

Availability

I am not available for emergencies. If you think that you are having a psychiatric emergency, or need to speak to a mental health professional immediately, call the Crisis Hotline at (800) 479-3339, dial 911 and/or go to your nearest emergency room.

Appointments

The length of a therapy session is 50 minutes. Please arrive on time, as sessions cannot be extended if you arrive late.

Fees/Insurance

My fee is \$90 for the first assessment appointment then \$70 for further 50-min appointments unless otherwise arranged. I presently accept cash, checks, money orders, or PayPal. I accept credit or debit cards through Paypal. Payment is required before or at the beginning of the session.

A 24 hour notice (one business day) is required to change or cancel a therapy appointment. You will be charged one half the hourly therapy rate for the missed appointment or late cancellation. Insurance does not cover missed appointments.

How does insurance work?

My counseling services may or may not be covered in full or in part by your health Insurance or employee benefit plan. I may be an "in-network provider" or an "out-of-network provider", depending upon your insurance. As a courtesy, I will submit a statement to your insurance provider upon request so you can possibly be reimbursed. Patient is responsible for any and all fees not reimbursed by his/her Insurance company, managed care organization, or any other third-party payer. Patient is responsible for verifying and understanding the limits of his/her coverage, as well as his/her co-payments and deductibles.

There is a confusing array of insurance arrangements. The first thing you should do is check with your insurance carrier. Check your coverage carefully and find the answers to the following questions:

Do I have mental health benefits?

How many sessions per calendar year does my plan cover?

What is my deductible and has it been met?

Is there a limitation on how much the insurance will cover per session?

Is primary care physician approval required?

What is my co-pay amount?

Confidentiality

Unless you give explicit written authorization for release of information, your treatment is strictly confidential with exceptions which are mandated by law, including, but not limited to: cases of suspected child abuse or neglect, suspected elder abuse (65+) or dependent adult abuse, if you pose an imminent danger to yourself or others, if you are unable to take care of yourself due to mental illness or under certain court-ordered circumstances.

Litigation

I will not voluntarily participate in any litigation or custody dispute. I will not communicate with a client's attorney and will not write or sign letters, affidavits or reports to be used in a client's legal matters. I will not provide testimony or client records unless compelled to do so. Should I be given a subpoena to appear as a witness in an action involving a client, the client agrees to reimburse me for all time spent for preparation, travel, court appearances, etc. at the hourly rate of \$90.00.

I understand and consent to these office policies.

Client's Signature

Date

Parent's or Guardian's signature(s) if client is a minor
