

## SLIDING SCALE FEE POLICY

We understand that the cost of therapy can be difficult to sustain, especially since the nature of therapy often requires a number of appointments and not just one single service. In addition, some may not have insurance policies that will not cover the cost of therapy. If the out-of-pocket cost of therapy would prevent you from having help for yourself or loved ones, we're pleased to be able to offer lower-cost options.

Those of our staff (if any) who are Licensed Associate Counselors are able to provide services based on a lower rate than that of our standard service fee. The actual rate depends on the professional, but would be significantly less. While these individuals have completed their education and are as equipped as our other staff therapists to provide therapy services, the counseling licensing board requires that all counselors be supervised for the first several years of their practice. As such, they aren't yet able to provide insurance-reimbursable services and, instead, can provide services at a discounted out-of-pocket rate.

In addition to our LACs, we sometimes invite students who are in the last years of their internship to achieve the contact hours that are required for licensing to practice at our clinic, under the supervision of our Licensed Professional Counselors. While these individuals are students, they have completed all necessary course requirements and have already spent some time working in a clinic to gain some experience counseling. In addition, these individuals are required to seek weekly supervision with both a designated professional on-site and with their school supervisor. These individuals can charge no more than \$25 a session and offer a great low-cost option for those clients that may not be able to afford seeing a different therapist for a number of reasons.

Finally, In Sync Counseling is committed to providing easy community access to the best quality of care we can provide. We are pleased to offer a sliding fee scale to qualified clients who are uninsured, underinsured, or otherwise unable to afford counseling services. In order to qualify, you will be asked to provide information that proves your household income. The following can be considered proof of income:

- Income tax return
- Paycheck stub
- Disability or social security stub

By calculating factors like household income (as it's measured against the Federal Poverty Guidelines) and family size, we're able to ensure that your counseling fee is matched with your need rather than being an arbitrary classification of In Sync Counseling.

If you have questions or believe that you qualify for our sliding scale fee, please contact our administrator. In addition, take a look at the table below to see if you qualify based on the federal poverty guidelines.



In Sync Counseling  
 Office: 501-679-0232  
 Fax: 833-373-0348

### 2022 Federal Poverty Guidelines

Poverty Level	≤ 100%	125%	150%	175%	200%	> 200%
Charge	\$45	\$50	\$60	\$70	\$80	\$85
Family Size 1	≤ \$12,880	\$16,100	\$19,320	\$22,540	\$25,760	\$25,760+
2	≤ \$17,420	\$21,775	\$26,130	\$30,485	\$34,840	\$34,840+
3	≤ \$21,960	\$27,450	\$32,940	\$38,430	\$43,920	\$43,920+
4	≤ \$26,500	\$33,125	\$39,750	\$46,375	\$53,000	\$53,000+
5	≤ \$31,040	\$38,800	\$46,560	\$54,320	\$62,080	\$62,080+
6	≤ \$35,580	\$44,475	\$53,370	\$62,265	\$71,160	\$71,160+
7	≤ \$40,120	\$50,150	\$60,180	\$70,210	\$80,240	\$80,240+
8	≤ \$44,660	\$55,825	\$66,990	\$78,155	\$89,320	\$89,320+
+1 Person, add:	\$4,540	\$5,675	\$6,810	\$7,945	\$9,080	\$9,080+

By signing the following, you agree to pay the agreed upon fee, as noted below.

Client: \_\_\_\_\_ Calculated Fee: \_\_\_\_\_

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_