



# mental health care for the whole family.

## Our services ✨

Integrated family care  
consisting of:



**Child Therapy**  
For children ages 5-18



**Parent Counseling**  
For caregivers of children  
ages 0-25



**Family Support**  
Family sessions, self-guided  
courses and care coordination.

## What we treat

- ◆ Anxiety & worries
- ◆ Depression & sadness
- ◆ ADHD
- ◆ Social skills
- ◆ Fears
- ◆ Tantrums & aggression
- ◆ Moodiness
- ◆ Sibling rivalry
- ◆ School stress or avoidance
- ◆ Low self-esteem
- ◆ Attention & focus
- ◆ Relationship conflicts
- ◆ Trauma
- ◆ Sleep & bedtime
- ◆ Isolation
- ◆ LGBTQ+ and sexuality
- ◆ Grief
- ◆ Parenting challenges
- ◆ Parenting stress
- ◆ And more...

## Our state and insurance coverage

Insurance Coverage By State - HMO and PPO												
	CA	CO	FL	ID	KS	NJ	PA	TX	IL	MT	NM	OK
Total estimated % of covered lives	65%	36%	65%	36%	70%	80%	80%	75%	80%	80%	80%	80%
Optum + UHC	◆	◆	◆	◆	◆	◆	◆	◆	◆	CP*	CP*	CP*
Cigna	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	CP*
Aetna	◆	◆	◆	◆	◆	◆	◆	◆	◆	CP*	CP*	CP*
Blue Shield of California	◆											
Magellan / BCBS	◆	◆										
Horizon						◆						
Independence Blue Cross							◆					
BCBS			◆		◆			◆	◆	◆	◆	◆
Highmark							◆					
Geisinger							◆					

CP\* - credentialing pending