

Fees & Sliding Scale Policy

Tea with a Splash of Therapy, LLC.

At **Tea with a Splash of Therapy, LLC**, we believe mental health support should be accessible, compassionate, and free from unnecessary barriers. While we understand the role insurance can play in increasing access, we also recognize that the structure and requirements of the insurance industry often conflict with our values of privacy, autonomy, and individualized care.

Choosing not to bill insurance allows us to:

- **Protect your privacy** — insurance companies may request access to clinical records, treatment plans, and progress notes.
 - **Avoid unnecessary diagnoses** — insurance requires a mental health diagnosis to justify treatment, which may not always be clinically appropriate or relevant to your goals.
 - **Maintain your freedom in treatment** — insurance determines session frequency, number of sessions, and what qualifies as “medically necessary.” We believe you and your clinician should make those decisions, not a third party.
 - **Keep your records out of permanent health databases** where they can potentially impact future insurance coverage or evaluations.
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Cash Pay Session Fees

- **Individual Therapy (60 minutes): \$115**
- **Walk & Talk Therapy (75 minutes, taking in account travel time): \$135**
- **Couples Therapy (60 minutes): \$150**
- **The Calm & Clarity Blend (Your ADHD support program): \$200 per month**
 - Includes access to one 60 minute individual therapy appointment per month, digital workbook, and access to monthly virtual co-working groups.
- **The Serenity Blend (45-minute Guided Sound and Breathwork session): \$75**
- **Focus & Flow Co-working Group (2.5 hour Saturday session): \$30**
 - This fee does not include the virtual workbook or therapy session.
- **FMLA Requests: \$100**
 - FMLA requests are supported once six (6) sessions have been completed.
 - FMLA paperwork is completed during a scheduled appointment.

(Continue Below to review accepted insurance plans, EAP, and sliding scale options)

Insurance & EAP

At this time, **Tea with a Splash of Therapy, LLC. accepts only a few insurances** and EAPs

Insurances Accepted	EAPs Accepted
Aetna Anthem Blue Cross Blue Shield Carelton Cigna & Evernorth Magellan Medicaid Optum UHC	Alternatives EAP Cigna EAP Corporate Counseling Associates Inc. (CCA) Compsych Curalinc Optum EAP Personal Assistance Services (PAS) Telus Health

Sliding Scale Options

To honor accessibility, limited **sliding scale** spots are available for clients experiencing financial hardship.

If you believe you may qualify, let's talk about it. We will work collaboratively to explore options so that financial limitations do not prevent you from receiving support. Financial stress is a real thing so please do not hesitate to start this conversation.