

Children's Center

A place where healing begins

How to Set Up Counseling

Regardless of the type of insurance or payment for counseling, it is important to request a counselor who has experience in the following areas: 1) With children in the age range of your child; 2) With treating abuse or other issues specific to your child's needs. See the Children's Center handout *How to Choose Your Child's Counselor* for additional information.

Private Health Insurance: If you have insurance, you can call the company to get a list of preferred providers. Call these providers to find out if they have the expertise you need. If none of the preferred providers has experience in these areas, call the insurance company back to let them know that none of the providers can meet your child's needs. They may provide you with another counselor's name or allow you to choose your own counselor off-panel. Call Children's Center Family Support Services at 503-655-2734 if you have questions. Children's Center can also provide a list of agencies and individual mental health providers that accept some private insurance. Some caregivers decide to start by calling providers on the Children's Center list and asking whether their insurance is accepted. NOTE: Keep in mind that counselors are busy. Parents have reported that they have left multiple messages for many counselors and that some counselors never called them back. Persistence is required!

Oregon Health Plan: If your child is covered by the Oregon Health Plan (OHP medical card), s/he is eligible for counseling at no charge to you. Call the number on the back of your child's OHP card and request a referral for counseling services. When you have phone contact with the counseling agency, request a counselor that has experience working with the age of your child and is a specialist in the type of issues your child has experienced. If you have questions, call the Children's Center Family Support Services at 503-655-2734.

Crime Victims' Compensation Program: This program helps pay for counseling that a victim may need as a result of a crime. If a report has been made regarding your child to police or child welfare, your child may be eligible for Crime Victims' Compensation (CVC). It is a grant program, not an entitlement program, so whether or not CVC awards the grant is based upon the evidence provided by investigators. CVC is a payer of last resort; they require that you use available insurance first. However, CVC can reimburse you for out-of-pocket expenses such as co-payments. If your child has no insurance, CVC works like an insurance program to assist with medical and counseling needs as a result of a crime. The program will cover a child abuse assessment at the Children's Center, regardless of whether or not there are findings of abuse. Law Enforcement, Victim Advocates with the District Attorney's office, or the Children's Center Family Support Program can provide you with a CVC form and assistance in filling it out. Applications can also be downloaded from <http://www.doj.state.or.us/crimev/comp.shtml>. If you or your child was a victim of a crime outside of Oregon, the above website has a link for obtaining applications from other states. For a list of agencies and individual counselors that accept Crime Victims' Compensation as payment, call Children's Center Family Support Services at 503-655-2734. NOTE: Keep in mind that counselors are busy. Parents have reported that they have left multiple messages for many counselors and that some counselors never called them back. Persistence is required!

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No Insurance Coverage: If you have no insurance, your child may be eligible under the Crime Victims' Compensation (CVC) program described above. If not, you may need to find a counselor who can work with you on a sliding fee scale. This means that your income is considered and the counselor works to come to an agreement with you on a payment for counseling that is less than the regular fee. The Children's Center Family Support Program at 503-655-2734 can provide you with a list of counselors you can contact. NOTE: Keep in mind that counselors are busy. Parents have reported that they have left multiple messages for many counselors and that some counselors never called them back. Persistence is required!

Family Sex Abuse Treatment (FSAT): If you have an open case with the Department of Human Services/Child Welfare, ask your caseworker about a referral to the Family Sex Abuse Treatment (FSAT) program. This program can place non-offending parents and their children in sex abuse counseling services at no charge to you. You can also contact the Family Support Specialist at the Children's Center by calling 503-655-2734 for information about the FSAT program.