



BETTER TOGETHER PSYCHOLOGICAL SERVICES

Meeting your individual needs

CHILD & YOUTH THERAPY FEE + INSURANCE GUIDE

FEES

Fees are paid directly by cash, Zelle, Venmo, or credit card via the [Simple Practice](#) client portal. Credit cards are securely stored and processed by Stripe. Additionally, Dr. Hudson is an approved provider for Step Up for Students and counseling services can be paid for through those scholarship funds.

- Intake Assessment | \$175
- Individual Child + Youth Therapy Session (30-Minute) | \$80
- Individual Child + Youth Therapy Session (45-Minute) | \$130
 - 10-15 minutes optional debrief with parent(s)/caregiver
- Social Skills Training (10-weeks) 60-Minute Sessions | \$1800

INSURANCE

Better Together Psychological Services practitioners are considered “out-of-network”. If you have a PPO plan, you might be able to get reimbursed for the cost of therapy at a percentage. If you’d like to use your insurance, we recommend confirming by asking your insurance company the following:

- What is my out-of-network deductible for outpatient mental health visits?
- How much of my deductible has been met this year?
- What is my out-of-network coinsurance for outpatient mental health visits (i.e., what % is reimbursed)?
 - CPT Code 90791 = New client intake
 - CPT Code 90834 = 45-min psychotherapy
 - CPT Code 90832 = 30-min psychotherapy
- What diagnoses, if any, are *not* covered by these services?
- Do I need a referral from an in-network provider or a primary care physician to see someone out-of-network?
- How do I submit claims for out-of-network reimbursement?
- Is there a session limit for outpatient mental health visits?