



## Frequently Asked Questions

### **What does mental health treatment include?**

Everyone seeking treatment will first meet with a licensed therapist for a 90-minute diagnostic assessment. The therapist will give a mental health diagnosis and make recommendations for treatment that could include individual counseling, family counseling, group therapy and psychiatry. The length and duration of treatment is mutually decided on by the individual and their treatment team.

### **Are services available for non-English speakers?**

Yes. We have staff that are bilingual in English and Spanish. For individuals who speak another language, we use qualified interpreters through AccuracyNow.

### **Do you provide couples counseling?**

At this time, everyone seeking services needs to be enrolled in our program as an individual. All individuals are given a mental health diagnosis. If family counseling would be helpful for that individual, we may invite family members in for family counseling sessions. We do not offer counseling that is only focused on the relationship.

### **Can you offer medication management?**

We contract a bilingual psychiatrist who is available one day a week to prescribe medication to manage mental health conditions. This service is only available to those who are already seeing a therapist with Catholic Charities Southwestern Ohio and who are over the age of 16.

### **Is this religious counseling?**

No. Our professional, licensed counselors provide the same type of counseling one would receive at a non-Catholic facility. Someone does not need to be Catholic — or even Christian — to receive services.

We offer assistance to people in need regardless of religion or ethnic background; we do not proselytize. If faith is important to the individual we serve, it's certainly something we can talk about in counseling sessions, but otherwise we will not introduce the subject in therapy sessions.

### **Do you accept health insurance?**

We are able to accept all Ohio Medicaid plans, Medicare Part B and multiple Medicare Advantage and commercial plans. If there is a co-pay for services or if an individual has not yet met their deductible, that will be due at the time of the appointment.

**What if someone doesn't have health insurance?**

If an individual does not have health insurance, we can offer a sliding fee scale based on income. We also have contracted in the past with governmental and non-profit agencies who have paid treatment.

**Do you offer substance abuse counseling?**

We are not certified through the state to offer substance abuse counseling.

**Can you offer services through telehealth to individuals who are in other parts of the country?**

We are only able to serve individuals who live in the following counties: Hamilton, Butler, Clermont....We can offer services via telehealth but only to those who are present in the State of Ohio during their session.

**Do you offer psychological testing?**

No. We do not employ psychologists who are able to offer psychological testing for cognitive impairment, learning disabilities or autism.