

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 Liberty House handout *How To Choose Your Child's Counselor* for additional information.

Private Health Insurance: If you have insurance, 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 Liberty House Family Support Services at (503) 540-0288 if you have questions. Liberty House can also provide a list of agencies and individual mental health providers that accept some private insurance.

Oregon Health Plan: If your child is covered by the Oregon Health Plan (medical card), s/he is eligible for counseling at no charge to you. Make sure that the counselor has experience working with the age of your child and is a specialist in the type of issues your child has experienced. For a list of counselors and agencies that accept the Oregon Health Plan, call Liberty House at (503) 540-0288.

Crime Victims' Compensation Program: This program helps pay for treatment that a victim needs 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 Victim 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. If your child has no insurance, the program will cover a child abuse assessment at Liberty House, regardless of whether or not there are findings of abuse. Law Enforcement, Victim Advocates with the District Attorney's office, or Liberty House 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/index.shtml>. Click on Programs and Services. 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 Victim Compensation as payment, call Liberty House Family Support Services at (503) 540-0288.

No Insurance Coverage: If you have no insurance, your child may be eligible under the Crime Victim Compensation (CVC) program described above. If not, you may need to find a counselor who can work with you on a sliding 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 Liberty House Family Support Program at (503)540-0288 can provide you with a list of counselors you can contact.

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 Liberty House by calling (503) 540-0288 for information about the FSAT program.