

Answers to FAQ:

1. How do I schedule an appointment?

Appointments are scheduled by contacting Todd at (614)588-7181 or at toddg@vineyardgrace.org. After a brief phone consultation, you and Todd can decide what would be the best fit for your situation – Professional Counseling with Todd, referral to another Professional Counselor, or getting connected with a Mentor.

2. What are the fees?

Fees are outlined on the Professional Disclosure document attached to this webpage. Todd's Professional Counseling fees are \$90.00 per 50 minute session.

Other Licensed Professional Counselors to which you may be referred have their own rate and fee schedule. These may differ from counselor to counselor.

There are no fees if you are referred to a Mentor, as mentors are not Licensed Professional Counselors. Mentors are not trained to navigate some of the more intense mental health/social service type needs, but are wonderful at walking with people through some more moderately difficult situations.

3. Do you take insurance?

No, but Todd has Insurance Reimbursement receipts that clients submit to their insurance companies for **Out-of-Network Coverage and Reimbursement**. If you are unsure if your insurance has Out-of-Network mental health reimbursement, or are unsure about their deductible or percentage of reimbursement, please call them and investigate their process. Many insurance companies have reimbursement plans available for Out-of-Network mental health fees, but you may not know it until you ask them! Insurance companies will need a diagnostic code from a Licensed Counselor in order to provide reimbursement.

4. Where are the appointments held?

All appointments are held at the Counseling office inside the VGF building, located at 4905 Jacksontown Rd. in Newark, just across from Golfworks on Rte. 13. Please come in and have a seat in the interior office just to the left of the lobby. Todd will come out and get you at your assigned appointment time.

5. How long does the counseling process take?

The process is different for every client, depending upon the intensity of the disruption in one's life. Some people are able to make tremendous strides with just two or three

sessions, while others require more long-term care. Be assured we do NOT want people to become dependent on the counseling process for their well-being, and will begin to thin out appointments as soon as progress is demonstrated.

Of course, since counseling is engaged voluntarily by individuals, they can choose to stop counseling at any time. It is recommended that we discuss this decision to make sure you have considered the potential results of ending the counseling process.

6. Do you have female counselors also?

Todd is the only Licensed Professional Counselor on staff, but there are two VGF women who are currently Licensed or very close to being Licensed by the State of Ohio. We utilize these two women frequently to counsel VGF families. As Professional Counselors appointments with them are also fee-based.

Additionally, we have a tremendous relationship with area female counselors to whom we often refer clients. They do not all attend VGF but are Christians and are very effective with the clients they serve.

Names and contact information for any of these is available upon request.

7. What are some referral sources you'd recommend for Drugs/Alcohol, Legal services, Crisis Lines, Divorce recovery, Psychiatry/Medication, etc

Emergency: 911

Crisis Line/Suicide Help: 211

Christian Psychiatry: Dr. Larry Pfahler in Worthington, OH. (614) 436-5070

Drugs/Alcohol:

(outpatient) Brian Davis or Ryan Smith, both at Directions Counseling Group in Worthington, 614-888-9200

(outpatient) Cindy Morrow, LPCC, Newark, (740) 877-9058

(inpatient) Dublin Springs, Dublin OH

Divorce Recovery: Rebecca Pack, LPCC-S, Hope Counseling in Newark, (740) 975-5700

Teens: Kathy Holmes, LPCC, Newark, (740) 507-4014

Family Therapy/Kids: Jay Griffith, LMFT, Behavioral Health Partners, (559)283-6933