Changing Tides Stream
Participant Information Sheet

What is it?
Changing Tides Stream (CT Stream) is a stipend program intended for AAPI youth and young adults (ages 16 – 25) who are first-time non-acute therapy seekers or currently unable to afford the cost of therapy.

CT Stream aims to provide an accessible, transparent, and inclusive opportunity to obtain mental health services. Participating clients will have no financial requirements.

Who can participate?
Our focus is on AAPI youth and young adults who would benefit from receiving non-acute mental health services.

What is the time commitment?
6-10 therapy sessions (in-person or virtual) with a mental health professional from our directory.

What is our goal?
We hope to address the current mental health crises impacting AAPI youth in our communities. Mental health services can be inaccessible for numerous reasons, including but not limited to: stigma surrounding mental illness, culturally-insensitive providers, language barriers and economic instability. We want to reduce obstacles for AAPI youth!

* If you are in crisis or you think you may have an emergency, call your doctor or 911 immediately. If you’re having suicidal thoughts, call 1-800-273-TALK (8255) to talk to a skilled, trained counselor at a crisis center in your area at any time (National Suicide Prevention Lifeline). If you are located outside the United States, call your local emergency line immediately. *
How CT Stream Works

1. Fill out the CT Stream Interest Form or call or email the Intake Coordinator.

2. The Intake Coordinator will reach out to you using the provided contact information. They will schedule an intake interview with you to determine your suitability for our program.

3. Upon gathering your information and preferences, the Intake Coordinator will give you a list of 2-3 matched therapists. You will then decide which therapist you would like to meet with and contact them within one week. Let Intake Coordinator know which therapist you have chosen.

4. The therapist will schedule an initial session with you. If at any time, you feel uncomfortable or mismatched with the therapist, please notify the Intake Coordinator. They will try to re-match you with a new list of 2-3 therapists.

5. You should expect to have a minimum of 6 consecutive sessions at regular intervals with your chosen therapist.

6. After 6 sessions, you and your therapist should discuss if continued therapy would be beneficial.

7. If continued sessions are deemed unnecessary, the CT Intake Coordinator will reach out to you for an exit interview and follow-up survey.

8. If continued sessions are deemed necessary, you will continue sessions with your therapist for 4 more sessions, for a total of 10 sessions.

9. At the end of the 10 sessions, if you and your therapist agree to continue sessions, this would no longer be financially covered by the CT Stream Stipend Program. You and your therapist should work out a mutually-agreed upon payment schedule. If payment is an issue, please discuss with your therapist if they are able to accept payment on a sliding scale. If not, please ask for a reference to a suitable therapist or contact the CT Intake Coordinator for further resources.

10. The Intake Coordinator will reach out to you for an exit interview and follow-up survey.

Questions?
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