



 **APEX**
COUNSELING CENTER

More art than science.

► PHILOSOPHY

Life has been defined as a series of difficult choices between birth and death. The choices you make are what determines the quality of your life. At **Apex Counseling Center** we encourage clients to make choices consistent with who they are and not with who they think they should be. The ultimate goal of psychotherapy is to learn the process of making good choices contributing to self-discovery. The cumulative effect of those choices creates the sort of life you live. At Apex we are totally committed to helping you discover who you are as you make choices consistent with that discovery.

► COST

Clients who work the therapeutic process usually consider psychotherapy well worth the investment of time and money. Individual therapy sessions start on time and are 45 to 50 minutes long. The out of pocket cost ranges from \$0.00 to \$150.00 per session depending on insurance coverage, income level, and needs. Fees are dictated by the agreement between the Center, consultant and insurance company. For example, a typical agreement would allow Apex to charge a \$20.00 co-pay, and the insurance company would pay the “negotiated provider fee,” typically between \$50.00 and \$90.00 per session. Although we do not offer garage sale rates where psychotherapy prices are negotiable, we offer flexibility with our fee structure. One consultant accepts \$60.00 per session for self pay clients while another charges full fee.

We participate with MEDICAID, MEDICARE, and most major insurance programs. If payment is an issue, please talk with us about it and we will work with you to create a “win-win” strategy. Our goal is to help you simplify and get control of your life, not to add to your stress by creating financial hardship.

Finally, if you have no insurance coverage, you may be eligible for “gray zone coverage,” a Maryland state program that pays for psychological treatment if you meet certain criteria.

► HOURS OF OPERATION

Our hours of operations are flexible to accommodate those we serve. We generally work by appointment only although we are able to respond to crisis situations. Evening hours and Saturdays are also available.

► STAFF

The staff includes licensed professionals from the following disciplines: psychiatry, psychology, clinical social work, nursing and professional counseling. Treatment is available to children, adolescents, and adults as well as special populations. In addition to on-site services, Apex offers off-site treatment at schools, medical adult daycare centers, residential homes, assisted living facilities (including nursing homes) and forensic locations. Under special circumstances we make home visits and consider unique needs in order to deliver services in unconventional settings.

Available Services:

- Individual Psychotherapy
- Marital & Family Counseling
- Group Psychotherapy
- Play Therapy
- Crisis Intervention
- Medication & Psychiatric Assessments
- Substance Abuse Counseling
- Community/Agency Education
- Health & Behavior Management

Apex Counseling Center, LLC is a licensed outpatient mental health center (OMHC) offering psychological and psychiatric treatment for many issues including but not limited to:

- Substance (Drug) Abuse
- Depression
- Alcohol Abuse
- Bipolar Disorder
- ADD/ADHD
- Anxiety
- Psychopathology of Everyday Life (issues of being human)
- Sexual Identity Issues
- Chronic Mental Illness
- Abuse & Trauma (PTSD)
- Relationship (Marriage)
- Phobias
- Stress

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