

Individual Disclosure Statement
Jolie C. Lucas, LCSW
Owner, Cascade Counseling Incorporated
Oregon State Licensed Clinical Social Worker #2269
California State Licensed Clinical Social Work- 23145
Service Addresses: 104 5th Hood River OR 97031
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Types of Counseling: I enjoy working with individuals who feel that they want to make positive changes in their lives. I have worked with both male and female clients. In my present practice, I see about 80% women and 20% men. I have experience in mental health with individuals, couples, teens, groups, families, and consultations. Further, I have specific experience working with depression, Women's Issues, terminally ill clients, and clients experiencing grief. I am open to working with clients of any religion, ethnic group, or sexual orientation.

Methods: I am trained in cognitive-behavioral therapy. It is my desire to help the client identify areas of needed change, and help create a path to reach new goals. I prefer to see clients weekly for the first six weeks, and then a schedule of bi-monthly

sessions can be instituted. Therapeutic techniques include counseling sessions, home assignments, journaling, art therapy, and collaboration with physician (if appropriate), and recreation therapy.

The process of therapy can be painful at times. As your therapist, I feel it is my role to be with you on your journey and allow you to dictate the pace and direction of our work together. I believe that current issues can be related to difficulties we have had in the past. We may focus on processing past experiences in an effort to gain insight into resolving current problems in your life.

Fees: All fees are based on a 70-75 minute session. . Clients can request a shorter session if preferred or required by insurance provider. Fees: Intake/Diagnostic Interview: \$175.00. Follow-up sessions: \$160.00. Telephone consultations; report writing and crisis work are all billed at \$160.00 per hour. 45-minute sessions are \$140.00 A fee of \$160.00 is charged for all sessions that are not canceled with 24-hour notice. In cases where there is less than 24-hour notice, call the office immediately. If you can be rescheduled within the same week, you will not be charged the missed session fee, but there will be a \$10.00 rescheduling fee applied to your account.

Billing: Cascade Counseling will bill your primary insurance for you. The client is responsible to pay your co-pay or percentage not covered. Calendar deductibles apply to some insurance plans, and are the responsibility of the client to pay. If the client has a secondary insurance plan, we are able to provide the necessary information for the client to bill himself or herself. Cascade Counseling does not bill secondary insurance for clients.

Office Hours and Crisis Response: My office hours for Cascade Counseling are Tuesday, Wednesday and Thursday from 12 noon. to 5:00 p.m. Clients are encouraged to leave a confidential voice message for their therapist at any time. Only the therapist has access to their individual message line. If the

client feels that they are in immediate need of mental health treatment, they are advised to call the county mental health center in the community in which they reside.

Experience: I have worked in the mental health field since 1986. I have held positions in crisis intervention, counseling, assessment, case management, and administration. I have three and a half years experience working in an in-patient mental health hospital. I have five years of emergency room mental health and hospice practice. I have been in private practice since 1992. I have specific experience in working with people recovering from illness/trauma, physical or sexual abuse, grief and loss, depression, infertility, and AIDS.

Education/Affiliations:

- ◆ California State University, Sacramento: Part-Time Faculty, Graduate School of Social Work. Focus: Psychiatric Diagnosis and Psychotropic Medications
- ◆ Masters of Social Work, 1992 with honors, California State University, Sacramento.
- ◆ Awarded: Student of the Year – 1992 (Mental Health).
- ◆ Bachelors of Arts in Psychology, 1985, University of California at Davis.
- ◆ Licensed Clinical Social Worker: Oregon and California
- ◆ Certified Clinical Social Worker: Washington
- ◆ Member of National Association of Social Workers
- ◆ Preferred or Participating provider for all major health insurance plans through Cascade Counseling. (Except Oregon Health Plan, HMO Oregon, Blue Cross of California HMO)

Professionalism: Therapy is a unique process that is misunderstood by many. As a Licensed Clinical Social Worker, I am sworn to uphold a strict code of ethics. While your therapeutic experience will be friendly, it will not become a friendship. The code of ethics precludes a physical, sexual,

financial or social relationship with current clients. This code of ethics is available for your review upon request.

In Washington, California and Oregon, there are specific laws regulating counselors to provide protection for public health and safety; and to empower citizens of the state through a complaint process. Clients have the right to choose counselors who best suit their needs and purposes. Client confidentiality is maintained at Cascade Counseling Inc. except in the cases of: harm to self; harm/threat of harm to others; disclosure of current abuse of a child, elderly, dependent person; by court order.

While there can be no specific guarantees regarding the outcome of your treatment at Cascade Counseling, you do have our assurance that you will be treated with professionalism, respect and dignity.