LIZOTTE CLINICAL, LLC
ADOLESCENT, FAMILY & COURT-INVOLVED THERAPY

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PRIVATE-PAY PRACTICE

# Fee Schedule

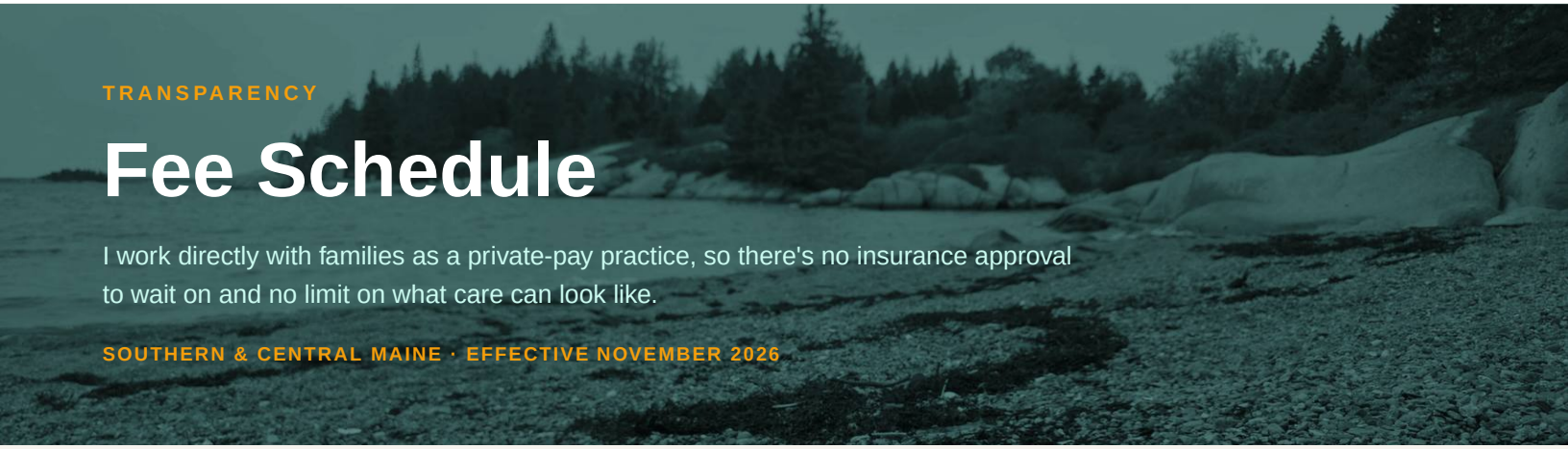
Effective November 2026

Dear Families and Referring Professionals,

Enclosed is the current fee schedule for Lizotte Clinical, LLC. It covers direct care for youth and families, from the Diagnostic Intake and weekly telehealth to in-home support and crisis stabilization, as well as court, institutional, and professional services.

Every self-pay client receives a written Good Faith Estimate before treatment begins. If you have questions about which level of care fits your situation, please call (207) 977-6181 or visit lizotteclinical.com/rates.

Warmly,
**Lizotte Clinical, LLC**



TRANSPARENCY

# Fee Schedule

I work directly with families as a private-pay practice, so there's no insurance approval to wait on and no limit on what care can look like.

SOUTHERN & CENTRAL MAINE · EFFECTIVE NOVEMBER 2026

HOW TREATMENT WORKS

## The four steps of care

Every family moves through the same progression: settle things at home first, then step down gradually so the progress lasts. Dropping straight from intensive care to a weekly session is where many teens slide back.

STEP 1: ASSESS

**Diagnostic Intake**

**$200**

$250 weekend · 60–75 min

A 60–75 minute assessment (in-home or telehealth) to map out what's happening and build an honest treatment plan. Credited 100% toward the 14-Day Reset Sprint, Tier 1, or Tier 2 if you enroll within 14 days (or toward Week 4 of the Single-Visit Hybrid).

>

STEP 2: STABILIZE

**Short-Term In-Home Care**

**From $475 / week**

Hybrid $475/wk · 14-Day Sprint $2,250 · Tier 1 $1,250/wk · Tier 2 $2,100/wk

If 50-minute therapy isn't enough, I come to your home. Start lighter with one weekly visit (Hybrid) or a focused 14-day Sprint, or step up to 2–4 visits a week in Tier 1 or Tier 2 to settle the crisis and get your teen back to school.

>

STEP 3: MAINTAIN

**Gradual Step-Down**

**Fewer visits over time**

Paced by progress, not the calendar

Calming things down and keeping them calm are two different jobs. Tier 2 families move to Tier 1, then to the single-visit Hybrid, as home visits taper and mix with telehealth while new routines get tested through real school weeks.

>

STEP 4: SUSTAIN

**Weekly Telehealth**

**$175 / session**

6-week groups $550–$600

Once progress holds with less support, we meet weekly on screen or in a 6-week skill group. Motivated teens who will engage on video can start here.

Most families start with a $200 Diagnostic Intake, choose the level of support that fits their home and budget (from $175 weekly telehealth or a $475/week single in-home visit to a 2-week reset sprint or full crisis stabilization) and step down as routines hold.

## PART 1: DIRECT CARE FOR YOUTH & FAMILIES

| TELEHEALTH OUTPATIENT & DIAGNOSTIC INTAKE | | |
|---|---|---|
| **Comprehensive Adolescent & Family Diagnostic Intake** | 60–75 minutes (Telehealth or In-Home). Includes a full clinical assessment and concrete treatment roadmap. Credited 100% toward your package if you enroll in the 14-Day Reset Sprint, Tier 1, or Tier 2 within 14 days (or credited toward Week 4 of continuous weekly care on the Single-Visit Hybrid). Not credited toward standalone evaluations. | **$200 (Weekend: $250)** |

| | | |
|---|---|---|
| **Individual or Family Therapy Session** | 50 minutes (telehealth). Weekly individual or family counseling for teens who engage well on screen, or for families stepping down from in-home care. | **$175 (Weekend: $225)** |

## FLEXIBLE IN-HOME ENTRY OPTIONS (SINGLE-VISIT & 2-WEEK SPRINT)

For families who want hands-on help at home without committing to a multi-visit weekly crisis retainer.

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| **Single-Visit In-Home Hybrid** | One structured 75-to-90-minute in-home family session per week (within Greater Portland / Southern Maine) plus one brief mid-week parent check-in call. Ideal for addressing early school refusal, teen shutdown, or household boundary resets at a manageable weekly pace. (Add active weekly school/IEP coordination for +$100/wk). | **$475 / week** |
| **14-Day Household Reset Sprint** | A capped, two-week intensive kickstart: includes 4 structured in-home visits over 14 days, 1 school IEP/504 alignment meeting, and a written household rules & accountability contract—designed to break a stalemate fast and step straight down to $175/week telehealth or $475/week single-visit care in Week 3. ($200 intake fee credited 100% toward this sprint). | **$2,250 flat (2 weeks)** |

## TIER 1: STANDARD IN-HOME STABILIZATION

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|---|---|---|
| **Who This Is For** | School refusal, home conflict, and household routines. Typically 4–8 weeks. | **$1,250 / week** |

### WHAT'S INCLUDED

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|---|---|---|
| **Comprehensive Adolescent & Family Diagnostic Intake** | Initial 60–75 minute assessment included at no extra charge. | **Included ($0)** |
| **2 Weekly In-Home Visits** | Two structured in-home clinical sessions per week (~4 hours total). | **Included** |
| **School, IEP & Provider Care Coordination** | Ongoing collaboration with school teams, IEP/504 coordinators, pediatricians, and outside providers. | **Included** |
| **Weekday Parent Check-Ins** | Brief Monday–Friday phone or message check-ins between sessions to troubleshoot routines in real time. | **Included** |

## TIER 2: HIGH-ACUITY CRISIS BRIDGE

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|---|---|---|
| **Who This Is For** | Acute crisis, post-ER or hospital step-down, JCCO or DHHS involvement, or risk of out-of-home placement. Typically 4–6 weeks. | **$2,100 / week** |

### WHAT'S INCLUDED

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|---|---|---|
| **Comprehensive Adolescent & Family Diagnostic Intake** | Your initial 60–75 minute assessment is included at no charge. | **Included ($0)** |
| **Up to 4 Weekly In-Home Visits** | Frontloaded in-home visits tailored to what your household needs to stabilize. | **Included** |

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| **7-Day Evening & Weekend On-Call De-escalation** | Evening and weekend phone coaching and de-escalation, no per-minute charges. Not a substitute for 911 or 988. | **Included** |
| **1 Unscheduled Rapid-Response Home Visit per Week** | One unscheduled evening or weekend in-home response visit per week (up to 2 hours, following phone triage) with zero surcharge. | **Included** |
| **Full Multi-System Management** | Coordination with hospital discharge teams, attorneys, JCCOs, schools, DHHS, and outside providers. | **Included** |
| **In-Home Safety & Accountability Screening** | Included as clinically indicated. | **Included** |

### 6-WEEK SKILL & ACCOUNTABILITY GROUPS

Group modules are billed as a flat fee upfront, and I provide an itemized superbill (CPT 90853 / 90849) for each attended session so you can submit to your PPO plan for reimbursement.

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| **Teen Impulse Control, Decision-Making & Accountability Group** | 1 session weekly (60 Minutes · Telehealth) | **$550 / 6-wk module** |
| **Parent De-escalation & Household Rules Group** | 1 session weekly (60 Minutes · Telehealth) | **$600 / 6-wk module** |

## PART 2: COURT, INSTITUTIONAL & PROFESSIONAL SERVICES

### COURT, SCHOOL & LEGAL SERVICES

Routine juvenile justice coordination for active in-home clients is bundled into Tier 2. All work is billed in 15-minute increments; if a retainer balance drops below $300, replenishment is required before further work is scheduled.

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| **Interdisciplinary, JCCO & School Consultation** | Billed in 15-min increments | **$200 / hr** |
| **Document Subpoena & Third-Party Records Prep** | For outside legal requests. Client record requests follow standard HIPAA rules. | **$150 / hr** |
| **Court-Ordered or School Clinical Evaluation** | Includes record review, clinical interviews, collateral contacts, and a comprehensive written report delivered within 7 business days of interview completion, record receipt, and final balance settlement. Time is billed against the retainer in 15-minute increments. | **$250 / hr ($2,500 retainer)** |
| **Case Review & Pre-Trial Consultation** | Attorney, GAL, or agency case review and pre-trial consultation meetings. Time is billed against the retainer; cancellations with less than 48 hours' notice are billed for reserved time (1-hour minimum). | **$250 / hr ($1,000 retainer)** |
| **Deposition, Pre-Trial & Expert Witness Testimony** | Requires a 4-hour ($1,400) deposit prior to scheduling; forfeited if canceled or continued with less than 72 hours' notice. | **$350 / hr ($1,400 half-day min.)** |

| AGENCY CONTRACTS & CLINICAL SUPERVISION | | |
|---|---|---|
| **Master Service Agreements (MSAs)** | Tailored contracts for DHHS, school districts, legal entities, and community agencies. | **Contact to Discuss** |
| **CLINICAL SUPERVISION FOR LMSW-CC & LCPC-C** | | |
| **Individual Supervision** | $150/hr weekday ($200/hr weekend). Agency-direct billing available. | **$150 / hr** |
| **Group Supervision** | Per hour | **$60 / hr** |

## Why This Is a Private-Pay Practice

I do not take insurance; this is a strictly private-pay practice. I work this way because it allows me to expand the depth of the work I do with families, free from the restrictions and limitations that insurance often places on care.

## Good Faith Estimate & Out-of-Network Billing

Payment is charged to your card on file in Jane (debit, credit, HSA, or FSA), as described in the Practice Policies. Itemized superbills are provided upon request for clients seeking out-of-network insurance reimbursement. Under the No Surprises Act, all self-pay clients receive a written Good Faith Estimate prior to treatment.