



Hearty Roots Taproot Therapeutic Adventure

Practice Policies

SCHEDULING OUTINGS AND CANCELLATIONS

Please remember to cancel or reschedule 24 hours in advance. You will be responsible for the entire fee if cancellation is less than 24 hours.

Taproot Outings can run for 60 minutes to 120 minutes. It is up to you to determine the length of time of your outings. You may choose to change your outing duration as time goes on, and this request needs to be discussed with your Therapeutic Adventure Mentor.

Cancellations and re-scheduled outings will be subject to a full charge if **not received at least 24 hours in advance**. This is necessary because a time commitment is made to you and is held exclusively for you. If you are late for an outing, you may lose some of that outing time.

SLIDING FEE SCALE

At Hearty Roots, it is important that we keep our unique and effective services accessible and affordable. Please know that as we exit our pilot year of our Taproot expansion, we are working on the process to accept insurance. At this time, we continue to use an income-based sliding scale.

We do not require income verification, and ask that you assess on your own where you fit and let your Therapeutic Adventure Mentor know what you are able to pay during your initial consultation. Please note, that if your financial circumstances change significantly during your child's time in Taproot, you can share this information and request a more appropriate rate based on your circumstances. We do acknowledge that income alone does not provide a full financial picture and life has its unexpected financial complications. If you feel your circumstances place you in a different bracket in either direction, please do take that into account. The examples below may help if our income-based sliding scale does not represent your current circumstances.

Consider paying less on the scale if you:

- Are supporting children or have other dependents
- Have significant debt
- Have ongoing medical expenses not covered by insurance
- Receive public assistance
- Have immigration-related expenses
- Care for an elder with limited financial support

Consider paying more on the scale if you:



- Own your own home
- Have investments, retirement accounts, or inherited money
- Travel recreationally
- Have access to family money and resources
- Work part time by choice or could do so if you wanted to
- Have a relatively high degree of earning power due to level of education

Individual Outings

Annual Household Income	60 minute outing	90 minute outing	120 minute outing
Birch (110,000+)	\$80	\$120	\$155
Elm (\$85,000 - \$109,999)	\$65	\$95	\$125
Pine (\$60,000 - \$84,999)	\$50	\$75	\$95
Fir (\$35,000 - \$ 59,999)	\$35	\$50	\$65
Cedar (\$0 - \$34,999)	\$20	\$30	\$40

Taproot Groups (2+), Cost per Individual

Annual Household Income	60 minute outing	90 minute outing	120 minute outing
Birch (110,000+)	\$50	\$75	\$100
Elm (\$85,000 - \$109,999)	\$40	\$60	\$80
Pine (\$60,000 - \$84,999)	\$30	\$45	\$60
Fir (\$35,000 - \$ 59,999)	\$20	\$30	\$40
Cedar (\$0 - \$34,999)	\$15	\$25	\$30



LOCATIONS OF OUTINGS

Being purposefully portable entails many logistics, miles, and time for our Therapeutic Adventure Mentors. With this in mind, we keep our programming to local nature preserves (or our office space in Damariscotta in times of inclement weather) in Nobleboro, Bremen, Damariscotta, NewCastle, and Edgcomb. Mentors will have certain days at certain locations, and will discuss options during scheduling.

TELEPHONE ACCESSIBILITY

If you need to contact your Therapeutic Adventure Mentor between outings, please leave a message on voicemail. We are often not immediately available; however, will attempt to return your call within 24 hours. If a true emergency situation arises, please call 911 or any local emergency room.

SOCIAL MEDIA AND TELECOMMUNICATION

Due to the importance of your confidentiality and the importance of minimizing dual relationships, Therapeutic Adventure Mentors do not accept friend or contact requests from current or former participants on any social networking site (Facebook, LinkedIn, etc). We believe that adding participants as friends or contacts on these sites can compromise your confidentiality and our respective privacy. It may also blur the boundaries of our therapeutic relationship. If you have questions about this, please bring them up when we meet and we can talk more about it.

ELECTRONIC COMMUNICATION

Hearty Roots cannot ensure the confidentiality of any form of communication through electronic media, including text messages. If you prefer to communicate via email or text messaging for issues regarding scheduling or cancellations, we will do so. While we may try to return messages in a timely manner, we cannot guarantee immediate response. I request that you do not use these methods of communication to discuss therapeutic content and/or request assistance for emergencies.

MINORS

If you are a minor, your parent(s)/guardian(s) may be legally entitled to some information about your treatment. We will discuss with you and your parent(s)/guardian(s) what information is appropriate for them to receive and which issues are more appropriately kept confidential.

TERMINATION



Throughout Taproot outings, therapeutic progress will be assessed. Continuing or terminating services will be mutually-agreed upon between the Therapeutic Adventure Mentor, participant, and parent/guardian. Endings and change are significant, therefore it is important to have a termination process in order to achieve some closure and confidence moving forward. The appropriate length of the termination depends on the length and intensity of our time together. If Taproot no longer feels like the appropriate level of care for the participant, we will have a discussion about other options, and we may refer you to another licensed provider. We will not terminate the therapeutic relationship without first discussing and exploring the reasons and purpose of terminating. Should you fail to schedule an appointment for three consecutive weeks, unless other arrangements have been made in advance, for legal and ethical reasons, we must consider the professional relationship discontinued.