



OUTPATIENT CHILDREN'S CLINIC

Children/adolescents (ages 4-21) receiving services at the **Outpatient Children's Clinic (OPCC)** suffer from a wide-variety of symptoms and diagnoses are given an opportunity to work one-on-one with a trained clinician to explore feelings, behaviors, and memories in a safe and caring environment. Clinical staff provide weekly individual, family, and/or group therapy; psychiatric services are available, as needed. Parent guidance and psycho-education are also offered to parents and/or alternative caregivers. Typical length of treatment depends on the type of intervention, e.g., outpatient clinic: 9-12 months/45-min weekly sessions. Services are provided bilingually (Spanish and Creole) to maximize community access to care. Depending upon a child's/family's needs, services work to: (a) decrease symptoms, (b) build attachments and positive relationships in order to buffer toxic stress and decrease the instances of adverse experiences, and (c) increase overall functioning.



1 in 5

children in the U.S. has a diagnosable mental health condition that requires treatment.

\$26,000

The household income (HI) for a family of 4 or \$52,000 for dual-income households per the 2020 Federal Poverty Level (FPL)

\$200/Hour

The average cost of a single session of outpatient therapy from a private therapist in Fairfield County.

26/\$5,200

Number of sessions and cost for a child requiring semi-weekly therapy from a private provider for one year

\$5,200 represents 20% of the gross income of a \$26,000 household making child therapy practically impossible.

Beyond the Math

The **VAST** majority of private mental health providers do not accept private insurance, and virtually **NONE** accept Medicaid.

In FY20, demographics for the 604 children/adolescents (and their families) who engaged in treatment with **OPCC** are as follows:

