



Licensed Clinical Mental Health Counselor Disclosure

Stéphanie Gimenez, MA, NCC, LCMHCA, LCAS-A

Safe Haven Counseling, PLLC

163 Stratford Court, Suite 225 | Winston-Salem, NC 27103

Office: (336) 396-7834 | **Crisis:** (336) 986-2720 | **Fax:** (336) 217-8708

Stephanie.G@SafeHavenCounselingPLLC.com | www.SafeHavenCounselingPLLC.com

Qualifications

- ✦ My name is Stéphanie Gimenez, Nationally Certified Counselor (NCC# 885834), Licensed Clinical Mental Health Counselor Assoc. (LCMHCA #13588) & Licensed Clinical Addiction Specialist Assoc. (#LCAS-24441) in the State of NC. I have a **M.A. in Counseling** from **Wake Forest University** (August 2017) — one of the most rigorous academic programs accredited by the Council of Accreditation of Counseling & Related Educational Programs (CACREP).
- ✦ As sole proprietor & owner of **Safe Haven Counseling, PLLC**, Mental Health (MH) psychotherapist, Substance Abuse (SA) & Addictions counselor, Group facilitator & Domestic Violence/Intimate Partner Violence (DV/IPV) victim advocate, I provide DV/IPV, MH & SA crisis services via **24/7 Crisis Line** (336) 986-2720, including DV/IPV, Suicide Ideation & Homicide Ideation (SIHI) & Substance Use Disorder (SUD) risks assessments & safety planning. I also provide Targeted Case Management (TCM), legal & community advocacy, psychoeducation, psychosocial & psychiatric rehabilitation, SA & addiction, grief, wellness & career counseling services to individuals, couples & groups affected by DV/IPV, MH — Adjustment, Stress & Anxiety, Mood, Obsessive-Compulsive, Posttraumatic, Dissociative, Psychotic & Personality Disorders (D/O) — SUD & co-occurring Addiction problems, in-office, in-home & online.

Licensure

- ✦ As of September 2019, I completed the 3,000 hours of clinical work under the supervision of Dr. Sonya Renée Oglesby, PhD, NCC, LPCS, LCAS, CRC, CCSI, & awaiting approval from the North Carolina Board of Licensed Clinical Mental Health Counselors (NCBLCMHC) for my unrestricted & full Licensed Clinical Mental Health Counselor (LCMHC) licensure. Feel free to contact me directly at: (336) 396-7834, via **email:** Stephanie.G@SafeHavenCounselingPLLC.com or in person with any questions or concerns regarding my credentials, or to verify this information at: www.nbcc.org/verify or <https://portal.ncblcmhc.org/verification/search.aspx>.

Areas of Expertise, Specialty & Competency

- ✦ **Domestic Violence (DV) Emergency, Advocacy & Long-Term Support, Victim Advocate & Case Manager** conducting DV/IPV screening, danger & need assessments, crisis intervention, safety planning, case management, legal & community advocacy at **Safe On Seven** (June 2011-Oct. 2016), Forsyth County's Family Justice Center in the District Attorney's Office w/ Family Services, Inc.
- ✦ **DV Victim & Mental Health (MH) Advocate** conducting support & counseling groups, career & grief counseling, individual & low-risk couple & family counseling at **Eliza's Helping Hands, Inc** (Dec. 2015-June 2018), **Program Director** of its CARE (Creating Access to Relationship Enhancement) DV/IPV program & **Board Chair**.
- ✦ **MH & Addiction Counseling Practicum Student** at Wake Forest Baptist Trauma Center's (May-Aug. 2016) providing supportive counseling, Motivational Interviewing (MI), Screening, Brief Intervention and Referral to Treatment (SBIRT) & harm reduction intervention to severely injured trauma patients w/ risky substance use, abuse, dependence or addictive behaviors (i.e. medical, physical injuries, dependency, social, occupational/educational & financial impairments...).
- ✦ **Career Counselor** (Aug.-Oct. 2016), **MH & Addiction Counseling Intern & Qualified Mental Health Professional (QMHP, Case Manager)** at PQA Healthcare, Inc.'s IPS-Supported Employment program (Aug. 2016-Nov. 2017), as **LPCA** (Nov. 2017- Feb. 2019) & **LCAS-A** (June 2018-Feb. 2019) providing trauma-informed crisis intervention, intensive Outpatient Therapy (OPT) & Targeted Case Management (TCM), including psychosocial & psychiatric rehabilitation & individual & group DV, MH, SA (i.e. Illness Management & Recovery & Dual Diagnosis group therapy), grief & career counseling & psychotherapy to individuals affected by moderate-to-severe & persistent co-



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- ✦ occurring MH & SA disorder with a history of psychiatric hospitalizations & other functional problems (i.e. unemployment, homelessness, legal problems & other high-risk situations) as well as on PQA Healthcare, Inc.'s Assertive Community Treatment (ACT) Team.
- ✦ **DV Victim Advocate, Trauma-informed MH & SA Therapist, Grief & Career Counselor & Owner** (Sept. 2018- present) at Safe Haven Counseling, PLLC providing crisis intervention, advocacy, case management & long-term therapeutic treatments in-office, in-home & online.
- ✦ **Interventions & Treatment Modalities:** 1) Therapeutic relationship-building; 2) Clinical interviewing & assessment; 3) Psychoanalytical, developmental, constructivist & strength-based counseling & therapy; 4) SMART & solution-focused goal-setting; 5) DV/IPV, MH/SIHI (Suicide & Homicide Ideations) assessment, safety planning, crisis intervention & treatment (Tx); 6) DV & MH TMC; 8) DV, MH & SA support, counseling & therapy groups; 8) DV, MH & SA individual counseling & therapy; 9) Couple & Family counseling; 10) Career counseling; 11) Grief counseling; 12) Community & legal advocacy; 13) DV & MH consultation.
- ✦ **My Counseling Approach:** Eclectic use of therapeutic techniques, interventions & strategies so as to best match my clients' personal characteristics, preferences & needs that I borrow from the psychoanalytic, developmental, constructivist, strength-based & trauma-informed counseling & therapy perspectives, including 1) Rogerian Person-Centered (PC); 2) Motivational Interviewing (MI); 3) Substance Abuse Brief Intervention & Referral to Treatment (SBIRT); 4) Harm Reduction; 5) Relapse Prevention (RP); 6) Solution-Focused (SF); 7) Wellness Counseling; 8) Narrative (NT); 9) Feminist (FT); 10) Dual Process Grief; 11) Holland's Career; 12) Cognitive Behavioral (CBT) & 13) Mindfulness.

Diagnosis

I typically assess for & use diagnostic criteria & symptom information to inform & guide my approaches to treatment planning & choices in selecting techniques, interventions & strategies that I believe will best match my clients' personal characteristics, preferences & needs rather than to reach a DSM-V diagnosis.

- ✦ However, keep in mind that billing health insurance typically requires behavioral health assessments to yield diagnosis demonstrating a medical necessity for the chosen treatment plan, goals, modalities, duration and prognosis.

(NEW) TeleHealth Services & Rates

- ✦ **Comprehensive Clinical Assessment** (eCCA) Conducted for: Individual (eCNS), Couple (eCPL), Family (eFam) & Group (eGrp): 1) Counseling Domestic Violence Anonymous (eDVA) | 2) Complicated Grief (eCXG) | 3) Severe & Persistent Mental Illness (eSPMI) | 4) Rethinking Your Drinking (eRYD) | 5) Process Addictions (ePAG)
- ✦ **No Assessment** Required for Phone Counseling (PhC) or Mutual Support Groups: 1) COVID-19 Support Group (eCOV19) | 2) Single Parents Group (eSPG) | 3) Counseling For Counselors (eCNS4C) & Professional Helpers (i.e. Human Services; Medical & Mental Health; First Responders; Shelter staff; Pastors; Small Business Owners & Supervisors; Attorneys & Paralegals; Teachers & TA's...)
- ✦ **Payment Methods:** Visa, MasterCard, Discover, AmEx & Health Savings via PayPal.
- ✦ **Accepted Insurance Plans:** Blue Cross & Blue Shield | CIGNA: Coming SOON!
- ✦ **Payment Plans & Discounts** Available to Medicaid & Private Pay clients experiencing financial hardship.



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- ✚ Use **Phone, Text, Email & Fax** for: Consults (i.e. Demographic, Insurance/Payer & Clinical info...), Appointments (i.e. Scheduling, Rescheduling, Confirmations & Cancellations...), Crisis Intervention (Mental Health, Domestic Violence, Addiction...), Phone Counseling (PhC), Case Management (i.e. Follow-Up (F/U), Monitoring & Prevention...) & Care Coordination (i.e. Record Requests, Referrals...)
- ✚ Dial **911** for Medical, Mental Health, Domestic Violence &/or Substance-Related Emergencies.

✚ (NEW) TeleHealth Services & Fees (May 23 rd to May 15 th , 2020)			
NEW!	Phone Counseling (PhC): \$50.00 / hr	NEW!	COVID-19 Support Group (eCOV19): FREE
NEW!	Assessments & Individual (eCNS): \$80.00 / hr	Couple (eCPL): \$100.00/hr	Family (eFAM): \$125.00 / hr
Therapy eGroups (90 min)			
	Complicated Grief (eCXG): \$50.00	NEW!	Severe & Persistent Mental Illness (SPMI): \$50.00
NEW!	Rethinking Your Drinking (eRYD): \$50.00	NEW!	Process Addictions Group (ePAG): \$50.00
Mutual Support eGroups (60 min)			
	Single Parents Group (eSPG): \$20.00	CNS For Counselors (eCns4C): \$20.00	COVID-19 (eCOV-19): FREE
Domestic Violence Services			
	Crisis Intervention: FREE	DV Assessments: \$50.00 / hr	Domestic Violence Anonymous (eDVA): \$25.00 / 1.5hr
	Court Appearance (i.e. Expert Witness): \$70.00 / hr	Case Management & Advocacy: \$50.00 / hr	
	Records Request: \$5.00	Letters & Forms: \$25.00	
	Missed Appointment Fee: \$25.00	Late Cancellation Fee (< 24 hrs prior): \$25.00	

Confidentiality

Your personal information & what is discussed during sessions, via phone, text, email or mail will become part of your confidential records, which you can access at any time, and which is legally protected by our **privileged relationship**, unless:

- ✚ You sign a consent form or direct me otherwise in writing to allow me to share relevant information with a concerned third party.
- ✚ I determine that you are at risk of harming yourself or others.
- ✚ I suspect child or elderly abuse.
- ✚ I am ordered by a court of law to disclose relevant information.
- ✚ In any of these cases, I would do my best to inform you prior to disclosing any information and keep your welfare as well as the best interest of your loved ones or other involved party as my priority.

Your Rights

- ✚ As Safe Haven Counseling, PLLC's client, you have access to DV/IPV, MH & SA crisis, grief, wellness & career counseling and psychotherapy, case management, advocacy, psychosocial rehabilitation via individual, couple and/or group modalities, whether you are seeking such services voluntarily, court-ordered or as strongly recommended by your county's Child Protective Services. Therefore, you have the right to refuse or withdraw from any and all treatment recommendations, in which case I would encourage you to consider the risks &/or benefits involved in your decision(s), as needed and appropriate.

- ✦ As a guardian, you will be part of these discussions and will ultimately be responsible for consenting to, refusing, or terminating the recommended treatment(s).
- ✦ Lastly, please understand that there are **no guarantees** regarding the effectiveness of the selected Tx to resolve the presenting issues, including to reduce symptoms or curing your mental illness(es) in whole or in part, given the complexity of all factors potentially involved when recovering.



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Your Responsibilities

- ✦ Keep in mind that the therapeutic process may, at times, be very challenging yet also extremely rewarding, all of which will only result from your active engagement, cooperation, transparency, motivation and genuine desire for learning, change, growth & improvement.
- ✦ As Safe Haven Counseling, PLLC's client, I, _____, agree to **attend all scheduled appointments, remain engaged in my treatment and committed to achieving my treatment goals to the best of my ability.**
- ✦ I agree to pay \$_____ for _____, and \$_____ for _____ prior to each session, according to my insurance benefits or payment plan:_____.
- ✦ I agree to **cancel or reschedule appointments at least 24 hours in advance** or pay a **\$25.00** for any **missed appointments & late cancellation** prior to my next appointment or within 30 days, whichever comes first.

Complaints

- ✦ I encourage you to address any issues or concerns you may encounter with me, personally, or with my counseling style or approaches with me directly in person, via phone or in writing.
- ✦ In the event that this does not help to solve the issue(s), you may refer to the American Counseling Association Code of Ethics online at: <http://www.counseling.org/Resources/aca-code-of-ethics.pdf> &/or refer to the **North Carolina Board of Licensed Clinical Mental Health Counselors** (NCBLCMHC) for instructions on how to file an official complaint via **mail:** P.O. Box 77819 | Greensboro, NC 27417 | **Phone:** 844-622-3572 or 336-217-6007 | **Fax:** 336-217-9450 | **Email:** <complaints@ncblcmhc.org>.

Online Reviews

- ✦ Lastly, I encourage you to leave a review of our services on **Safe Haven Counseling, PLLC website:** www.SafeHavenCounselingPLLC.Com | **Psychology Today:** www.PsychologyToday.com/profile/416595 | **Google:** <https://g.co/kgs/32eWC4> | **Facebook:** www.Facebook.com/SafeHavenCounselingPLLC

Acceptance of Terms

We agree to these terms and will abide by these guidelines.

Client: _____ **Date:** _____

Clinician: _____ **Date:** _____