



Tuck Holdings Therapy and Crises Counseling Service.

****Proposal: Rendering Therapy Services for City Workers****

****Introduction: ****

As the well-being of city workers is paramount to the efficiency and productivity of our municipality, it is imperative to establish accessible and comprehensive therapy services. Recognizing the stresses and challenges inherent in municipal work, we propose the implementation of therapy services tailored specifically for city employees.

****Objective: ****

The primary objective of this proposal is to provide city workers with easily accessible and confidential therapy services to support their mental health and well-being. By offering therapy services, we aim to reduce stress, enhance resilience, and foster a healthier work environment within the municipality.

****Scope of Services: ****

1. ****Individual Counseling: ****

- One-on-one counseling sessions conducted by licensed therapists trained in various modalities such as cognitive-behavioral therapy (CBT), mindfulness-based therapy, and solution-focused therapy.
- Confidential sessions aimed at addressing personal and work-related stressors, anxiety, depression, and other mental health concerns.

2. ****Group Therapy: ****

- Group therapy sessions focusing on common issues faced by city workers, such as stress management, conflict resolution, and work-life balance.
- Opportunities for peer support, sharing experiences, and building a supportive community within the workplace.

3. ****Crisis Intervention: ****

- Immediate access to crisis intervention services for employees facing acute mental health crises or emergencies.
- Collaborative efforts with local crisis hotlines and mental health professionals to ensure timely support and intervention.

4. ****Educational Workshops and Resources: ****

- Regular workshops and seminars on topics related to mental health, stress management, resilience-building, and self-care.

- Distribution of educational materials, articles, and resources to empower employees with knowledge and tools for maintaining mental well-being.

****Implementation Plan: ****

1. **Needs Assessment: **

- Conduct a survey or needs assessment to gauge the mental health needs and preferences of city workers.
- Analyze existing employee assistance programs (EAPs) and identify gaps in mental health support services.

2. **Partnerships and Resources: **

- Establish partnerships with local mental health clinics, counseling centers, and licensed therapists to provide therapy services.
- Secure funding and resources to support the implementation and sustainability of therapy services for city employees.

3. **Confidentiality and Accessibility: **

- Ensure confidentiality and privacy of therapy sessions through secure and confidential communication channels.
- Offer flexible scheduling options and convenient locations for therapy sessions to accommodate employees' diverse needs and preferences.

4. **Promotion and Awareness: **

- Launch a comprehensive communication and marketing campaign to raise awareness about the availability of therapy services.
- Utilize internal communication channels, such as newsletters, emails, and staff meetings, to promote the benefits of therapy and encourage utilization.

****Evaluation and Feedback: ****

1. **Ongoing Assessment: **

- Monitor the utilization rates and effectiveness of therapy services through regular feedback mechanisms and data analysis.
- Solicit feedback from employees to identify areas for improvement and ensure that therapy services remain responsive to their evolving needs.

2. **Outcome Measures: **

- Track key performance indicators such as employee satisfaction, absenteeism rates, and productivity levels to assess the impact of therapy services on workplace well-being.
- Collaborate with human resources and organizational development teams to integrate mental health metrics into performance evaluations and organizational goals.

****Conclusion: ****

In conclusion, the implementation of therapy services for city workers represents a proactive and holistic approach to promoting mental health and well-being within our municipality. By prioritizing the mental health needs of our employees, we demonstrate

our commitment to creating a supportive and thriving workplace environment. Through collaboration, innovation, and continuous improvement, we can cultivate a culture of wellness that benefits both individual employees and the organization.

Thank you for considering this proposal. We look forward to your support and collaboration in making therapy services accessible and effective for city workers.

****Therapy Services Fees****

Welcome to our Therapy Services Fee for Hire Page. We believe in providing accessible and quality therapy services to meet the diverse needs of our clients. Below are the details of our therapy services and associated fees:

****Individual Counseling Sessions: ****

- ****Initial Assessment Session: ** \$95 per session**
- ****Subsequent Counseling Sessions: ** \$100 per session**
- ****Package Deals: 5 Sessions \$400** Discounted rates available for pre-paid packages of multiple sessions

****Group Therapy Sessions: ****

- ****Per Session Fee: \$ \$200 per participant**
- ****Package Deals: \$600** Discounted rates available for organizations or groups booking multiple sessions

****Crisis Intervention Services: ****

- ****Emergency Session: ** \$150 per session (outside of regular office hours)**
- ****Follow-Up Sessions: 95** Standard individual counseling session rates apply

****Educational Workshops and Resources: ****

- ****Workshop Pricing** varies depending on workshop duration and content. Please contact us for a customized quote.
- ****Educational Materials: **** Some resources may be available free of charge, while others may require a nominal fee.

****Payment and Insurance: ****

- We accept various payment methods, including credit/debit cards, checks, and electronic funds transfer (EFT).
- We also work with select insurance providers. Please inquire about insurance coverage and reimbursement options when scheduling your appointment.

****Cancellation and Rescheduling Policy: ****

- We understand that unforeseen circumstances may arise. Please provide at least 24 hours' notice for cancellations or rescheduling to avoid a cancellation fee.

- Cancellation Fee: \$50 (applies to cancellations with less than 24 hours' notice)

****Accessibility and Special Considerations: ****

- We strive to make our services accessible to all individuals. Please inform us of any special accommodations or considerations you may require.
- Sliding Scale Fees: We offer sliding scale fees for clients experiencing financial hardship. Please discuss your situation with us to explore available options.

****Contact Us: ****

For inquiries about our therapy services fees, scheduling appointments, or any other questions, please contact us via:

- Phone: 478-464-6540
- Email: jeremytuck@tuckholdingsllc.com
- Office Hours: M-F 9AM-9PM Sat (ON CALL) SUNDAY OFF.

Thank you for considering our therapy services. We are dedicated to supporting your mental health and well-being journey.