

+Expanded Sliding Scale Private Rates

Anti-Oppressive Rate Structure Questionnaire

This tool helps you select a fee tier that reflects your lived experience, access to resources, and financial realities. Your responses are confidential. There are no “correct” answers — only an honest reflection of your conditions and capacity.

SECTION 1: Access to Wealth + Resources

1. Do you or your family own property, land, or significant financial assets?
2. Do you have access to generational wealth (inheritance, family financial gifts, trust funds, etc.)?
3. Have you ever been financially supported by family for school, housing, or major expenses?
4. Can you comfortably save money each month?
5. Do you have low or manageable debt relative to your income?
6. Do you have a financial safety net (family, partner, community) to rely on in emergencies?
7. Have you consistently had stable, livable employment with benefits?

Total: _____

SECTION 2: Experiences of Systemic Barriers

8. Have you ever been denied opportunities due to racism, xenophobia, homophobia, transphobia, fatphobia, ableism, or classism?
9. Are you a first-generation college student or the first in your family to access higher education?
10. Are you financially responsible for supporting others in your household or extended family?
11. Do you live with chronic illness, disability, or mental health conditions that significantly impact earning potential?
12. Have you experienced medical debt, housing instability, or food insecurity?
13. Are you an immigrant, undocumented, or navigating visa limitations?
14. Have systemic barriers limited your career or educational access more than personal choice?

Total: _____

SECTION 3: Current Financial Realities

15. Do you struggle to meet monthly bills, rent, or loan payments consistently?
16. Does your income vary unpredictably from month to month?
17. Do you work multiple jobs or gig work to meet basic needs?
18. Are you uninsured or underinsured?
19. Would paying full fee for mental health care create financial strain or limit your ability to meet basic needs?

Total: _____

SECTION 4: Socioeconomic Positioning

20. Are you a U.S. citizen with legal/documentated status?
21. Do you have reliable access to transportation, safe housing, and stable internet?
22. Do you feel financially safe enough to take time off when sick or burned out?
23. Do you have dependents (children, disabled family, elders) relying on your income?
24. Do you experience financial discrimination due to body size, disability, gender identity, race, or relationship status?
25. Are you navigating domestic violence, estrangement, or limited family support?

Total: _____

Scoring:

Count “YES” responses separately in two categories:

- **YES to wealth/privilege questions (1–7, 20–22)** → indicate ability to pay higher rates
- **YES to systemic barriers/financial strain questions (8–19, 23–25)** → indicate need for reduced rates

You do *not* need to share totals unless you want to.

Total questions (1–7) : _____
Total questions (8–19, 23–25): _____

RATE TIERS

Separate pricing for Intakes vs. Follow-Ups to reflect workload, documentation, and clinical labor.

Sliding Scale Private Rates

These rates reflect a commitment to equitable, trauma-informed care. Payment is determined by self-reported financial circumstances. No proof of income required—just honesty and community trust.

Income-Based Sliding Scale Tiers

Tier 1: Resourced – Paying full fee sustains this practice.

(Scores: **7+ YES** in resource access **0–4 YES** in systemic barriers)

Tier 2: Supported – Paying slightly reduced rate with some financial constraints.

(Scores: **1–3 YES** in resource access **5–12 YES** in systemic barriers)

Tier 3: Community Rate – Reduced rate for those with significant barriers to access.

(Scores: **0–1 YES** in privilege **8–16 YES** in barriers systemic barriers)

New Psychiatric Intake Evaluation (includes med evaluation & psych assessment)

90 minutes

- Tier 1: \$375
- Tier 2: \$300
- Tier 3: \$225

60 minutes

- Tier 1: \$300
- Tier 2: \$240
- Tier 3: \$180

Follow Up Medication Management Sessions

Usually includes brief supportive therapy, med adjustment, and documentation

- 30 minutes

- Tier 1: \$175
- Tier 2: \$140
- Tier 3: \$100
- 45 minutes
 - Tier 1: \$225
 - Tier 2: \$180
 - Tier 3: \$135
- 60 minutes
 - Tier 1: \$275
 - Tier 2: \$220
 - Tier 3: \$165

**Tier 4: Pro-Bono/Low Bono Slots- Reserved for clients with profound economic barriers, including:

- disabled or chronically ill individuals with severely limited earning potential
- undocumented individuals
- clients facing systemic violence, displacement, or acute hardship

Rates:

- Intakes: **\$0–\$100**
- Follow-Ups: **\$0–\$80**

Availability is limited per year

You are invited to choose the rate that accurately reflects both your access to resources and the ways systems have shaped your financial reality. This structure aims to reduce financial shame and honor the truth that affordability is different for all of us.