



The following ACADEMIC COACHING table explains packaged coaching logistics brought to you by Ms. Brianna Schiavoni, LISW, LCSW. Respective services have been designed in support of best outcomes & following years of trial & error in the field of AD/HD coaching with students & families in Gainesville, FL where Mindful Milestones was first birthed. Ms. Schiavoni is new to the Columbus area & excited to pilot these packaged services ☺

Interested parties can proceed with intake paperwork, as well as review a copy of the Office Policies & Fee Schedule Form at www.MindfulMilestones.org > YOUR NEEDS > PAPERWORK. To initiate services, please use the 'Contact' form on the site or email Ms. Brianna directly at mindful.milestones@gmail.com, who will arrange for a 30-minute phone session with the paying party at no charge & to determine the 'degree of fit' between therapist & inquiring party.

While reviewing the monetary cost of said services spelled out in the following table, you might consider the following family investment norms:

In 2015, an adult with ≥ 1 child living at home spent nearly \$3000 on digital technology. A family of 4 spends upwards of \$100 to simply eat pizza, ice cream & see a movie. The average weekly rate for day camp in the summer is \$315 per child – sleep away camps average at \$770 per week. Music lessons range from \$1200-\$3000 annually; dance \$1200-\$4000 not including shoes, costumes & travel. A single pair of sneakers for your growing teen is typically more than \$100...

Before drawing conclusions as to the price of coaching, consider: How much are you willing to spend on your child's athletic pursuits. Are you willing to pay the \$30-\$80 college application fee? If so, might investing in your child's ability to succeed in grade school be worth it? How much are you willing to spend to increase his/her chances of successful graduation from college? How about your child's social-emotional success – what sort of price would you put on that...?

Packaged Service	Logistics	Description	Cost
Academic Coaching Standard Package Minimal Parent Involvement	5 Session Total Intake: 90 - 120 Minutes 60 & 90 Minute Options Thereafter	<p><u>Intake:</u> Comprehensive review of problem(s) with case management, education & treatment planning specific to your child. Areas of executive dysfunction (attention, organization, memory, activation & impulse control) will be explored, along with the identification of strengths. <i>Contracting of services pending mutual agreement.</i></p> <p><u>Respective Sessions:</u> Will cover introduction to & practiced use with mindfulness & other 'grounding' techniques; strategies for improved focus, task initiation, memory, & organization; and study skills for best outcomes. <i>All sessions are personalized & involve the application of strategies as homework 'challenges' for reward, along with a review of interval outcomes with troubleshooting as needed.</i></p>	Intake: \$200 a) 60 Min Remaining Bundle = \$600 (Total: \$800) b) 90 Min Remaining Bundle = \$700 (Total: \$900) <u>Cost Includes:</u> Select tools & incentives; therapist's travel time; 1 hour of remote support via text or phone for reinforcement & troubleshooting.

Additional Sessions (Social-Emotional, Parenting Support) = **\$120** HR, **\$30** per ¼ HR
 Academic Maintenance Work = **\$100** HR, **\$25** per ¼ HR

Packaged Service	Logistics	Description	Cost
Academic Coaching Specialized Package With Parent Coaching	7 Session Total Intake & Parent Coaching Session: 120 Minutes 90 Minutes Otherwise	<p><u>Intake:</u> Comprehensive review of problem(s) with case management & treatment planning specific to your child. Areas of executive dysfunction (attention, organization, memory, activation & impulse control) will be explored, along with the roles/responsibilities of parent(s) in behavior management. Identification of strengths & meaningful reinforcement discussed. <i>Contracting of services pending.</i></p> <p><u>Respective Sessions:</u> Rapport building with student; intro to & practiced use with mindfulness & other 'grounding' techniques; education re: the brain & 'fight/flight/freeze' mode with identification of respective physical sensations; individualized parent coaching with & without student participation; strategies for improved focus, task initiation, memory, & organization; plus study skills for best outcomes. <i>All sessions are personalized & involve review of interval outcomes with troubleshooting as needed.</i></p>	Intake: \$250 Remaining Bundle = \$1050 (Total: \$1300) <u>Cost Includes:</u> Select tools & incentives; therapist's travel time; 1 hour of remote support via text or phone for reinforcement & troubleshooting.

Additional Sessions (Social-Emotional, Parenting Support) = **\$120** HR, **\$30** per ¼ HR
 Academic Maintenance = **\$100** HR, **\$25** per ¼ HR