

# Cartwheel: Your Virtual Mental Health Care Provider



**Your child deserves to thrive. Cartwheel is here to help.**

## What is Cartwheel?

- ✓ Virtual therapy with licensed clinicians - and no waitlists
- ✓ Monday-Friday, 8am-8pm; Saturday 8am-5pm
- ✓ Multiple languages
- ✓ 55-minute weekly sessions for 2-6 months on average
- ✓ We are a medical practice that bills your insurance. Families with Medicaid or no insurance have \$0 out-of-pocket costs.

**95% of caregivers** would recommend Cartwheel to a friend or neighbor

**92% of students** say they feel better after working with a Cartwheel clinician

## Next steps:

- 1 With your consent, **school staff will refer** your child to Cartwheel.
- 2 Look out for a **text message from Cartwheel** (617-272-7439) with a "Get Started" link to provide availability and insurance details in our Welcome portal.
- 3 We provide you with a **cost estimate** and work together to **schedule your first session**.
- 4 Please **complete all intake forms** before the first session.
- 5 A parent/guardian **must be virtually present** for the first and last session.



## Questions?

Visit [www.cartwheel.org/families](http://www.cartwheel.org/families) to learn more and request a referral. After you've been referred - you can email [office@cartwheelcare.org](mailto:office@cartwheelcare.org) or call/text us at (617) 272-7439.



Learn more:

[www.cartwheel.org/families](http://www.cartwheel.org/families)

## Cartwheel services:

Virtual therapy makes it easier for students and families to speak with licensed clinicians. All of our services are offered both in-home and in-school. Sessions are private and confidential and can be joined via computer, tablet, or smartphone.

### Direct referrals to:

- 1-1 evidence-based therapy (grades 3-12)
- 1-1 parent guidance (PreK-12)

### Internal referrals to:

- Psych consultations & medication management
- Family therapy
- Intensive outpatient and partial hospitalization partners

### Support services:

- Care coordination
- Webinars
- Referrals to other providers if needed

### Treatment designed for students who struggle with:

- |                  |               |                         |                  |
|------------------|---------------|-------------------------|------------------|
| • Anxiety        | • Self-esteem | • School avoidance      | • Family issues  |
| • Stress         | • Self-harm   | • Motivation            | • Trauma         |
| • Depression     | • Anger       | • Executive functioning | • Sleep issues   |
| • Loss and grief | • Sadness     | • Social difficulties   | • Technology use |
| • Identity       | • Coping      | • Relationships         | • And more...    |

### How much does Cartwheel cost?

- Cartwheel is covered by most insurance plans.
- Standard co-pays and deductibles apply.
- Great out-of-plan options available.
- Families with Medicaid or no insurance have \$0 out-of-pocket costs.
- Before your first appointment, our Care Coordination team will provide a cost estimate so you know what costs to expect.

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