

ASDI RATE CHANGE – Effective Jan 1, 2026

At the Anxiety and Stress Disorders Institute, we are raising our rates by a small amount.

Should this increase produce an undue burden for any current patient, please bring this to the attention of your therapist for further discussion. We will continue to offer some low fee services by our trainees under the close supervision of senior staff.

Thank you for the privilege of providing mental health services to you during these challenging times.

90791 (Intake Evaluation)	Adult: \$275.00 Child: (up to age 18) \$325.00 (all providers)
90834 (45 min)	Adult: \$180.00 (LCPC, LCSW), \$200.00 (PhD, PsyD) Child: \$200.00 (LCPC, LCSW), \$220.00 (PhD, PsyD)
90832 (30 min)	Adult: \$120.00(LCPC, LCSW), \$130.00 (PhD, PsyD) Child: \$130.00 (LCPC, LCSW), \$140.00 (PhD, PsyD)
90837 (60+min)	Adult: \$200.00 (LCPC,LCSW), \$220.00 (PhD, PsyD) Child: \$220.00 (LCPC, LCSW), \$240.00 (PhD, PsyD)
90846/90847 (Family)	\$190.00 (LCPC,LCSW), \$210.00 (PhD, PsyD)

Fees for additional Services such as assessment and school visitation please consult your provider.
Rates for directors, nurse practitioner and trainees: Please contact your provider for details.

For Medicare patients who are seeing in network providers, there is no change, as rates are.
Set by Medicare.

Sally Winston PsyD, Michael Heady LCPC, Sarah Crawley PhD