Matt Case

COUNSELING

Community Based Sliding Scale Fee Structure

What is sliding scale? When a therapist accepts sliding scale, it means they accept a reduced fee that is based on how much the client can sustainably afford to pay. Sliding scale falls in a range, from low to high, and the client places themselves on the range based on several factors such as income, wealth, and access to resources. I have made this a part of my practice because I believe in it as a way of addressing inequity. I believe that therapy should be accessible to anyone who needs it regardless of their ability to pay.

How do you structure your sliding-scale fees? I keep a certain number of weekly slots at the low, medium, and full fee amounts. Please know that I offer the same high-quality therapy to everyone in my practice regardless of how much is paid. Here is my fee structure:

	Full Fee	Medium	Low
Individual Therapy	$130	$80-100	$40-60
Group Therapy	$65	$30-40	$20-30

How do I place myself on the sliding-scale range? In order to make this work, it is essential that you place yourself in the correct fee category. If you place yourself too low, then someone who has more financial need than you will not be able to access it. If you place yourself too high, then you will be taking on too high of a burden and will not be able to sustain our journey together. Place yourself in the correct fee category by using the diagram on the next page. This diagram will guide you to determine where you fall in relation to others in our community who are also seeking sliding-scale therapy.

Here are the steps in this process:

1. Review the categories below and determine which category you're in and let me know.
2. I will let you know if I have a slot available in that fee range. If I do, then great! If do not, then I will place you on a waiting list. I keep separate waiting lists for each category.

Matt Case

COUNSELING

Sliding Fee Categories

Note: These categories are guidelines, and cannot possibly described everyone's financial situation. They are here to give you a broad sense of where you might land in this sliding fee scale. If you have questions, let's talk. — Matt

Full Fee

- I am able to eat at restaurants, buy new things, and go out.
- Although my debt can be stressful, it earns me equity.
- I have savings/inheritance & I own nice things.
- I comfortably meet my basic needs, travel recreationally & own a reliable car.
- I am educated and have some identities currently privileged by economic and social structures: such as white, male, cis-gender, able-bodied.

Medium Fee

- I am employed, make ends meet, but make small sacrifices in order to budget the amount that is left over.
- I don't save much, I limit vacations & traveling & I may do unpaid community organizing.
- I rent or own a modest living space.
- I am in these circumstances not as a lifestyle choice but because I face economic barriers that make it difficult to get ahead.

Low Fee

- I stress about meeting my basic needs & sometimes am unable to do so. I am underemployed & don't buy much.
- I may be a primary caregiver & my housing may be unstable.
- I do not own property or have much savings.
- I may face systemic barriers such as a felony record.
- I may face additional social barriers, such as racism, ableism or transphobia.

Sliding-scale description and ducks has been adapted from Alexis J. Cunningfolk, Valerie Wanamaker, LCSWA, and George Nichols, PhD.

www.mattcasecounseling.com
1611 E Franklin St • Chapel Hill • NC • 27514
(336) 775-7881 • Fax: (888) 873-6128