

ReCAST Connect Provider Fees

*These rates are based on survey data collected from ReCAST Connect Providers. The rate of service is based on services providers charge to provide a trauma -informed, trauma -healing, crisis response and recovery as well as, mental health and overall healing services targeted to individuals or groups in the current market. This rate service should not include funds used to pay for food, bus cards, child care honorariums associated to the activity. Please refer to the sample invoice.

| Individual Services | Fee |
|---|--------------|
| | Per Person |
| Body Work (reiki, yoga, meditation, acupuncture etc.) | \$150.00 |
| Counseling | \$150.00 |
| Holistic Wellness | \$100.00 |
| Life Coaching | \$100.00 |
| Mentoring | \$100.00 |
| Therapy | \$200.00 |
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| Group Services | Fee |
| | Per Activity |
| Body Work (reiki, yoga, meditation, acupuncture etc.) | \$200.00 |
| Family Therapy (2+ individuals) | \$250.00 |
| Group Counseling (2- 10 individuals) | \$300.00 |
| Group Mentoring (2-10 individuals) | \$150.00 |
| Group Therapy (2-10 individuals) | \$250.00 |
| Holistic Wellness (2-10 individuals) | \$150.00 |
| Small Group Healing circles (2-10 individuals) | \$250.00 |
| Community healing circle (10+ individuals) | \$300.00 |

| Individual Services | Description of Services |
|---|---|
| Body Work (reiki, yoga, meditation, acupuncture etc.) | A specialized therapeutic or personal development technique that involves working with the human body in a form involving manipulative therapy, breath work, or energy medicine. |
| Counseling | A credentialed professional that offers support, guidance to an individual(s) in resolving personal, social, or psychological problems and difficulties. |
| Holistic Wellness | Holistic wellness is an approach to being healthy that looks at a person's health in a holistic way. This considers their body, mind and spirit. |
| Life Coaching | Life coaching is a practice with the aim of helping clients determine and achieve personal goals. Life coaches use multiple methods that will help clients with the process of setting and reaching goals. Coaching is not used to support psychological illness, and coaches are not therapists nor consultants. |
| Mentoring | Mentorship relationship structure designed to affect the "amount of psychosocial support, career guidance, role modeling, and communication that occurs in the mentoring relationships with young people |
| Therapy | A credential specialized provider that treat or diagnosis a mental or emotional illness or condition. |
| Group Services | Description of Services |
| Body Work (reiki, yoga, meditation, acupuncture etc.) | A specialized therapeutic or personal development technique that involves working with the human body in a form involving manipulative therapy, breath work, or energy medicine offered in a group setting. |
| Family Therapy (2+ individuals) | Family therapy, couples therapy family systems therapy, and family counseling, is a branch of psychotherapy that works with families and couples in intimate relationships to nurture change and development. |
| Group Counseling (2- 10 individuals) | A credentialed professional that offers support, guidance to an individual(s) in resolving personal, social, or psychological problems and difficulties. These services are offered in a group setting. |
| Group Mentoring (2-10 individuals) | Mentorship relationship structure implemented in a group setting to affect the "amount of psychosocial support, career guidance, role modeling, and communication that occurs in the mentoring relationships with young people. |
| Group Therapy (2-10 individuals) | Designed to target a specific problem in a group setting Some areas of focus can include: depression, trauma recovery, anxiety, or substance abuse, helping people deal with a range of issues such as anger, grief, loss |
| Small Group Healing circles (2-10 individuals) | Gathering together in a circle with a group of individuals who give and/or receive healing and energy in a healing space. |
| Community Healing Circle | A specific healing intervention with a group of individuals working in tandem to facilitate repair and recovery after traumatic incidents that have happened in the last 6-12 months community. Circles are comprised of community members including Healing practitioners and other important stake holders. |

SAMPLE INVOICE

Date: 01/01/2019

Invoice# 01012019

Contract# COM000034

Supplier # 12345

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|--|---|
| From: Supplier name Supplier address Supplier phone number Supplier email | To: Joy Marsh Stephens City of Minneapolis Division of Race & Equity, City Coordinator 350 South 5 th Street, M301 Minneapolis, MN 55415 |
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Description of work completed this period: Fee:

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| Group Counseling (10 individuals) | \$300.00 |
| Small Group Healing circles (10 individuals) | \$250.00 |
| Food for 20 individuals x \$3.00 | \$ 60 |
| Room rental x2 events | \$ 500.00 |
| 20 Gift cards (receipt attached) to Cub Foods \$30 each card | \$ 600.00 |

Total Amount Due: \$ 1710.00

Please submit invoices to submitinvoices@minneapolismn.gov and CC ReCASTMinneapolisInfo@minneapolismn.gov