

Is Streamind Right for Our Family?

Initiating behavioral health care is a big decision. Below are some common questions families often share when considering behavioral health services—and a bit more information that may help you decide what's right for your child.

“We already have a mental health provider”

Many families working with a Streamind provider also see another therapist. Traditional therapy often focuses on **mental health symptoms** like anxiety or depression. Streamind is different. We focus on how thoughts, emotions, and behaviors influence **physical symptoms**. Our goal is to help kids learn skills that reduce pain, improve functioning, and support their health. Streamind may be a great complement to their current care.

“My child doesn't have mental health concerns.”

Many Streamind patients don't either! Streamind focuses on how the brain and body interact in medical conditions and is specifically designed to **target headaches**. Our goal is to teach practical strategies that help kids with chronic symptoms feel better and get back to the things they love.

“Cost is a barrier for our family”

We know that cost can be a barrier. While we're not yet in-network with insurance, we can help you explore out-of-network reimbursement options. We provide a Superbill to submit to your **insurance for reimbursement**. Our team can explain this process in greater detail.

In addition, there are **grant opportunities** that may cover the cost of care:

UnitedHealthcare Children's Foundation (*for families with commercial insurance & a child < 16*)

Oracle Health Foundation (*for families with any insurance, based on household income*).

Email Streamind staff if you're interested in learning more.

“We don't have the time right now.”

We completely understand — your family's schedule is full! That's why Streamind was designed to be flexible and efficient. Our services are: **Virtual** (sessions are held remotely, from home or wherever is most convenient), **Short-term** (therapy is focused and time-limited), and **Goal-oriented** (every session teaches skills your child can use right away). Many families find that even a brief course of care can make a meaningful difference in symptom control and overall wellbeing.