

## 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.