

## Counseling Services

Lighthouse offers teletherapy throughout California. Counseling services include the following:

- Trauma-Focused Cognitive Behavioral Therapy
- Attachment-Based Family Therapy
- Solution-Focused Brief Therapy
- Cognitive Behavioral Therapy
- Couples Counseling
- Domestic Violence Therapy
- Postpartum Depression and Anxiety Counseling



## Medi-Cal

Lighthouse accepts Medi-Cal benefits for counseling services and can assist with applying for Medi-Cal benefits. Medi-Cal is a program that offers free or low-cost health coverage for children and adults with counseling services and managed care. Lighthouse is a service provider for the following managed health care providers: Anthem Blue Cross, California Health and Wellness, Health Net and MHN.

## Private Health Insurance

This is health insurance offered by the private health insurance industry and provided by your employer or a broker, as opposed to government-run insurance programs.

Lighthouse accepts a variety of private health insurance plans for our counseling services.

Lighthouse is a service provider for the following Private Health Insurance/Employer provided plans:

- Blue Shield of California
  - Cigna
  - Health Net
- Call for information on other private health insurance such as Humana, Beacon, Aetna, Magellan, United Healthcare and Western Health Advantage.

## Employee Assistance Program (EAP)

EAP is a voluntary workplace benefit program that offers free and confidential assessments, short-term counseling, referrals and follow-up services to employees who have personal and/or work-related challenges. Services provided by Lighthouse include individual and family therapy, treatment for trauma, grief, depression, anxiety, work related challenges, childhood and adolescent concerns and other life stressors.

Lighthouse is a service provider for the following Employee Assistance Program providers: • KEPRO • CaringBridge • Cigna • Anthem Blue Shield • MHN • ACI Specialty Benefits • Workplace Options. Call to ask if Lighthouse is a service provider of other insurance carriers, or if a single case agreement can be arranged.



## Drivers Return to Duty Need to get on the road again?

As part of employer's return-to-duty process, a Lighthouse Substance Abuse Professional (SAP) evaluates clients (employees) who have violated a Department of Transportation (DOT) drug and alcohol regulation and makes recommendations concerning education, treatment, follow-up testing and aftercare.

**Victims of a Crime** Lighthouse offers counseling services to victims and witnesses of all types of crimes. Participants must have an application completed with the California Victim Compensation Board. Lighthouse can assist you with the application.

**Call Now!**

For more information about our no-to-low cost services.