



Katia Bhagatram, LPC.

Mental Health Therapist specializing in at-risk adolescents who experience anxiety & depression.

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Overview

Services Offered	Telehealth throughout Colorado. In-person small groups (nature/activity based) Individual therapy School-based therapy
Ages Served	3rd Grade- Adult
Insurances Accepted	Medicaid Aetna Cigna
Background	Originally from Alaska, my experience has ranged from working in child protection to working in Community Mental Health Centers. Most recently, I have been providing individual and group therapy for adolescents at R-5 high school, through the CDPHE sponsored IMatter program, and at Marillac Health. I am a Licensed Professional Counselor and a CO state certified School Counselor.
Objectives	<ul style="list-style-type: none">● Enhance and expand the services provided by school mental health professionals● Increase the potential for children to overcome social/ emotional barriers that may prevent them from attaining their educational goals● Reduce access barriers for underserved populations
Target Audience	Students identified to be involved in high-risk situations such as self-harm, suicidal ideation, substance abuse, poor academic engagement, family disconnect, involved in foster care, etc.
What the School Provides	Private space where student’s confidentiality can be maintained.

Program Specifics

<i>Program Scope</i>	It is my aim to provide complimentary mental health services to school counselors by focusing on the clinical aspect of students behaviors, so that school staff can focus on the educational progress.	
<i>Program Costs</i>	<ul style="list-style-type: none">• Nothing to the school!• If billed through Medicaid, students can receive unlimited, free mental-health therapy as long as there is a clinical need identified through on-going identified goals and updated treatment plans.	
<i>Is Parent Consent Needed?</i>	<ul style="list-style-type: none">• Technically, Colorado HB 19-1120 was signed into law and went into effect on May 16, 2019, lowering the age of consent for psychotherapy services from 15 years old to 12 years old. 1 C.R.S. § 27-65-103(2).• However, it is advised that schools inform families of the option for their student to meet with a mental health counselor so the families can support their students at home with any therapeutic goals.• Additionally, guardians will need to provide insurance information.	
<i>Therapeutic Models Used</i>	Brief Solution-Focused Cognitive Behavioral Therapy Mindfulness Polyvagal Theory	Animal-Assisted Client-Centered
<i>Session Duration</i>	55 Minutes	