



# Proposal for City Colleges of Chicago

*Transforming Student Mental Health. Together.*

## OVERVIEW

MyOwnDoctor is excited to potentially work *together* with City Colleges of Chicago (CCC) to improve the mental health of students by augmenting the services currently offered by the Wellness Centers by adding virtual mental health consults for extended hours and for the first time, providing CCC students with virtual psychiatric consults.

City Colleges of Chicago is the largest community college system in Illinois and one of the largest in the nation serving over 70,000 students annually. In coordination with the college's Wellness Center, MyOwnDoctor sees an opportunity to provide virtual mental health services to supplement the Wellness Center's services and address the needs of the college's diverse student population.

MyOwnDoctor offers premium virtual primary and mental health care to the general market and is the first to also offer culturally competent, virtual care through its Black Telehealth and LatinX Telehealth platforms, which connect members to Black and Brown providers. Our programs make it easier for members to get the services they need and to connect with providers who look like them and understand their lived experience.

We are thrilled to submit a proposal for your review which will enable City Colleges of Chicago to expand Mental Health resources offered to students in need.

## BUDGET UTILIZATION PLAN

The rates quoted are based on no minimum guarantee of virtual consults, which is needed for lower rates. The pricing included in this proposal reflects an On Demand Pay As You Go service.

CCC will cover costs for all students who use the virtual mental health services up to \$150,000.00. The service will be provided for one year or until the funds have been exhausted, whichever comes first. MyOwnDoctor will provide monthly utilization reports to CCC to monitor for usage and progress of budget spending.

## PROGRAM COST ESTIMATE

These rates are only applicable for the next 12 months.

### Virtual Therapy Consults

Licensed Clinical Social Workers (LCSW) or Licensed Clinical Professional Counselors (LCPC) will provide the therapy consults. Virtual therapy consults will span 45 to 60 minutes. Virtual therapy consults may be provided during standard business hours from 9 am to 5 pm, weekday evening hours from 5 pm to 9 pm, and Saturdays from 11 am to 3 pm.

- **9am - 5pm**
  - \$115 per initial consult (60 mins)
  - \$105 per follow up consult (45 mins)
- **After hours 5pm - 9pm on weekdays**
  - \$125 per initial consult (60 mins)
  - \$115 per follow up consult (45 mins)
- **Saturdays 10am - 6pm**
  - \$125 per initial consult (60 mins)
  - \$115 per follow up consult (45 mins)

### Virtual Psychiatric Consults

Psychiatric Mental Health Nurse Practitioners (PMHNP) will provide both initial psychiatric assessment consults and follow-up consults with students. The initial consultation will span between 60 to 90 minutes while the follow-up consults will be approximately 15 minutes. Virtual psychiatric consults may be provided during standard business hours from 9 am to 5 pm, weekday evening hours from 5 pm to 9 pm, and Saturdays from 11 am to 3 pm. To manage costs, services will be provided on a certain day of the week.

- **9am - 5pm**
  - \$279 per initial Psych Assessment consult (60-90 mins)
  - \$115 per follow up consult (~15 mins)
- **After hours 5pm - 9pm on weekdays**
  - \$289 per initial Psych Assessment consult
  - \$135 per follow up consult (~15 mins)
- **Saturdays 11am - 3pm**
  - \$299 per initial Psych Assessment consult (60-90 mins)
  - \$135 per follow up consult (~15 mins)

### Branded Virtual Practice

Our branding solution integrates the personal brand of CCC that students already know and trust for a more seamless experience. MyOwnDoctor's virtual practice branding solution includes a customizable web-based landing page for student sign up and log in.

- **CCC Branded Virtual Practice:** Free with Virtual Mental Health Services.