



## Mental Health Counselling Fee for Service

The Nunatsiavut Government, Department of Health & Social Development holds the responsibility of overlooking their own non-insured health benefits program. As a result, we overlook the application, approval/denial process, as it relates to the non-insured health benefits beneficiaries of the Labrador Inuit Land Claims Agreement (LILCA) are eligible to receive. The following is information related to private counselling coverage, through our NIHB mental health coverage for private counselling:

### Who can become a private provider?

The NIHB Department may provide limited funding for professional mental health counselling for individuals in need of mental health counselling/therapy. Funding for these services can be provided by mental health therapists from the disciplines of:

- Certified counsellors, psychology, psychiatric nursing and/or social work, and;
- are registered with their professional body in good standing (indicating their registration # on the provider application)

### How can coverage be accessed?

Funding may be provided following the approval of the following applications:

- *Mental Health Counselling Coverage Application for Beneficiaries of the Labrador Inuit Land Claims*, and;
- *NIHB Private Mental Health Counselling Provider Registration Application*.

### What coverage is available?

The following is able to be covered by NIHB mental health service upon approval of the application(s):

- Eligible clients can receive up to 22 hours of counselling performed by an approved provider, within the 12 month calendar year (Jan-Dec), on a fee-for-service basis (such as, individual or group counselling). Additional hours in the same 12 month calendar year may be provided on a case-by-case basis.
- Eligible clients are entitled to a maximum hourly rate of coverage for each province & territory they permanently reside in, and it can be found:
  - [NIHB \(express-scripts.ca\)](https://www.nunatsiavut.ca/nihb/express-scripts)

### What coverage is not available?

The following is unable to be covered by NIHB mental health service:

- psychoeducational testing assessments, educational and vocational counselling, life skills training, life coaching/mentoring, early intervention/enrichment programs, sexual surrogacy/surrogate partner therapy, neuromodulation or other medical treatment such as psychedelic assisted psychotherapy
- conversion therapy (any practice, treatment or service designed to change or repress a person's sexual orientation, gender identity/expression)
- accommodations and treatment fees for facility-based addictions treatment (publicly funded addictions treatment is available to eligible clients through the Indigenous Services Canada's Mental Wellness program or through programs funded by provincial or territorial governments)

## Additional considerations:

NIHB funds should be used only for professional mental health therapy/counselling services for those situations in which early intervention, short-term therapy for at-risk crisis situations is recommended and is not available through other Indigenous Services Canada programs or provincially funded facilities. The service is provided on the basis of a diagnosis and treatment plan which must be prior approved by a mental health professional. Treatment may be provided to individuals in a private practice setting and individuals in their community.

### Criteria

Benefits are provided under the following conditions:

- (a) Funding for fees for professional mental health therapists for the initial assessment and development of a treatment plan as necessary.
- (b) Funding for mental health treatment by, or supervised by, professional health therapists.
- (c) Funding for fees associated with individual, conjoint (with couple), family or group therapy sessions can be provided.
- (d) Sessional fees when it is deemed cost effective to transport a professional mental health therapist to a remote community.

