



Frequently Asked Questions (FAQ)

Q: What services does The Hope Institute (THI) Provide?

A: THI treats individuals struggling with thoughts of suicide through individual therapy sessions and DBT group skills sessions. Individuals struggling with suicidal ideation can come to The Hope Institute to reduce suicidal risk, increase hope, and obtain the ability to safely wait for ongoing outpatient care through stabilization. Our approach is unique, as it is based in the **Collaborative Assessment and Management of Suicidality (CAMS)** and **Dialectical Behavioral Therapy (DBT)**, two of the most effective, evidence-based models currently available for treating suicidality.

Q: Who does THI treat?

A: Currently THI treats CUSD K-12 students and CUSD faculty experiencing thoughts of suicide. The intention is to expand the populations we treat in phases:

- First phase is CUSD students, K-12
- Second phase includes CUSD faculty (**currently at this phase**)
- Third phase includes the larger east valley community

Q. How quickly can I get an appointment?

A. Within 24 business hours.

Q. Where is THI Located:

A. 1845 E. Queen Creek Rd. Gilbert, AZ 85297

Next to Perry High School (on the southwest side of the campus).

Q: Cost/Insurance

A: Insurances we currently take are: Optium, United Healthcare, Blue Cross Blue Shield and Aetna. We are awaiting approval to take AHCCCS.

There are agencies that can offer financial support for those who are uninsured or underinsured. Please speak to our front desk about any financial concerns.

Q. How long is THI's program?

A. Generally, clients are in our program for an average of 6-8 weeks.

Q. Frequency at which students will attend THI each week?

A. Treatment frequency will vary case by case and is determined by the clinician and the client. Clients can attend up to 4 times a week.

Q. Does THI have appointments after school, evenings, and on the weekend?

A. Afternoon and evening appointments are available.

Front Desk Hours: M-F, 9am-5pm. Clinician Hours: M-F, 8am-7pm.

Q. Who makes the referral to THI? (Can a parent/guardian refer their own child?)

A. It is preferred that the referral come from the school counselor, social worker, or psychologist. Parents/guardians may call THI directly to set up an appointment for their child.

Q. Are there Spanish speaking clinicians available? (If no, how will they translate)?

A. We do not currently have a Spanish speaking clinician. We utilize CUSD's translation services. We do have a clinician who speaks Mandarin Chinese and Cantonese Chinese.

Q. Is THI like an Intensive Outpatient Program (IOP)?

A. The treatment THI provides is different than IOP programs. Please call our office to learn more about the specific treatment we provide.

Phone: 480-770-1773