



Request For Proposals (RFP) – Therapy Service Contract

RFP Issue Date: May 1st, 2022

RFP Closing Date: May 31st, 2022

Background

Lionheart Foundation was established in 2009 to provide access to effective mental health treatment for youth (aged 8 to 28), and their families, facing anxiety-related mental health challenges such as eating disorders, depression, anxiety, OCD, suicide, and self-harm. Our aim is to remove financial and other barriers that many families face when seeking community-based therapeutic supports and ensure that treatment is provided in a timely and appropriate manner. Currently, Lionheart is providing support to over 200 unique individuals with subsidized therapy with no limitation on the number of subsidized sessions over a 12-month period.

Clinical services within the Foundation are overseen by a Clinical Director and clients are provided additional supports from Lionheart's Intake and System Navigator on an as-needed basis.

All financial support provided through Lionheart is based on a sliding scale fee model where clients contribute to their treatment based on their income and overall capacity.

RFP Details

Project Background & Overview

To support our goal of increasing the availability of community-based therapy to youth and their families, and to ensure that the Foundation continues to meet increased community need, Lionheart Foundation is seeking to develop service agreements (contracts) with a maximum of 2 individual community-based therapists to provide longer-term, individualized therapy for youth (age 8 to 28) and their families.

Therapist Criteria

Lionheart Foundation supports therapeutic care that is informed by individual neurobiology, attachment relationships and the experience of trauma. The integration of these concepts into proven treatment methods is recognized as vital to improving mental health outcomes for young people who experience a spectrum of anxiety-related issues including eating disorders, anxiety disorders, depression, self-harming, and suicidal ideation.

Mandatory Requirements:

- ✓ Be registered with their professional organization or governing body
- ✓ Have at least 5 years of experience working with adolescents (age 8 to 28)
- ✓ Have a master's degree or PhD in Social Work, Psychology, Counselling or any other related clinical field
- ✓ Maintain a minimum of \$10M liability insurance (proof of insurance is required)
- ✓ Must receive regular clinical supervision/consultation
- ✓ Have a professional mentor
- ✓ Have experience with the following clinical underpinnings:
 - Family Systems/Ecological Model*
 - Attachment Theory*
 - Body-Mind Connection*
 - Trauma-Based Approaches*
 - Personal & Interpersonal Neurobiology*



Therapists must also outline their experience with **at least three** of the following treatment modalities:

- ✓ EMDR (Eye Movement Desensitization/Reprogramming)
- ✓ EFT (Emotional Freedom Technique)
- ✓ Family Therapy
- ✓ Exposure Therapy
- ✓ Mindfulness
- ✓ Solution-Focused Therapy
- ✓ Cognitive-Behavioral Therapy
- ✓ Art Therapy
- ✓ Hakomi Method
- ✓ Integrative Body Psychotherapy
- ✓ Internal Family Systems Therapy
- ✓ Maudsley Method
- ✓ Emotion-Focused Family Therapy (EFFT)

Contracted therapists must agree to meet with Lionheart's Clinical Director for at least 3 consultations and complete the Alberta Family Wellness Initiative's Brain Story Modules (<https://www.albertafamilywellness.org/training>) within 3 months of their contract.

The requirement to complete the Brain Story Modules is waived for therapists with a PhD in a related field.

Service Description

Lionheart Foundation provides access to financially disadvantaged youth (aged 8 to 28) and their families struggling with an anxiety-related mental health issue to longer-term and individualized community-based therapy. This service is provided through a structured intake, referral process and confidential online application form, which is reviewed and approved by Lionheart Foundation staff.

Referrals to contracted therapists is coordinated by Lionheart's Intake and System Navigator to ensure appropriate therapeutic alliance and clinical fit.

Service Deliverables

Provide between a minimum of 10 to a maximum of 20 hourly sessions of therapy per week to new Lionheart clients seeking treatment in one of the following anxiety-related issues:

Anxiety disorders

Depression

Eating Disorders/Disorders

OCD

Trauma

Suicidal ideation

Self-harm

Therapy provided through this contractual agreement is offered without any limitation on intensity over a 12-month period.

Clients and therapists are expected to complete a 6-month review to document and determine the need for ongoing therapeutic service beyond 6 months. Clients requiring treatment beyond 12 months will be approved on a case-by-case basis by Lionheart Foundation's Intake and System Navigator.



Therapy can be provided virtually and/or in-person depending upon the unique needs of the clients.

Contracted therapists are expected to utilize PIPEDA and PIPA compliant virtual platforms and attend to the requirements of the Health Information Act.

Therapy Rates

Lionheart will reimburse contracted therapist(s) at the rate of \$150/hour. Reimbursements can occur in 15-minute increments and include:

- Therapy time with clients
- Missed client appointments
- Up to 1.5 hours of preparation time/week (total)

Reimbursement payments through Lionheart are contingent upon the submission of an approved invoice submitted monthly by a contracted therapist to Lionheart Foundation.

Service Delivery Region

Service is provided to individuals and families within the city of Calgary and surrounding areas (within 1 hour driving distance to the city of Calgary).

Contract Duration and Timeline

Contracts will be in effect from July 1 - December 31, 2022 (estimated) with the possibility of an extension from January 1, 2023 to December 31, 2023

Contract Agreement & Reporting

Once a therapist(s) is selected, a formal contract signed by both parties and will govern the terms of the relationship.

Proposal

The proposal should include:

- A description of how the therapist meets Lionheart’s criteria, clinical expertise in adolescent mental health and anxiety-related disorders
- An outline of how the therapist will deliver therapy including # of sessions available per week
- An updated Vulnerable Persons Check, resume and CV

Submission Guidelines

Please save your proposal document (Word or PDF) as **Therapist/Practice Name – Lionheart Foundation RFP 2022** to info@lionheartfoundation.ca by 4:30 PM May 31st, 2022

For more information, please contact:

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