

LUMATE

Phone: 1-800-402-8768

Email: umatter@lumatehealth.com

Services Offered

- Comprehensive diagnostic evaluation
- Developmentally-appropriate, tailored treatment model consisting of evidence-based practices:
 - Exposure-based cognitive behavioral therapy (CBT)
 - Exposure and response prevention (ERP)
- Virtual outpatient individual therapy
- Adjunctive parent/guardian sessions
- Average duration: 16-20 treatment sessions
- Currently fee for service
- Providing services in the following states: California, Connecticut, Florida, New Jersey, New York
- Coming soon: Maryland, North Carolina

Population Served

- Target age range: 12-24 (flexible when appropriate)
- Primary anxiety disorder diagnosis or subclinical concern:
 - Social Anxiety Disorder
 - Generalized Anxiety Disorder
 - Separation Anxiety Disorder
 - Specific Phobias
 - Panic Disorder
 - Agoraphobia
 - Obsessive Compulsive Disorder

Referral and Collaborative Care Process

- Complete Patient Referral Form here: <https://lumatehealth.com/referral>
- Call 1-800-402-8768 to speak with our Intake Coordinator
- If consultation to assess fit is preferred, email the Clinical Director of the appropriate state:
 - California: anna.swan@lumatehealth.com
 - Connecticut, New Jersey, New York: cara.settipani@lumatehealth.com
 - Florida: michael.detweiler@lumatehealth.com
- Our Clinical Staff will coordinate with current and previous treatment providers to establish continuity of care and keep these providers updated on their progress

Clinical Team

- Doctoral-level Clinical Directors (PhD)
- Doctoral-level and master's-level Clinical Supervisors (PhD, LCSW)
- Master's-level Clinicians (e.g., LCSW, LMFT, LPC)
- Clinicians receive in-depth training and participate in comprehensive quality assurance program to ensure elevated fidelity standards
- Expert leadership team including thought leaders in the field: Dr. Anne Marie Albano, Dr. John Piacentini, Dr. Muniya Khanna, and Dr. Kate McKnight

Exclusionary Criteria

- Primary depressive or bipolar disorders
- Posttraumatic stress disorder
- Eating disorders
- Chronic substance use
- Intellectual disabilities
- School avoidance for at least 3 months
- Current self-injury
- Significant active suicidal or homicidal ideation or behavior
- Psychiatric hospitalization within the past year

For more information go to www.lumatehealth.com or email umatter@lumatehealth.com