

Sliding Scale – Income & Cost Chart

(Based on the [Federal Poverty Guidelines](#) (FPG), 2022)

To find your sliding scale cost, find the number in the Household Size column at the left that matches your Household size (independent adults who live together, share financial resources, and jointly pay expenses, plus the number of their kids and/or dependents). Then move along that row to the right until you reach the number that matches your Household’s yearly income amount. If your income varies, make your best guess. Next, move up to the dark blue box to see your cost.

EXAMPLE: If you and a partner share money/expenses, have 1 child, and earn \$75,000 per year combined:

1. You’d start by finding the **3** in the “Household Size” column, because your Household size is 3 (two adults, one kid)
2. Slide to the right until you reach the box that says “**\$69,090 - \$80,605**” (your income is \$75,000, which is in this range)
3. Move up to the dark blue box, which says **\$105/Ind. & \$125/Fam & Rel** (\$105 for individual therapy sessions, \$125 for family or relationship therapy sessions). **This will be your cost for out-of-pocket therapy sessions.**
4. Mark the box on the “Sliding Scale Agreement” form in your secure client portal that says “Eligible for the Sliding Scale. Your cost for Individual services will be: \$105. Your cost for Relationship or Family services will be: \$125.”

Household Size	(300% FPG or Less) Sliding Scale Eligible	(From 300-350% FPG) Sliding Scale Eligible	(350% FPG or More) NOT Sliding Scale Eligible
	\$85/Ind. & \$105/Fam & Rel	\$105/Ind. & \$125/Fam & Rel	\$125/Ind. & \$145/Fam & Rel
1	Less Than \$40,770	\$40,770 - \$47,565	More than \$47,565
2	Less Than \$54,930	\$54,930 - \$64,085	More than \$64,085
3	Less Than \$69,090	\$69,090 - \$80,605	More than \$80,605
4	Less Than \$83,250	\$83,250 - \$97,125	More than \$97,125
5	Less Than \$97,410	\$97,410 - \$113,645	More than \$113,645
6	Less Than \$111,570	\$111,570 - \$130,165	More than \$130,165
7	Less Than \$125,730	\$125,730 - \$146,685	More than \$146,685
8	Less Than \$139,890	\$139,890 - \$163,205	More than \$163,205