

Out at Home

Frequently Asked Questions



Does The Home for Little Wanderers work with kids and adults?

Yes, Out at Home serves clients of all ages. About 60% of clients enrolled are under 18 years of age, and the other 40% are adult clients.

How much do services cost?

Most services are billed directly to insurance, so you would be responsible for whatever your office visit co-payment is for each session. We accept most private insurance, except for Cigna, and we accept almost all MassHealth products.

What happens if I lose insurance or do not have insurance?

Out at Home has grant funding available that allows us to support gaps in coverage for mental health services or offer pro-bono sessions on a case-by-case basis. Please reach out to the intake team to discuss and determine your potential eligibility.

Are your services only for coming out or exploring identity?

Our services are for anyone who identifies within the LGBTQ+ community and is looking for mental health counseling and support. While many people seek services related to their coming out or other identity journeys, others may be struggling with other mental health concerns and prefer to work with a provider who is knowledgeable of or has lived experience within this community.

What is family support or parent coaching?

We know that LGBTQ+ individuals who receive family support are significantly less likely to experience increased risk for suicide or negative mental health outcomes. For this reason, we are committed to supporting family members of LGBTQ+ clients in processing their feelings, personal beliefs, and barriers to forming relationships with their LGBTQ+ family member. We also address their own mental health concerns. For parent coaching sessions, we still utilize insurance as described above, and these sessions are billed as individual therapy for a 1:1 with a parent or as family therapy for sessions involving multiple family members.

How long can I be enrolled in services?

There is no maximum length of time for services. We are committed to providing lasting therapeutic relationships as long as they are beneficial and clients remain actively engaged. Clinicians will work with you to establish unique goals and treatment expectations for therapy.

What type of services are offered?

We offer individual, family, couples, and group therapy. We also collaborate with clients to access competent care, and we provide education to the broader community to increase access to supports for LGBTQ+ individuals.

What types of therapy do your clinicians provide?

Our team is comprised of clinicians who can provide EMDR, Dance and Movement Therapy, Narrative Therapy, Solution-Focused Therapy, CBT, DBT, ACT, Motivational Interviewing, and a

variety of other general therapeutic practices. If there is a specific type of therapy you are seeking, please include this information when requesting services.

Do I need my parent's permission to receive services from Out at Home?

By law, clients under 18 years of age who have an adult legal guardian need that guardian to sign consent for treatment. Legally, we must provide medical records upon request to the guardian of anyone under 18 who is not legally emancipated. Out at Home values client privacy and prioritizes safety in the services we deliver. Our clinicians work closely with youth and their guardians to establish communication plans that work for each family.

For more information please contact:

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