

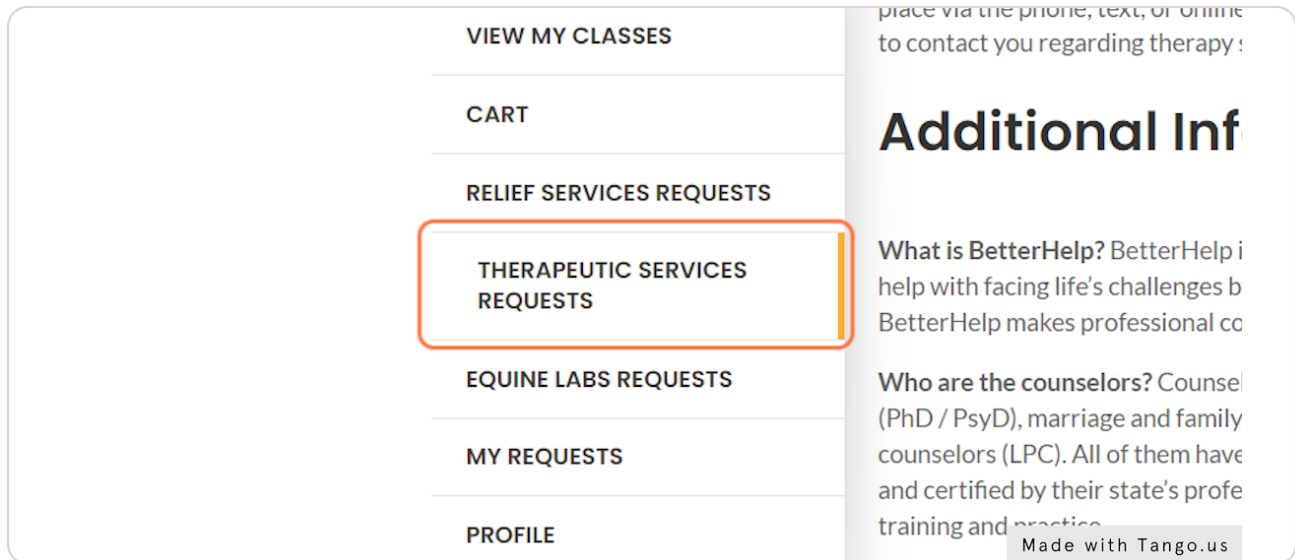
## STEP 1

### Go to Portal - Foster Source

<https://fostersource.org/portal/> and either create an account, or login.

## STEP 2

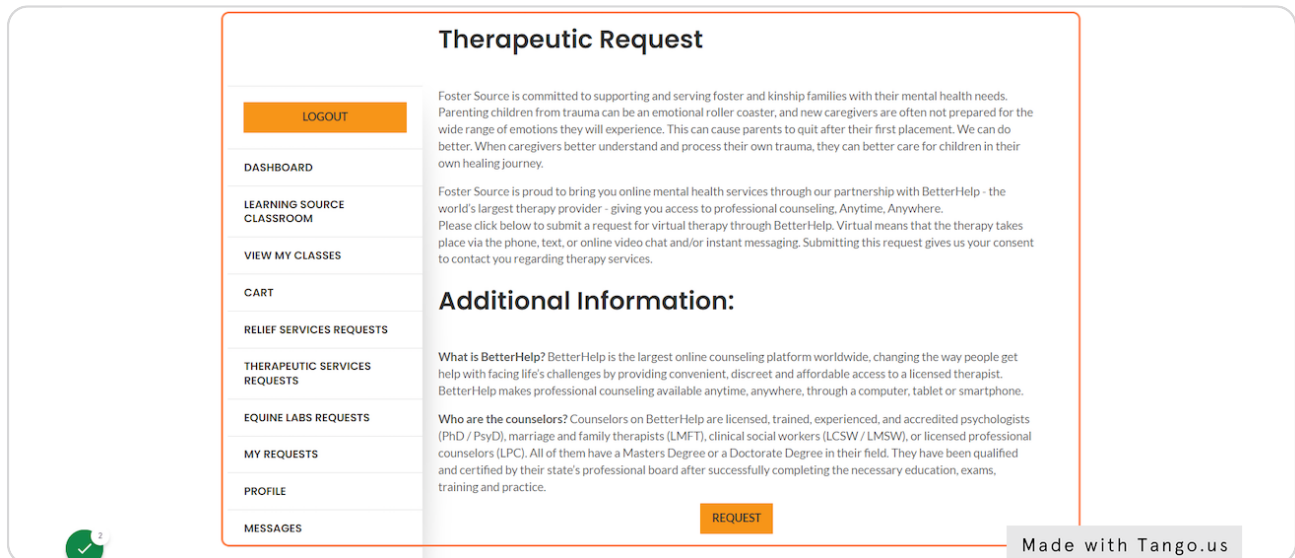
### Click on THERAPEUTIC SERVICES REQUESTS



The screenshot shows a vertical navigation menu on the left side of a web page. The menu items are: VIEW MY CLASSES, CART, RELIEF SERVICES REQUESTS, THERAPEUTIC SERVICES REQUESTS (highlighted with an orange border), EQUINE LABS REQUESTS, MY REQUESTS, and PROFILE. To the right of the menu, there is a section titled 'Additional Inf' (partially visible) with text about BetterHelp and counselors. A 'Made with Tango.us' watermark is visible in the bottom right corner.

## STEP 3

Read the information regarding our therapy program.



The screenshot shows the 'Therapeutic Request' page. On the left is a navigation menu with items: LOGOUT, DASHBOARD, LEARNING SOURCE CLASSROOM, VIEW MY CLASSES, CART, RELIEF SERVICES REQUESTS, THERAPEUTIC SERVICES REQUESTS (highlighted with an orange border), EQUINE LABS REQUESTS, MY REQUESTS, PROFILE, and MESSAGES. The main content area has a title 'Therapeutic Request' and two paragraphs of text explaining Foster Source's commitment and the partnership with BetterHelp. Below this is a section titled 'Additional Information:' with two paragraphs describing BetterHelp and the counselors. A 'REQUEST' button is located at the bottom right of the main content area. A 'Made with Tango.us' watermark is visible in the bottom right corner.

## STEP 4

### Click on REQUEST

life's challenges by providing convenient, discreet and affordable access to a licensed professional counseling available anytime, anywhere, through a computer, tablet or smartphone. **Who are the counselors?** Counselors on BetterHelp are licensed, trained, experienced, and accredited professionals including marriage and family therapists (LMFT), clinical social workers (LCSW / LMSW), or licensed professional counselors (LPC). All of them have a Masters Degree or a Doctorate Degree in their field. They have been approved by their state's professional board after successfully completing the necessary education and training.

REQUEST

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## STEP 5

That's it! You have requested therapy. You will hear from us and from BetterHelp soon.

### Request Submitted!

You will soon receive an email from BetterHelp inviting you to access the service, including a unique link for you to create an account. Please note, your BetterHelp account is separate from your Foster Source account, and once you create a BetterHelp account, these mental health services will be accessed through BetterHelp's website or app.

**Things you should know:**

- There is no cost to you. If you are ever prompted for insurance or payment information, please reach out to us so that we may assist you.
- You are covered for up to 4 sessions each month.
- Sessions can be via phone, text, or online video chat and/or instant messaging text.
- If your matched therapist is not a good fit, being rematched is simple!
- In addition to individual therapy through **BetterHelp**, services are available for teens (age 13 and above) with **TeenCounseling** and couples through **ReGain**. If you are having issues creating an account through these partner sites, please reach out to us by responding to this email so that we may assist you.

**This is important:**

Foster Source wants you to have the resources you need to be the best foster parent/kinship caregiver you can be. This is why we want you to have access to online therapeutic services, even if you don't need to use BetterHelp as often as you originally thought or if you go through periods of inactivity. This is a service we want you to always have access to, in case you need it. With that being said, if you do change your mind and decide that you no longer need the services of BetterHelp, please let us know and we can remove you from the membership.

**What information does Foster Source know about how you use BetterHelp?**

Foster Source will only know the personal email you supplied to sign up for BetterHelp. We may reach out to you directly to see how you are using BetterHelp's services, if you are satisfied, and if you would like to continue using BetterHelp. Responding to these inquiries is at your discretion; your responses (or lack of response) will not affect the services you receive from Foster Source.

LOGOUT

DASHBOARD

LEARNING SOURCE CLASSROOM

VIEW MY CLASSES

CART

RELIEF SERVICES REQUESTS

THERAPEUTIC SERVICES REQUESTS

EQUINE LABS REQUESTS

MY REQUESTS

PROFILE

MESSAGES

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