



Eligibility & Access Policy

Individual Nature-Informed Therapy (Ongoing)

1) Who we serve

- Adults seeking support for stress, anxiety, grief/loss, burnout, life transitions, or feeling disconnected.
- Sessions take place in local parks, gardens, or welcoming indoor spaces, depending on weather and client preference.
- **CNIT does not bill insurance.** If you need in-network care, we will refer you to trusted partners.

2) Access pathways

- **Grant-Funded (No-Cost):** Limited spots for clients with significant financial need.
- **Sliding-Scale (Low-Cost):** Reduced fee when no-cost slots are unavailable or you are near eligibility thresholds.
- **Standard Community Rate (\$150/session):** If you prefer or do not qualify.

3) Prioritization

When demand exceeds capacity, we prioritize:

- **Financial need** (means-tested)
- **Clinical fit** with the nature-informed approach
- **Safety & accessibility** (mobility, weather tolerance, transportation)

4) Financial eligibility (guideposts)

We use recent household income to determine placement. As a reference (you don't need to memorize this—our team will help):

- **Tier A – No-Cost:** up to ~200% of Federal Poverty Guidelines (FPL)
- **Tier B – Low-Cost Sliding Scale:** ~200–300% FPL



- **Tier C – Standard Rate:** above ~300% FPL
Hardship exceptions (job loss, medical debt, caregiving burden) may adjust placement.

5) What documents to upload (any one primary, or two secondary)

Primary (pick one):

- Most recent **Form 1040** (first 2 pages)
- **Benefits letter** (SNAP/Medicaid/SSI/Unemployment) dated within 12 months
- **Section 8/utility assistance letter** (current)

Secondary (pick two if no primary):

- **Last 2 months of pay stubs** (all household earners)
- **W-2** (most recent year)
- **Employer letter** confirming hours/pay rate (dated within 60 days)

If documents are difficult to obtain, we can accept a brief **Financial Hardship Attestation** (we'll provide the form).

6) Duration & re-evaluation

- Support is typically approved in **6-session blocks** with an option to renew.
- Re-check of eligibility occurs every **6 months** or when circumstances change.

7) Waitlist & referrals

- If our current cohort is full, we maintain a **short, actively managed waitlist** and offer referrals to the **Nature-Informed Therapist Directory**.

8) Non-discrimination & privacy

We welcome all clients regardless of race, color, national origin, sex, gender identity, sexual orientation, age, disability, or religion. Financial documents are used **only** to determine eligibility and are protected under our privacy policies.