



Higher Elevation Psychosocial Services, LLC  
638 Independence Parkway, Suite 240  
Chesapeake, VA 23320  
804-505-0542

Higher Elevation Psychosocial Services, LLC  
820 Greenbrier Circle, Suite 32  
Chesapeake, VA 23320  
804-505-0542

March 16, 2020

Effective March 17, 2020, Higher Elevation Psychosocial Services, LLC will cease in-office therapy sessions. I came to this decision following guidance from the Centers for Disease Control and other public health experts. It's crucial during this time of uncertainty with the Coronavirus that we protect ourselves. The CDC guidelines suggest that we isolate and create social distance. This means decreasing contact with anyone outside of our homes.

Fortunately, I have a solution for you, and that is to provide virtual sessions. You can have your services in the comfort of your home. You will need internet access and a device that has a camera—Cell phone, tablet, or computer. I will provide you with information on how to connect with me. Very much like in-person sessions, you will schedule an appointment, and at the time of your appointment, log in and be seen. I will assure you that your sessions will be confidential and private, just like in the office. I ask that you identify a private place in your home so you can speak freely.

I ask that you give verbal permission to provide therapy virtually. You have the right to opt-out of this way of being seen for therapy without any negative consequences, and you may return at any point by letting me know.

If you have a co-pay or deductible, please know I will continue to collect as that is part of your financial responsibility.

I will continue to stay in touch as things unfold. Please take care of your physical and mental health. I know this may be difficult, scary and stressful times.

Janika Joyner, LCSW, CCTP

*Janika Joyner, LCSW, CCTP*

CEO