

# Description of Services

## What makes up our virtual Intensive Outpatient Program (IOP)?

9 to 11 hours of treatment per week for 6 to 10 weeks:

- 3 hours of group therapy, 3 times/week
- 1 individual session/week
- 1 family session/week
- Psychiatric medication management as needed

## What are our evidence-based practices?

- Dialectical behavior therapy skills (DBT)
- Cognitive behavioral therapy (CBT)
- Mentalization based therapy (MBT)
- Motivational interviewing (MI)
- Mindfulness
- Attachment based family therapy (ABFT)
- Trauma focused CBT (TF-CBT)
- Care is culturally competent and gender-affirming

## Who do we serve?

- Ages 11 to 34
- Mental health diagnosis or co-occurring mental health/ substance use disorder (SUD) with SUD secondary, including
  - Mood disorder (depressive disorder / bipolar disorder)
  - Generalized anxiety disorders
  - Personality disorders
  - Self-harm issues, suicidal ideation
  - Family conflict
  - Trauma / PTSD
  - School refusal/avoidance
- Step-down from a higher level of care (e.g., ER, residential treatment, psychiatric unit)
- Step-up from a lower-level of care (e.g., outpatient)

## Who are our clinical staff members?

- Child / adolescent and adult psychiatrists and NPs
- Master's-level clinicians (e.g., LCSW, LPC, LMFT)
- Experiential therapists (art, movement, dance, yoga)
- Support from peer advisors and case managers

## Which insurance plans do we accept?

- Nearly all commercial health plans, including Optum/United Healthcare, Aetna, Cigna, BCBS, Tricare, and regional / local plans
- Medicaid in states where IOP is covered
- Self-pay

## What is our intake & matching process?

- Our comprehensive intake assessment informs assignment into a highly curated treatment group with peers of similar backgrounds
- Matching factors include clinical presentation / history (e.g., treatment-resistant depression, trauma, abuse, PTSD, substance use, self-harm, suicidal ideation), patient maturation, LGBTQIA+ identity, racial/ethnic identity, religious affinity, familial conflict, and foster care experience

## When are we available?

- Flexible scheduling, including evenings and weekends to accommodate school / work
- Groups typically run daytime and evenings for young adults, after-school / evenings for adolescents
- Individual / family therapy can be scheduled at any time, based on clinician & patient availability

## Exclusionary criteria

- Active suicidal or homicidal ideation requiring immediate supervision in a closed setting
- Active psychosis, hallucinations, or delusions not controllable or treatable in an outpatient setting
- Active primary eating disorder requiring medical intervention
- Primary SUD without co-occurring mental health issues

## How have we helped?

We are a measurement-based program. Outcomes (patient- and clinician-reported) are collected at admission, weekly throughout treatment, and every three months following treatment. Our latest outcomes report, featuring peer-reviewed studies and original research, can be found here. Independent, third-party researchers at the University of Pennsylvania and Yale University conduct these outcomes studies. Further details can be provided by our Clinical Research and Outcomes team upon request.

