

Intensive Outpatient Therapy

Intensive Outpatient Therapy (IOP) provides psychological services for young adults (ages 18-26) with general depression/anxiety who need a level of treatment less complex than hospitalization but more intense than traditional outpatient therapy. Patients who might benefit from IOP include those being released from hospital psychiatric units and those who may not meet criteria to be hospitalized but are having increasing difficulty managing their depression and/or anxiety.

In IOP, patients will meet virtually for six weeks with a team of clinicians and a psychiatrist. During that period, they will meet three times a week for three hours. Group therapy sessions will help patients learn about wellness, recovery and resiliency. Individual or family therapy and medication management are also part of IOP.

Key Benefits

- IOP is virtual, so patients are able to receive therapy at home while maintaining a work or school schedule.
- Treatments follow a schedule and routine, so patients know what to expect.
- Patients can practice skills at home that they are learning in treatment.
- Since patients live at home, they are encouraged to strengthen their network of friends and family members who will support them as they recover.

Next Steps

Ask your doctor if Intensive Outpatient Therapy is appropriate for you. All participants must be referred by their doctors. If your insurance does not cover IOP (BlueCross BlueShield and the State Health Plan provide coverage), you may still participate in the program but will be responsible for payment. The cost is \$250 per session (\$4,500 for the six-week program). Financial assistance is also available for patients who qualify.

Referrals

To make a referral in Epic, select "AMB REFERRAL TO PSYCH" and "UNC PSYCHIATRY IOP CHAPEL HILL" as the location. Non-Epic users may call 984-974-4444.



For more information, call
984-974-4444

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