

# Intensive Outpatient Therapy



## VIRTUAL CARE

Intensive Outpatient Therapy (IOP) provides psychological services for adolescents (ages 14-17) and young adults (ages 18-26) with mood disorders and/or 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/family therapy and medication management are also part of IOP.

IOP is virtual, so patients can 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.

Patients are encouraged to strengthen their network of friends and family who support their recovery.

## 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.

We accept NC Blue Cross BlueShield and the State Health Plan for our Intensive Outpatient Therapy program. For other commercial insurance, we will work with you to determine if IOP is a covered benefit. Financial assistance is available for those who qualify.

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For more information, call 984-974-4444.