



## Intensive Outpatient Therapy (virtual care)

Support for adolescents and young adults who need more than weekly therapy without hospitalization

### **Our Virtual Intensive Outpatient Program (IOP) is designed for:**

- Adolescents (ages 13–17)
- Young adults (ages 18–30)

The program supports people living with depression, anxiety and related mood concerns who need a higher level of care than traditional outpatient therapy but do not need to stay in the hospital.

### **Who this program may be right for:**

IOP may be a good fit if you or your loved one:

- Are stepping down from inpatient psychiatric care
- Are experiencing worsening symptoms that are not improving with weekly therapy
- Need structured, consistent support while continuing school, work or daily life
- Need skills-based treatment



### **What to expect:**

- Fully virtual care – attend from home anywhere in North Carolina
- Six-week program
- Three days per week, three hours per group session and one hour of individual therapy
- Care provided by a multidisciplinary clinical team

### **Treatment includes:**

- Group therapy focused on wellness, recovery and building coping strategies
- Individual and family supportive therapy
- Medication management, when appropriate

### **Insurance & financial support**

We accept most commercial insurance plans, including:

- Blue Cross Blue Shield (BCBS)
- Aetna
- Aetna State Health Plan
- Cigna



**UNC financial assistance is available for those who qualify**



**To learn more, call 984-974-4444.**

**Our team is happy to answer questions and help determine whether this program is the right next step.**