What is Charlie Health's Virtual IOP?

Charlie Health's virtual Intensive Outpatient Program (IOP) is designed for students who need more than once-a-week therapy. Our program consists of highly curated peer groups, individual therapy, and family therapy. We accept nearly all commercial health plans (including Optum/United, Aetna, Cigna, BCBS, and local plans), Medicaid (in states where IOP is covered), and self-pay.

Our IOP consists of 9-11 hours treatment per week, with a 6-10 week average length of stay. It includes:
- 3-hour group sessions, 3x a week
- 1 individual therapy session/week
- 1 family therapy session/week (highly encouraged)
- Psychiatric medical management as needed

Who is Appropriate for Charlie Health?

**Populations Served**
- **Ages:** 11-33
- **Diagnoses:** Mental health primary diagnosis or co-occurring MH/SUD with SUD secondary, including:
  - Mood disorders (generalized anxiety / major depressive disorder / bipolar disorder)
  - Personality disorders
  - Self-harm issues, suicidal ideation
  - Family conflict
  - Trauma / PTSD
  - School refusal / avoidance
- **Acuity:** Moderate and severe students requiring more than once-a-week therapy (e.g., step up from outpatient) or students stepping down from a higher level of care (e.g., hospital, residential)

**Matching Process for Curated Groups**
- Students are matched to curated treatment groups with peers of similar ages and backgrounds based on a comprehensive intake assessment

**Matching factors include (but are not limited to):**
- Clinical picture (e.g., treatment-resistant depression, trauma, abuse, PTSD, substance use, self-harm, suicidal ideation)
- Student maturation
- LGBTQIA+ identity
- Racial/ethnic affinity
- Religious affinity
- Familial conflict
- Foster care
- Lived experience

How Can I Refer a Student?

**Step 1. Contact us using any of the following methods:**
- **Email:** admissions@charliehealth.com
- **Phone:** (888) 221-3617
- **Fax:** (406) 720-7793
- **Online form:** charliehealth.com/colgate

**Step 2. Provide basic info**
To get the admissions process started, please have the following information ready:
- Student name
- Date of birth
- Guardian/student contact info
- Insurance info (if you have it)