

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!)



charliehealth.com
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