



Hightop Health

BETTER MENTAL HEALTH CARE

Partnering In Patient Care: Intensive Outpatient Program (IOP) and Partial Hospitalization Program (PHP) Referral Guide For Providers

At Hightop Health, we're committed to providing integrative, evidence-based care for patients with complex mental health needs. Our Intensive Outpatient Program and Partial Hospitalization Program offer highly-structured treatment options that help bridge the gap between traditional outpatient care and full hospitalization.



Immersive Treatment For Those In Need

We provide comprehensive mental health care and personalized treatment options in a community-based setting for those suffering from major depressive disorder (MDD) and anxiety disorders. Designed to enhance stability, build resilience, and foster lasting improvement, our programs deliver personalized treatment in a supportive environment.


This brochure answers common questions about our programs to help you determine the right fit for your patients.

Frequently Asked Questions

What's An Intensive Outpatient Program And Partial Hospitalization Program?

IOPs and PHPs are immersive treatment options for patients who require more support and intensive care than traditional outpatient services, but who are safe to receive treatment outside of a hospital setting. At Hightop Health, we offer intermediate levels of care through full-day and half-day structured programming, allowing patients to build skills and stability in a supportive, peer-driven environment, which assists with acceptance, normalization, and strategies to generalize skills at an accelerated pace.

These programs allow patients to receive intensive treatment without the stress of an out-of-home placement. Our IOP and PHP programs are based on a group therapy model that interweaves on-site psychiatric medication management, individual psychotherapy, and lifestyle medicine interventions that focus on holistic health. The psychotherapeutic modality cognitive behavioral therapy (CBT) undergirds our treatment program which is tailored to patients with major depression, anxiety disorders, and bipolar illness with or without concomitant substance misuse.



What Does Your Programming Look Like?

Tailored to prevent hospitalization, our treatments include individual, group, and family therapies, along with medication management, allowing patients to maintain their daily commitments while receiving critical support. At Hightop Health, we offer two programming options, based on each patient's individual and unique needs.

For those needing more structured, intensive care, we offer a full-day program, five days a week. It incorporates psychiatry and medication management, as well as after-hours coaching and safety planning for enrolled patients. Programming days can last four to six hours, and the average length of stay is around four weeks.

For patients whose difficulties are managed well, but need additional support to maintain consistency, we provide a half-day option that can be three to five days a week, with onsite psychiatric and care coordination services. Programming days can last three to four hours, and the average length of stay can reach 12 weeks.

In addition to CBT therapy and weekly medication management appointments, treatment plans integrate health eating, active living, mindfulness meditation, and other aspects of holistic health planning into every patient's individualized program. When needed, laboratory testing, imaging studies, formal psychological testing and other specialized assessments and treatments are coordinated with partners in the community.

When Is Partial Hospitalization More Appropriate?

This program is ideal for patients needing more intensive support than an IOP, but not requiring full hospitalization.

How Often Will I Receive Updates Regarding My Referred Patient?

With a signed release of information, we provide regular updates, typically every two weeks, or as necessary to support the patient's continuity of care and ensure a seamless hand-off of services when graduating patients are transitioned back to your care.





🎯 What Types Of Conditions Does Your IOP Treat?

Our program primarily addresses difficult-to-treat depression and anxiety, though we also accommodate a range of mood disorders. We do not accept referrals for treatment of primary substance misuse, active eating disorders, or active psychosis at this time.

🎯 Who Can Benefit From An IOP And What Are The Eligibility Criteria?

Patients who may benefit include those experiencing a recent acute mental health event, persistent mental health struggles that have led to significant impairment in multiple realms of functioning, have a history of psychiatric hospitalization or emergency room visits due to mental health escalation, have a possible need for psychiatric evaluation for medication evaluation, are discharging from a psychiatric hospital or residential treatment center, have experienced previous outpatient attempts that have not been successful, or who benefits from highly structured treatment environments. Patients must be 18 or older with a history of previous mental health treatment.

🎯 What Therapies And Evidence-Based Practices Are Used?

We primarily employ cognitive behavioral therapy as our core modality, integrating skills from dialectical behavioral therapy (DBT) and acceptance and commitment therapy (ACT) to diversify coping strategies and promote long-term application of new skills.

🎯 How Do I Refer A Patient?

We make referring easy!

Email: Send referrals directly to iop@hightophealth.com

Online: Visit hightophealth.com/contact-us

What Should My Patient Expect?

Patients will first meet with a medical provider for an intake evaluation to determine whether intensive outpatient care is appropriate, and at what level of intensity. Clinicians and providers will then collaborate to develop an individualized care plan that best meets the patient's needs. This immersive treatment challenges patients to learn and practice new skills and develop other healthy changes in behaviors in a supportive setting where continual peer feedback and expert guidance is readily available.

What Communication Can I Expect After Referring A Patient?

We'll confirm enrollment status and, with patient consent, provide ongoing progress updates to keep you informed.

How Does Hightop's IOP Coordinate With Other Care Providers?


We facilitate scheduled contact via phone or email to ensure seamless care coordination and preparation for step-down transitions.

What Are Your Payment Options?

We offer no-interest payment plans for patients needing financial flexibility and provide superbills for reimbursement through out-of-network benefits.

What Are Typical Outcomes Or Success Rates?

While we are actively collecting outcome data, research consistently shows significant symptom reductions for IOP-level care. Hightop Health utilizes a battery of reliable assessments, such as the GAD-7 for anxiety and the BDI for depression, to monitor clinical progress and program effectiveness, as well as to determine when patients are ready for discharge.



At Hightop Health, we are proud to partner with referring providers to deliver effective, collaborative care for patients requiring intensive outpatient support. Your referrals help foster healing and resilience in those who need it most. If you have additional questions or would like to discuss a potential referral, please contact us directly. Thank you for trusting Hightop Health with your patients' care.



About Hightop Health

Hightop Health is the premier outpatient mental health group committed to setting the standard for what better mental health care looks like. Hightop's mission is to change lives with comprehensive, evidence-based, integrated mental health care, while creating an inspiring and innovative workplace culture that is both clinician-centric and patient outcome-driven. We believe everyone deserves access to mental health care that works—provided by top-tier clinicians who truly care—and treatment plans as unique as our patients, even for the most challenging of conditions.

Learn More:

hightophealth.com/iop

