



Hightop Health's Intensive Outpatient Program (IOP)

Comprehensive, Collaborate Care—For All

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.

Who Can Benefit From An IOP?

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.

What Should Patients Expect?

Patients will first meet with a medical provider for an intake evaluation to determine whether intensive outpatient care is appropriate, and to 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 to 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. As for payment options, we are able to provide all participants with a Superbill to submit to their insurance providers for reimbursement.

WHERE TO TURN TO WHEN ALL ELSE FAILS

Hightop Health is here for you, inspiring hope for lasting healing—and support every step of your journey.

What Is An Intensive Outpatient Program?

An Intensive Outpatient Program is an immersive treatment option for patients with major depressive disorder and anxiety disorders. It provides intermediate levels of care via full-day and half-day programming, allowing for a predictable, safe environment and peer groups to assist with acceptance, normalization, and strategies to generalize skills at an accelerated pace.



68.1%
of adult patients treated
in an IOP setting
tapered down to once-
weekly treatments.

From CBT/DBT-Informed Intensive Outpatient
Treatment for Anxiety and Depression:
A Naturalistic Treatment Outcomes Study

What Does Treatment 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.



TRANSFORMATIVE TREATMENTS

 INDIVIDUAL THERAPY

 GROUP THERAPY

 FAMILY THERAPY

 COGNITIVE BEHAVIORAL
THERAPY

 MEDICATION
MANAGEMENT

 NUTRITION COUNSELING

 PHYSICAL EXERCISE

 MINDFULNESS
MEDITATION

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 at:

HIGHTOPHEALTH.COM/IOP

