

Questions?

If you have questions, concerns or need assistance, please call our Member Access and Crisis Line 24 hours a day, seven days a week at 1-855-202-0973 or TDD/TTY Hearing Impaired Resources at 711.

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We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-855-202-0973.

ATENCIÓN: Si habla español (Spanish), hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al 1-855-202-0973.

請注意：如果您說中文 (Chinese)，我們免費為您提供語言協助服務。請致電：1-855-202-0973

Optum Idaho does not recommend or endorse any treatment or medications, specific or otherwise, and is not intended to replace any advice you receive from your health care provider. Consult with your clinician, physician or mental health care provider for specific health care needs, treatment or medications. Certain treatments may not be included in your insurance benefits. Check your health plan regarding your coverage of services.

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Your Behavioral Health Services Partner



Intensive Outpatient Program (IOP)

OptumIdaho.com
1-855-202-0973

What is an Intensive Outpatient Program (IOP)?

IOP is a treatment program for Members with mental health or substance-related disorders. It treats moderate symptoms and is personalized for individual needs. IOP is meant to help participants gain knowledge and build skills for recovery. Programs are designed so Members can stay in their daily activities, such as work or school.

What services are included in IOP?

Core Services:

- Comprehensive assessment
- Group, individual, and family psychotherapy
- Psycho-education focused on recovery
- Psychiatric evaluation
- Medication management
- Substance use screening and monitoring
- Transition management and discharge planning

Ask your Provider if you may qualify for IOP services.

Program Requirements

Group and individual treatment at least three days a week and at least 9 hours for adults and 6 hours for adolescents.

Individualized Treatment

IOP uses evidence-based treatments built into group, family and individual therapy. Each Member is assessed to design an individualized treatment plan.

Recovery

IOP provides a chance to learn new skills. It supports participants in their recovery journey. The program models resiliency.