

How to Select the Right IOP for You

Help is available. Start by identifying a couple IOP programs in your area. You can ask your therapist for a recommendation, search Google or Psychology Today for “intensive outpatient program”, or contact your insurance provider to find out which programs are in-network. Then, evaluate your options using the criteria below. (Visit pluralhealthcare.com/iop-quality-checklist/ for more details.)

Demonstrates Care When You Call

This is the top way to evaluate an IOP. Are they helpful on the phone? Do they take time to explain things and answer questions? Do they seem interested in your situation? How a provider treats you on the phone reveals how they’ll treat you in their program.

Certified by an Independent 3rd-Party

Recognized organizations like CARF International audit mental health providers and help ensure a high standard of quality. Also check that the IOP has licensed clinical staff (LPC, LCWC, etc.).

Focuses on Your Specific Challenges

There are many different types of IOPs (mental health, addiction, eating disorder, etc.). Pick a program that addresses your situation or condition.

Accepts Insurance, Upfront About Costs

IOP treatment is covered by most private insurance plans. And IOPs also offer affordable self-pay options. Either way, a provider should be transparent about what you can expect to pay out-of-pocket.

Positive Results for Past Clients

Look for testimonials, Google reviews, and clinical outcomes from past clients. See how the IOP has helped others dealing with similar challenges.

Realistic About Potential Outcomes

IOP may offer relief, turn your situation around, and set you on a path toward long-term healing. But it’s not a “miracle cure”. Avoid anyone who implies you’ll permanently end your depression, anxiety, or PTSD.

Provides Treatment In-Person

Based on our clinical experience – and the latest scientific research – we believe in-person IOP produces better outcomes than virtual programs. Attend a local IOP program if possible.

Personalizes Treatment

An IOP should tailor their care to fit your situation – even in a group setting. This includes having a custom treatment plan for each client and adapting their curriculum to match what group members need.

Well-Defined Admission Criteria

IOP isn’t appropriate for everyone. The provider should care enough to help you find the best treatment even if that means referring you elsewhere.

Clear Expectations of You in the Program

IOP is not a passive treatment. A quality IOP provider will expect regular attendance, participation in group sessions, and more from every client.

Consults With Each Client Before Enrollment

We believe individuals should be treated with dignity and take responsibility for their care. If you’re helping a loved one find an IOP, they’ll also need to speak privately with the provider.

They Allow You to Decide

The above quality standards can help you know what to look for (and what to avoid). But the final choice is always yours. Do you feel the IOP program will help you transform your situation and reach your goals? You get to decide if a program is right for you.

***Have questions about our program? Give us a call at 314-388-2225.
We’re happy to provide you with any additional information you need.***