



# MEADOWS VIRTUAL IOP

## WHAT IS VIRTUAL IOP?

The Meadows Outpatient Center offers our same comprehensive outpatient treatment in a convenient, flexible format that allows people to get the help they need without leaving home.

## WHAT DOES THE PROGRAM INCLUDE?

- > Convenient Day & Evening Options
- > Expert Clinicians & Staff
- > Individual & Group Work
- > Meadows Digital Curriculum
- > Rotating 8-Week Schedule
- > Regular Drug Screenings

Our program addresses *mental health, addiction, trauma, and co-occurring conditions* using the same curriculum you'll find at our in-person outpatient programs. It also comes with the same community and peer interaction, and you'll benefit from the same superior staff you've come to expect from The Meadows.

*Currently available in multiple states.  
Visit [MBHConnect.com](https://www.MBHConnect.com) for our most up-to-date list.*

Visit [MBHConnect.com](https://www.MBHConnect.com) or call 866-814-1845 to learn more!

## WHY CHOOSE VIRTUAL?

- > You just want the convenience of a virtual option
- > You can't travel for treatment
- > You are looking for a safe space to heal

## HOW DOES IT WORK?

The program may be virtual, but it's run by real people who will walk you through the entire process before treatment ever begins.



### Admissions & Curriculum

We'll guide you through the admissions process and you'll receive our industry-leading Meadows Model curriculum digitally.



### Technology Assistance

Our MBH Connect and ViviHealth apps are simple to use and provide seamless access to our counseling and treatment services. They are available in the App Store, Google Play, and at [app.mbhconnect.com](http://app.mbhconnect.com).

## IS IT COVERED?

Many insurers are covering virtual programs at the same level as in-person treatment. We work with Anthem, Cigna, Blue Cross Blue Shield, and more! Our admissions specialists can help you determine coverage.

### Mark Baumgartner, LPC-S, LCDC, NCC

Executive Director Virtual Outpatient Services

"Meaningful connection with others is at the heart of recovery, providing the pathway needed to healing and relief from painful memories and mental health symptoms. Restart and rediscover your true and authentic self through MBH Connect's virtual counseling, therapists, and peers. You do not have to do it alone!"



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