



Meadows Virtual IOP

A Meadows Behavioral Healthcare Program

Admissions: 866-814-1845

Let us help you to determine the safest and most appropriate program for your needs.

Insurance Coverage: We work with Anthem, Cigna, Blue Cross Blue Shield, and more! Call to confirm our in-network providers.

CONVENIENT, COMPREHENSIVE VIRTUAL OUTPATIENT CARE

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 Meadows Behavioral Healthcare.



WHAT WE OFFER

Virtual IOP offers a total of 15 hours of therapeutic treatment per week. Our virtual groups meet for three-hour sessions four days a week. We offer an additional two hours of individualized therapy per week and an hour of yoga therapy on Fridays.

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

WHY CHOOSE VIRTUAL?

Many are discovering the benefits of being able to get help from anywhere. For some dealing with conditions like chronic stress, burnout, or pandemic-related anxiety, the ability seek treatment without leaving home can be life-changing.

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

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



HOW IT WORKS

The MBH Connect portal gives patients access to integrated treatment activities and a cloud-based digital library of resources that support recovery. We use a secure, HIPAA-compliant network to ensure safety and confidentiality, and all of our virtual therapists have the technical expertise to ensure patients have a positive experience. Our proactive attendance system keeps our virtual patients accountable and engaged throughout treatment.

GETTING STARTED

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

FREE SCREENING

We start with a thorough screening to determine if virtual outpatient treatment is the right fit for you.

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 app is simple to use and provides seamless access to our counseling and treatment services. It is available in the App Store, Google Play, and at app.mbhconnect.com.

8-WEEK CURRICULUM

[Learn more about our 8-week curriculum](#) ↷

At The Meadows Outpatient Center, we follow a time-tested 8-week curriculum for both in-person and virtual treatment. Developed by our own Meadows Senior Fellows, this rotating approach allows newcomers to join at any point in the process and includes extension options for those who can benefit from more comprehensive trauma treatment.



JOSH ULRICH, LPC, CSAT

Director of Virtual Outpatient Services

A licensed professional counselor (LPC) and certified sex addiction therapist (CSAT), Josh Ulrich joined the Meadows Outpatient Center-Scottsdale team in 2017 as a full-time group/individual therapist. He ran our Arizona Virtual IOP group, helping participants process their emotions, thoughts, feelings, and experiences, before becoming director of virtual outpatient services. Ulrich did his internship at Hospice of Arizona, where his patients were both the dying and the families of those that had died. He also spent seven years at Gila River Indian Reservation at the Gila River Behavioral Health Department. There his roles included mental health counselor, substance abuse counselor, and case manager with patients ranging in age from toddlers to elders. He's also previously worked with young adults and sex addiction patients.