



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 The Meadows.



WHAT WE OFFER

Virtual IOP offers a total of 14 hours of therapeutic treatment per week. Our virtual groups meet for three-hour sessions four days a week. We offer an additional hour of individual therapy per week and an additional hour of yoga therapy on Wednesdays.

- 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.



Karen Wiener, MA, LMFT
Clinical Director

Karen Wiener, LMFT, is a licensed marriage and family therapist in California and Oregon with a master's in clinical psychology from Pepperdine University. With experience spanning inpatient, outpatient, and secured settings, she has worked with individuals, couples, groups, and veterans facing trauma, chronic mental health issues, and co-occurring disorders. Passionate about supporting others through life's challenges, she joined Meadows Behavioral Healthcare in 2022 and thrives in virtual treatment settings.



Camille Drachman, MSW, LCSW, SEP
Clinical Director

Camille Drachman, MSW, LCSW, SEP, has over 20 years of experience in behavioral health, with a deep passion for trauma healing and somatic work. A Somatic Experiencing Practitioner for over 15 years, she emphasizes the vital connection between body and mind in recovery. Camille is dedicated to helping individuals heal while also mentoring clinicians to discover what fuels their passion.