

Charlie Health overview

What does our virtual Intensive Outpatient Program (IOP) include?

9–12 hours of treatment per week for 9–12 weeks:

- 3 hours of curated groups, 3 times per week
- 1 hour of individual therapy per week
- 1 hour of family therapy per week
- Psychiatric care and medication management as needed and where available

What is our admissions and intake process?

Clients receive a personalized treatment plan tailored to their age, clinical needs, and goals.

We're also proud to offer specialized programming for clients who are:

- BIPOC
- LGBTQIA+
- Neurodivergent
- Pregnant or postpartum
- Trauma survivors
- Spanish-speakers

Who do we serve?

We offer specialized programs for kids (8–11), teens (12–17), and adults (18–64). Our programs are designed for clients who are stepping down from a higher level of care (e.g., ER, residential treatment, psychiatric unit) or stepping up from a lower level of care (e.g., once-weekly outpatient therapy) with a behavioral health diagnosis, including but not limited to:

- Mood disorders (major depression/bipolar disorder)
- Anxiety disorders
- Personality disorders
- Self-harm and/or suicidal ideation
- Neurodivergence
- Trauma/PTSD
- Postpartum depression
- Obsessive-compulsive disorder
- Substance use disorder (SUD)*
- Eating disorders*

*Primary SUD and ED treatment is available in select states

When are sessions offered?

Sessions are offered Monday through Friday throughout the day, with make-up sessions available on Saturdays.

Which insurance plans do we accept?

- Nearly all commercial health plans, including Optum/United Healthcare, Aetna, Cigna, BCBS, TRICARE, and regional/local plans
- Medicaid in select states and in states where IOP is covered

People without insurance can opt for self-pay in select states

What are our evidence-based practices?

- Dialectical behavior therapy (DBT) skills
- Cognitive behavioral therapy (CBT)
- Acceptance and commitment therapy (ACT)
- Motivational interviewing (MI)
- Art and music therapy
- Experiential therapies
- Attachment-based family therapy (ABFT)
- Trauma-focused CBT (TF-CBT)
- Medication-assisted treatment (MAT)
- and more

Who are our clinical staff members?

- Master's-level clinicians (e.g., LCSW, LPC, LMFT)
- Psychiatrists and nurse practitioners
- Experiential therapists (art, movement, dance, yoga)
- Supplemental support from peer advisors and case managers

Who is Charlie Health not a fit for?

Individuals experiencing:

- Active suicidal or homicidal ideation requiring immediate supervision in a closed setting
- Active psychosis, hallucinations, or delusions not controllable or treatable in an outpatient setting
- Active primary eating disorder requiring medical intervention
- Active severe substance use requiring detox

Making a referral:

Refer Today



Contact us

Online form: charliehealth.com

Phone: (986) 206-0414

Fax: (406) 720-7793

Email: admissions@charliehealth.com

Provide basic info

- Client name
- Client date of birth
- Guardian/client contact information
- Client insurance information (if you have it)