

CALL FOR A COMPLIMENTARY SAME DAY ASSESSMENT

## Frequently Asked Questions



### What is PHP/IOP?

Partial Hospitalization and Intensive Outpatient are terms for outpatient day treatment. In PHP/IOP, clients arrive at BasePoint in the morning, and return home in the afternoon. Over the course of about 8 weeks, clients participate in group therapy, family therapy, educational support, and psychiatric services for medication management. IOP is the organic step-down level of care for clients completing the PHP level of care.

**The Academy PHP/IOP program serves ages 11-18, and the BreakThrough PHP/IOP program serves ages 18-35.**



### How will school or work be affected?

**BasePoint Academy** has multiple academic offerings to support educational success while in PHP/IOP. Teens can remain enrolled in their home campus OR choose to enroll in charter school through UT Charter. BasePoint's onsite Education Counselors will support each family's academic selection and serve as liaisons to ensure effective coordination with the teen's home ISD.

**BasePoint BreakThrough** supports young adults in balancing treatment with their professional responsibilities by assisting with FMLA and short-term disability documentation if such support is needed.



### How are family members involved in their progress?

Family involvement is key for a client's success. We invite family members to participate in family sessions, medical appointments, and discharge planning. Each client is assigned a primary therapist at the program's start who will be available to the family throughout the treatment process. BasePoint's Clinical Care Coordinators will also provide support to clients and families in preparation for discharge and ongoing care through Beyond BasePoint care management.



### What do they do while they are there?

Clients will engage in therapeutic interventions covering topics such as coping strategies, mindfulness, healthy boundaries, emotional regulation, and distress tolerance. In addition, each client will participate in daily group therapy sessions, weekly family therapy, and ongoing psychiatric care. BasePoint's approach emphasizes enhancing overall health and well-being by fostering resilience and encouraging lasting positive change.

## Levels of Care in Mental Health



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### Where are you located?

**Forney:** 713 West Broad Street, Forney, TX 75126

**McKinney:** 4733 Medical Center Drive, McKinney, TX 75069

**Arlington:** 3900 Arlington Highlands Boulevard, Suite 237, Arlington, TX 76018

**Frisco:** 8275 Judges Way, Frisco, TX 75036



### How will we pay for this?

Insurance typically covers the majority of the program. The remaining out-of-pocket cost will be discussed prior to admission, and a customized payment plan can be determined to offer financial flexibility based on individual needs.

**In-network with BCBS, United, Cigna, Magellan, Aetna, Optum, Carelon, etc.**



### How will they get to the program?

Clients can be transported to and from treatment by a family member, or they can utilize BasePoint's complimentary transportation service. Transportation is provided within a 25-mile radius of each location by professionally trained mental health technicians.



### How do I get started?

Call **972-325-2633** to schedule a complimentary, same day, mental health assessment with a licensed clinician.

These comprehensive assessments determine the appropriate level of care for the client. If the recommended level of care is outside of our scope, we will provide qualified referrals and assist in creating a plan with the next steps necessary.

**We are available to help 7:00am-7:00pm, 7 days a week, 365 days a year.**

## BasePoint TRANSPORTATION GUIDE

*Any families that live outside the shaded transportation zone can still access this service by coordinating a meet-up point within the shaded zone.*

