



Virtual Intensive Outpatient Program

Clients Ages 12-34

We work with Adolescent and Adult clients ages 12-34. Groups have up to 10 clients and 2 facilitators per groups.

We are in GA, CO, MD, TX, DC, VA, CA, AZ, PA, MO, FL, UT, IL, KS, NV, OR, ID, MT, MI, and TN.

Services and Specialties

We provide mental health treatment for clients experiencing a variety of challenges including anxiety, depression, trauma, ADHD, borderline personality disorder, and bipolar. We also have a dedicated track for clients with OCD and utilize exposure and response prevention (ERP).

Individual, Family, and Group Therapy

Group Therapy occurs daily, Individual Therapy weekly, and Family (or Couples) Therapy biweekly. Cameras and mics are required to be on at all times. We utilize DBT and TF-CBT as well as Emotionally Focused and Attachment-Based Therapy.

Flexible Scheduling

The program runs Monday-Thursday evenings for 3 hours a day. Clients can decide between 4-7pm, 6-9pm, or 7-10pm EST.

Psychiatry Services Available

All clients will have access to psychiatry services through our medical providers which is included with treatment.

Utilize Commercial Insurances

We can work with most commercial insurances plans and also have payment plans available for clients that need them.

For more information, or to refer a client, please contact:

Virtual IOP Outcomes

Outcomes are core to what we do and integrated into the Embark Treatment Approach. We use results for decision making, personalized treatment planning, safety evaluation, quality improvement, and clinical research. We are proud to report that our Virtual IOP outcomes are in line with in-person IOP.

Distress and Behavioral Functioning (Y-OQ)

At discharge, 84% of clients reported **0 thoughts of self-harm**, and 74% reported **0 thoughts of suicide**.

Depression (PHQ-9)

Item 9 on the PHQ-9 asks about suicidal thoughts. At discharge, 72% of virtual clients reported **0 thoughts of suicidality**.

Anxiety (GAD-7)

Clients reported a **3-point average decrease in anxiety scores** from admission to discharge, leaving program in non-clinical ranges.

Well Being (WHO-5)

Clients reported a **13-point average increase in well-being scores** from admission to discharge, leaving program in non-clinical “healthy” ranges.

Please visit embarkbh.com/outcomes to learn more about our outcomes.

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