

# IOP Treatment for Eating Disorders

## Intensive Outpatient Program for Adults



Veritas Collaborative's intensive outpatient program (IOP) is for adults of all genders who require more structure and support than non-intensive outpatient treatment. With a focus on relapse prevention and sustained recovery, patients typically spend up to 12 hours a week either in our facilities or in a virtual telehealth environment. Program hours vary by site location.

Patients can admit directly to IOP as a first step in treatment or transition to IOP from a higher level of care. Our goal is to meet each patient where they are on their recovery journey and provide effective, evidence-based treatment tailored to their unique needs.

IOP treatment at Veritas Collaborative is delivered by a multidisciplinary team. Programming typically includes:

- Individual therapy
- Skills-based group therapy
- Therapeutic meals
- Individual nutrition sessions
- Expressive art and movement therapy

Veritas Collaborative follows the guidance of the Centers for Disease Control (CDC) and local health agencies to maintain the safety of patients and staff. Learn more about COVID policies and procedures at [veritascollaborative.com/covid-19](https://veritascollaborative.com/covid-19).

**Contact us to make a referral:**

**612-402-3061 | [veritascollaborative.com](https://veritascollaborative.com)**



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# Recovery starts with the right level of care at the right time.

## Sample Day Schedule (Evening Program) - Adult IOP

	<b>Monday</b>
<b>4:30 pm</b>	Goal Setting
<b>4:45 pm</b>	Body Acceptance Group
<b>5:45 pm</b>	Therapeutic Meal
<b>6:45 pm</b>	DBT Group
<b>7:30 pm</b>	End of Day

## Telehealth IOP FAQs

### **How does telehealth work at Veritas Collaborative?**

In addition to traditional in-person treatment, Veritas Collaborative offers therapeutic interventions through telehealth for many of its intensive treatment programs. Telehealth allows patients to connect to treatment teams and others in eating disorder treatment through a secure video connection to receive the same structured support they would receive in person. Patients are given detailed instructions on how to access telehealth services. Participation in a virtual program requires Internet access and a laptop, desktop computer, tablet or cell phone (the larger the screen, the more optimal the telehealth group experience).

### **What if a patient doesn't have internet access at home?**

If the patient has any technology concerns (e.g. internet access, access to a device, etc.) we provide access onsite at a Veritas Collaborative location so they can participate in telehealth services.

### **What are meals like over telehealth?**

Therapeutic meals over telehealth involve patients joining others at the table virtually. They have a short amount of time to prepare their meal prior to sitting with the group to eat. The group size at meals is smaller than in other telehealth groups to allow for more interaction and support. Staff and peers in the group offer support at the meal so patients are able to accomplish their meal-related treatment goals.



**To learn more or get started, contact us:  
612-402-3061  
[www.veritascollaborative.com](http://www.veritascollaborative.com)**

