



## Adult Intensive Outpatient Program

### Telehealth Services Available

#### How can I make a referral or self-refer?

Contact: 208-227-2555

#### Location:

EIRMC Medical Office  
Building, west of the  
ER  
2860 Channing Way,  
Suite 225  
Idaho Falls, ID 83404

*Most insurances are  
accepted*

#### Individuals will need:

Wi-Fi Access  
Laptop, tablet, or mobile device  
Ability to download WebEx  
Ability to navigate Tele platform

EIRMC is now offering this important group via telehealth, so patients can reduce exposure to COVID-19 while still getting the support and skills they need.

Individuals may also receive psychiatric consultation and medication management via tele-psychiatry.

#### What is Intensive Outpatient Program (IOP)?

- A structured group therapy program that meets on TWTH from 9 am -12pm
- Bi-weekly medication management appointments with a psychiatrist

#### For Individuals with a mental health diagnosis who:

- Could benefit from participating in group therapy to acquire new coping skills and strategies for symptom management and coping with life's responsibilities

#### What does the program cover?

- Symptom management with multiple modalities
- CBT/DBT Therapy
- Psychoeducation
- Medication/health education
- Group process
- Safety planning/cultivation of support system

