

A young person with short, light brown hair and blue eyes is looking directly at the camera. They are wearing a purple hoodie and have small red and black hoop earrings. The background is a soft-focus outdoor scene at sunset or sunrise, with warm orange and yellow light in the sky and silhouettes of trees and hills in the distance.

charlie health

**Personalized mental
health treatment for
teens, young adults,
and their families**

OUR IOP IS DIFFERENT



evidence-based therapies

Our trauma informed, masters level clinicians will use evidence based therapy techniques including CBT, DBT skills, and EMDR.

experiential therapies

Our expert experiential therapists will guide clients through music, art, dance, movement, and mediation therapies.

specialized tracks

We offer specialized tracks for our clients including but not limited to DBT specific track, LGBTQ, Trauma, and Substance Use.

we can help with:

depression	self harm
trauma	addiction
mood disorders	gender dysphoria
anxiety disorders	and more!



ABOUT CHARLIE HEALTH

We believe everyone deserves to be empowered and loved.

Our team of licensed clinicians employ engaging and effective virtual therapeutic groups to build connections among peers, show support, role model productive communication, and ultimately heal together.

INTENSIVE OUTPATIENT THERAPY

Our IOP is designed for teens and young adults in need of more support than one-time-per-week therapy. Our comprehensive treatment solution includes group, family, and individual therapy, with 9-11 hours of treatment services each week for an average of 6-10 weeks, all from the comfort and safety of home.

For Teens, Young Adults, or Loved Ones Seeking Enrollment

Step 1: Call Admissions 866-491-5196 directly to learn more about our program.

Step 2: Have insurance card and demographic information ready to share with the Charlie Health team.

Step 3: Insurance and financial obligations are reviewed, and an initial psychological evaluation will be completed.

Step 4: Based on the initial psych eval. and clinical presentation, Charlie Health will customize a treatment plan.

Step 5: Charlie Health's clinical team will meet with the client and their family (if involved) to finalize an appropriate treatment plan. The client will be carefully matched into a group and begin treatment!

For Providers, Counselors, or Other Resources

Step 1: Provide family / client with Charlie Health admissions direct lines- Admissions 866-491-5196

Step 2: Share client contact info with Charlie Health, or provide Charlie Health contact info for the client/families to reach out themselves.

Step 3: Charlie Health will take it from here, keeping you in the loop as needed or as appropriate. Yes—that's right—no paperwork is required for you to make a referral!



WE ARE HERE FOR YOU.

no waitlist

We are committed to never having a waitlist. Ever.

insurance

We work with major health plans, including medicaid, to ensure that treatment is accessible and affordable.

contact us

Call us at 866-491-5196
visit charliehealth.com