



Selah House  
OUTPATIENT

# EVENING VIRTUAL INTENSIVE OUTPATIENT TREATMENT FOR OHIO RESIDENTS

## SUPPORTING OHIO RESIDENTS

Evening programming is ideal for those currently working, in school, or unable to travel or attend treatment during the day. Online therapy and nutrition support for eating disorders is proven to be as effective as in-person treatment in reducing symptoms and improving outcomes.

Our experienced clinicians at our Ohio facilities in Cincinnati and Columbus are now offering their impactful virtual intensive outpatient program (V-IOP) level of care in the evenings throughout the state. Group content is delivered virtually but is identical to our onsite program offerings.

## OUR PROGRAM

Designed to help individuals needing more than what traditional outpatient services provide, our program offers the extra treatment and support needed to foster meaningful improvement. Our V-IOP includes group therapy, individual therapy, family therapy, nutritional counseling, and meal support. Groups are offered in the evenings on Mondays, Wednesdays, and Thursdays from 5:00 to 8:00 pm EST for adults and older adolescents (ages 16+) of all genders. We help clients create a solid foundation before they transition back to standard outpatient treatment.

## WHAT WE TREAT

Our experienced clinicians can work with you to treat a variety of eating disorders, including:

- Anorexia Nervosa
- Bulimia Nervosa
- Avoidant/Restrictive Food Intake Disorder (ARFID)
- Compulsive Exercise Disorder
- Binge Eating Disorder
- Otherwise Specified Feeding or Eating Disorder (OSFED)

## PAYMENT OPTIONS

Our evening V-IOP in Ohio is now in-network with Aetna, Anthem, Cigna, Humana, and Medical Mutual . We also accept out-of-network benefits from other major insurance companies. For clients who prefer to pay for treatment directly, we offer a private-pay rate. Call us at 866.449.8372 to discuss financial and insurance options.

[odysseeyoutpatient.com/oh-viop](https://odysseeyoutpatient.com/oh-viop)

For more information,  
contact our admissions team at  
866.449.8372



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Selah House Outpatient is a proud part of the  
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