



## ASTER SPRINGS OUTPATIENT PROGRAMS

At Aster Springs Outpatient, we offer three distinct levels of care depending on each client's specific needs: a partial hospitalization program (PHP), an intensive outpatient program (IOP), and an evening virtual intensive outpatient program (V-IOP). At each level of care, we treat the following eating disorders:

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

## PARTIAL HOSPITALIZATION PROGRAM (PHP) - AGES 16 AND OLDER



### COMPREHENSIVE

Our PHP is the most comprehensive outpatient program we offer. In our PHP, a multidisciplinary treatment team of licensed mental health clinicians and medical providers partner with clients and their families to set clinical goals and a pathway to recovery.



### ROBUST SCHEDULE

In the program, clients attend programming five days a week, for six hours each day. Programming consists of group-based therapy, individual and family therapy as clinically indicated, and psychiatric services including medication management. Our services also include medical supervision and nutritional counseling.



### SAFE AND STRUCTURED

Our PHP provides a safe, clinically intensive, and highly structured environment for clients to learn and practice a variety of recovery skills without the need for around-the-clock treatment and monitoring. Allowing clients to live independently or semi-independently while in treatment, our PHP helps prevent hospitalization and the need for other services that may disrupt the client's ability to remain close to family and other supports.

## PHP THERAPY GROUPS

Group therapy sessions incorporate evidence-based treatment modalities such as cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), experiential therapies, family therapy, and more to offer practical ways for clients to handle life's challenges. Groups range from psychoeducational to experiential and are focused on helping clients develop new skills and improve their quality of life.

## INTENSIVE OUTPATIENT PROGRAM (IOP) - AGES 16 AND OLDER

IOP is designed to help individuals who are experiencing an increase in distressing symptoms and behaviors or are not progressing in traditional outpatient services. The extra treatment and support foster meaningful improvement and create a solid foundation for clients transitioning to community treatment.

Like PHP, IOP is a group therapy-based program that also incorporates individual and family therapy, when clinically indicated. Programming is evidence-based, structured, and intensive, but differs from PHP primarily in frequency and duration. Clients attend programming three to five days a week for three hours a day.

In cases where an IOP client doesn't already have established community providers, such as a therapist and psychiatrist, our treatment team will help to coordinate referrals and an aftercare plan that promotes ongoing recovery and progress maintenance. Our IOP allows for treatment flexibility around class schedules, work, or other obligations.

## EVENING VIRTUAL INTENSIVE OUTPATIENT PROGRAM (V-IOP)

Evening programming is ideal for those that are working, in school, or unable to travel or attend treatment during the day. Online therapy for eating disorders is proven to be as effective as in-person treatment if you choose the right program with a strong clinical team. Offered throughout Indiana, Kentucky, and Ohio, our V-IOP provides eating disorder treatment and is:



### CONVENIENT

A convenient and COVID-safe treatment option that provides a solid foundation for clients transitioning back to traditional outpatient treatment.



### CLINICIAN SUPPORTED

As part of the Aster Springs Outpatient continuum of care, our evening V-IOP is supported by clinicians and leaders, with strong histories of helping individuals progress on their recovery journeys.

**Aster Springs Outpatient makes it easy for clients to take the next step in their recovery. To get started, call our Admissions Team today.**