

Telehealth IOP for adolescents

Virtual intensive outpatient program



The Emily Program offers a virtual intensive outpatient program (IOP) for adolescents via telehealth. Telehealth allows us to deliver eating disorder treatment to those who are unable to attend programming in person. Through telehealth, our clients are able to connect with their treatment team and peers over a secure video connection. We believe that family involvement is an important part of recovery, and we encourage parents/caregivers to participate in telehealth sessions if possible.

Like traditional intensive programming, our multidisciplinary care teams guide clients through evidence-based eating disorder treatment that includes:

- Individual therapy
- Skills-based group therapy
- Family therapy
- Therapeutic meals
- Nutrition counseling
- Yoga/mindfulness therapy
- Psychiatry and medical services, as needed

Prior to the start of programming, clients will have an assessment and participate in an orientation. To prepare for the start of programming, clients will receive materials detailing how to connect, what to expect during telehealth groups and individual sessions, how to optimize the group experience over telehealth, how to prepare for meals, and all group curriculum and materials.

The virtual IOP will meet for 12 hours per week (3 hours/day, 4 days/week), including one therapeutic meal per day. Group sessions contain 10 or fewer clients and meal sessions include 5 or fewer clients, along with therapy and/or nutrition staff.

Contact us to learn more more about telehealth programs for adolescents:

1-888-EMILY-77 | [emilyprogram.com](https://www.emilyprogram.com)



The Emily Program

Keeping you connected so you can recover

FAQs

What is telehealth?

Telehealth uses technology to deliver care to clients virtually. It allows you to connect to your treatment team and others in eating disorder treatment by video to receive the structured support you would typically receive in person.

How does telehealth work?

You will receive detailed instructions on how to access telehealth services. You will need internet access and a laptop, desktop computer, tablet or cell phone (the larger the screen, the more optimal the telehealth group experience).

What if I don't have internet access at home?

Please let us know if you have any technology concerns (e.g., internet access, access to a device, etc.) that would make it difficult for you to participate from home. We will provide internet and/or device access for you onsite at The Emily Program so that you can participate in telehealth services.

Will my sessions be private?

If you have others present in your space while you are in telehealth programming, we imagine it may be a time you can enlist those around you for extra support. When/if you do that during programming, please ensure that they understand these are confidential services. Please ask that they maintain confidentiality regarding anything they may hear or see while you are involved in telehealth services.

What will meals be like?

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

What will my day look like?

A sample schedule of our telehealth IOP is below. Schedules vary by site. You will receive a copy of your actual schedule prior to starting programming.

	Monday	Tuesday	Wednesday	Thursday
8 AM	Meal prep/breakfast	Meal prep/breakfast	Meal prep/breakfast	Meal prep/breakfast
9 AM	Self-monitoring/skills	Self-monitoring/skills	Self-monitoring/skills	Self-monitoring/skills
10 AM	Yoga	Nutrition	Psychoeducation	Skills group/weekend planning

To start treatment or learn more about our telehealth IOP, contact us at 1-888-EMILY-77 (1-888-364-5977).

