



Thanks to Lightfully's Virtual IOP: Students Can Stay in School and Still Benefit From Mental Health Services

Broadening access to care and providing flexible program options, **Lightfully's Virtual Intensive Outpatient Program** accommodates busy college students with unique needs and schedules. Lightfully's online program is as effective as treatment provided in-person, with the advantage of convenience and privacy.

*Lightfully's dedicated focus on **Primary Mental Healthcare** is centered on these experiences:*



What's included in Virtual Intensive Outpatient Treatment (vIOP)

Our Virtual IOP Treatment is just as effective as in-person treatment, with the convenience of attending from school or home. The following sessions and services are included in our vIOP Treatment:

Virtual Intensive Outpatient Program (vIOP)							
Primary Therapist	Family Therapy	Psychiatrist	Group Session (with licensed provider)	Team Meeting	Medication Support	Experiential Activities	Alumni Support
1 Individual Session Per Week	1 Family Session Bi-weekly	Initial Psychiatric Assessment	10-15 Sessions Per Week	As Needed	Medication Autonomy	Autonomous Life Application Practice	Alumni Workshops & Resources

A Revolutionary Clinical Approach

Lightfully has pioneered the use of **Process-Based Therapy**: a carefully selected synergy of treatment interventions focused on your immediate needs and bigger goals.

The benefit of PBT? A more personalized, holistic mental health treatment that's designed *specifically for you*. We're one of the first and only behavioral healthcare providers in the nation with a focus on PBT.



Want to know
how PBT can
work for you?



Snap the QR
code to watch a
helpful video

Lightfully accepts all commercial insurances, and all PPO policies. We are currently in-network for the following plans:

★ Anthem
★ Anthem Blue Cross
★ Blue Cross Blue Shield (BCBS)
★ Blue Shield of CA

★ Health Net
★ Magellan
★ MHN
★ MultiPlan



Ready to connect or have questions?

We'd love to help. Snap the QR code here, or you can reach out to an Admissions Expert at (888) 576-2808.