

FOR STUDENTS ONLY

Virtual Intensive Outpatient Program (IOP)



Why do I need IOP?

If you are a student who is struggling with addictions, depression, anxiety, trauma, disordered eating and other stressors you may benefit from IOP.

What is IOP?

Group sessions, including both process groups and psychoeducational groups, are the main method of treatment.

Groups are conducted through the online video communication system Teams.* While you are taking part in the group sessions, you will be able to see, hear and speak with other participants and with the professional who is leading the session. All groups are highly confidential.

Prior to beginning treatment in our virtual IOP, a member of our team will review all technology-related matters with you and answer any questions you may have. That will allow you to fully engage in treatment and benefit from this service from your first day.

*In accordance with all guidelines for telehealth services as established by the Arizona Board of Behavioral Health Examiners (AZBBHE).

When does it take place?

Tuesday/Wednesday/Thursday - 4-7pm

How much does virtual IOP cost?

Sierra Tucson is an in network provider for the United Healthcare Student Plan.

Insurance plans vary, but if your insurance plan is the University Student Health Plan, your cost will be very low or possibly no cost to you.

Sierra Tucson also works well with most insurances on a out-of network basis. We will review your insurance plan and provide you the cost prior to beginning the program.

Where can I get more information, talk to someone or sign up?

An admission counselor is available at 800.842.4487



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