



# FOUNDATIONS

## INTENSIVE OUTPATIENT PROGRAM



**GHC Foundations Intensive Outpatient Program (IOP)** is designed to meet the needs of adults with a DSM-5 Behavioral Health diagnosis either as a transition from a higher level of care (residential, inpatient, partial hospital program); a transition to a higher level of care (if weekly therapy and medication management have been insufficient); or for those with abrupt onset of symptoms requiring more intensive services to begin their path to recovery. See guidelines at the end of the document.



**GHC-SCW Sauk Trails Clinic  
Second Floor**

8202 Excelsior Drive  
Madison, WI 53717

**(608) 441-3290**

**[GHCFoundations@ghcscw.com](mailto:GHCFoundations@ghcscw.com)**



**Monday through Friday**

**Morning Programming  
(Virtual Only)**

Day of Admission Intake:  
8:00 - 9:00 a.m.

Daily Program Hours:  
9:00 a.m. - 12:00 p.m.

**Afternoon Programming  
(In-Person Only)**

Day of Admission Intake:  
12:00 - 1:30 p.m.

Daily Program Hours:  
1:30 - 4:30 p.m.

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# BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
MK21-100-4(5.24)FL

 **Group Health  
Cooperative**

of South Central Wisconsin

**[ghcscw.com](http://ghcscw.com)**

**GHC Foundations IOP** provides evidence-based, multi-modal care delivered by a team of Behavioral Health professionals that includes Therapists, Psychiatrists, Nurses, Physical Therapists (PT) and Occupational Therapists (OT).

 **The program consists of 15 hours of robust therapy per week.**

- Full Behavioral Health nursing and psychiatric assessment with standardized screening tools on the day of admission to develop differential diagnoses. Diagnoses will be further clarified over participants' treatment course with input from the multi-disciplinary team. Psychiatry will meet with each participant once weekly and as needed for medication management, ongoing assessment and recommendations for their transitional care plan.
- Cognitive Behavior Therapy (CBT) and Dialectical Behavior Therapy (DBT) curricula are delivered in a group therapy model. Individuals will use this time to both learn new strategies and practice applying these strategies to their current symptoms and circumstances in a secure and supportive environment. Additionally, CBT for insomnia is provided once a week.
- Individual therapy for one hour per week to support these therapies and develop and work on goals identified in their individual treatment plan.
- Meetings with a Transition Coordinator will support participants in the transition of their treatment plan and recovery goals after discharge. This will include ensuring outpatient individual and/or group therapy, Primary Care Provider and Psychiatry appointments are scheduled. In addition, this will include identifying community supports and other resources to continue their healthy living and recovery goals, including strengthening connections and engaging in meaningful work and recreational activities.
- PT and OT will offer a combined curriculum in a group therapy model of 2 hours per week that targets ways to manage autonomic nervous system arousal and improve goal-setting skills, behavioral activation and other ways to support activities of daily living.
- Psychoeducation in a group format will focus on various topics of need indicated by the group that will also support recovery. These topics may include medications and side effects, diagnoses, sleep, hygiene, self-care and nutrition.
- Safety planning will occur within group and individual meetings to support the participant's ability to remain in less restrictive care during the program and beyond discharge.

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**GHC Foundations IOP accepts participants from referring providers (PCPs, Therapists, Psychiatrists and Social Workers) who have assessed the individual and determined that they are appropriate for IOP level of care. Individuals interested in becoming participants can discuss referrals with their provider.**

### **External Referrals (Non-GHC Providers)**

1. Confirm with the participant that they are interested in the program and voluntarily agree to the referral.
2. Open the link to GHC Foundations IOP. This link is also available through the GHC-SCW Behavioral Health Department home page at: [ghcscw.com/get-care/specialty-care/behavioral-health/ghc-foundations-iop/](https://ghcscw.com/get-care/specialty-care/behavioral-health/ghc-foundations-iop/)
3. Click the "Submit a Referral" button.
4. Complete all areas of the referral.
5. The referral is automatically submitted to a secure portal. You will receive a confirmation that your submission was received.
- 6.. GHC Foundations IOP will inform referring providers if the referral is approved or denied.
  - a. If it is denied, a reason will be provided.
  - b. If it is approved, GHC Foundations IOP staff will contact the participant at the contact number listed on the referral form to review program information and schedule admission.

### **Internal Referrals (GHC Providers)**

1. Confirm with the participant that they are interested in the program and voluntarily agree to the referral.
2. Enter an encounter in the member's electronic medical record, add "Order." Use **S9480** or type in "IOP" or "Intensive Outpatient Program."
3. Complete template prompts with attached diagnosis and sign order.
4. Submission of the order will function as both the prior authorization request and the clinical referral.
5. Care Management will review the prior authorization request. They will inform the referring provider and member of coverage determination.
  - a. If coverage is denied, information regarding options for reconsideration or appeal will be provided.
  - b. If coverage is approved, referral and confirmation of prior authorization will be forwarded to GHC Foundations IOP staff for clinical review.
6. GHC Foundations IOP will inform referring providers if the referral is approved or denied.
  - a. If it is denied, you will be provided with a reason.
  - b. If it is approved, GHC Foundations IOP staff will contact the participant at the contact number listed on the referral form to review program information and schedule admission.

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## Inclusion Criteria

Our program is built for adults, 18 years or older, who voluntarily consent to treatment. They must meet criteria for DSM-5 diagnosis or diagnoses as assessed by their health care provider. They are experiencing mild to moderate dysfunction in their life and are likely to significantly improve with the proposed treatments in the IOP.

## Exclusion Criteria

Therapeutic interventions of the IOP does not actively address the primary diagnosis or subsequent treatment of:

- Acute suicidal risk
- Moderate to high risk for significant self-harm
- Aggressive, threatening or moderate to high risk of harm to others
- Primary DSM-5 diagnosis of substance use disorders
- Primary DSM-5 diagnosis of eating disorders
- Active psychotic symptoms likely to interfere with program and group participation
- Cognitive impairment or differences that are likely to interfere with their ability to benefit from the therapies

## Insurance Providers Accepted

We accept a variety of insurance carriers, including the following:

- GHC-SCW
- GHC-SCW BadgerCare
- Dean Health Plan
- Dean BadgerCare
- Quartz
- Quartz BadgerCare
- ForwardHealth/BadgerCare
- The Alliance

Please check with the patient's insurance if prior authorization is needed before submitting a referral.

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