

**MISSION BEHAVIORAL HEALTH**

**Structured Outpatient Programs at Mission Hospital**

**1 Hospital Drive, Suite 1300**

**Asheville, NC 28801**

**Phone 828-213-4696 Fax 828-213-4695**

**Referral for Structured Outpatient Services**

**Intensive Outpatient and Partial Hospital Programs**

Patient Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Cell Ph. \_\_\_\_\_ E-Mail \_\_\_\_\_ Pt. MR# \_\_\_\_\_

Physical Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ Insurance \_\_\_\_\_

Staff Completing Form \_\_\_\_\_ Phone \_\_\_\_\_

Referring Provider \_\_\_\_\_ E-Mail \_\_\_\_\_

Please check one:

Women-IOP \_\_\_\_\_ Men/Women-IOP \_\_\_\_\_ Partial Hospital \_\_\_\_\_

The Structured Outpatient Program (SOP) is tailored to meet the individual needs of adults and seniors who need support as a way to prevent the need for inpatient care or as a step down option after an inpatient stay. SOP is a more intensive and flexible alternative to traditional outpatient therapy. SOP is primarily an intensive group therapy program.

Intensive Outpatient Program (IOP), three days weekly, 5-8 weeks in duration.

Partial Hospitalization Program (PHP) is also a group therapy model, five days a week, 3 weeks in duration.

The programs are for adults with a diagnosable mental health condition. Some typical conditions include depression, anxiety, bipolar disorder, PTSD, but not primary substance abuse.

A psychiatrist provides medication management.

Most all insurances are accepted, other than Medicaid and Tricare. A combination of Medicare/Medicaid are acceptable.

Anyone may make a referral. For more questions, please call the program coordinator at 828-213-4696 or fax a referral to 828-213-4695.