

Virtual Intensive Outpatient program for Postpartum

Specialized Care for Perinatal Mood & Anxiety Disorders (PMADS)



SIMPLE ADMISSIONS. SUPERIOR PATIENT RECOVERY METRICS.

Program Overview

Balance Treatment Center offers a **fully virtual Intensive Outpatient Program (VIOP)** for patients experiencing postpartum depression, anxiety, and related perinatal mood disorders.

This program provides a **structured** level of outpatient programming with the added benefit of **accessible, home-based treatment**.

When to Refer

Refer patients who:

- Have moderate to severe postpartum depression or anxiety
- Require increased clinical support without inpatient admission
- Patient may need psychiatric evaluation and medication management pending further assessment
- Face barriers to in-person care (e.g., childcare, mobility, access)

Program Structure

- Level of Care: Intensive Outpatient Program (IOP)
- 100% virtual delivery
- Multiple sessions per week (structured programming)
- Group therapy + individual therapy
- Psychiatric care and medication management
- In Network insurance coverage

Clinical Approach

- Evidence-based therapies
- Specialized perinatal mental health focus
- Goal: symptom stabilization, functional improvement, relief of symptoms with support from peers and professional therapists who understand

Referral Process

- Streamlined referral and intake coordination
- Insurance verification completed by our team
- Communication with referring providers available

Ready to Refer?

Our clinical team is available to assess fit, initiate admission, and coordinate care plans.

Provider Referral Line: P 855.414.8100 | F 818.697.8766

We accept insurance, and we're always accepting new clients.



HEALING HAPPENS TOGETHER

BALANCE TREATMENT CENTER HAS EARNED THE JOINT COMMISSION'S GOLD SEAL OF APPROVAL® FOR ACCREDITATION BY DEMONSTRATING COMPLIANCE WITH THE JOINT COMMISSION'S NATIONAL STANDARDS FOR HEALTH CARE QUALITY AND SAFETY IN BEHAVIORAL HEALTH CARE. ONLY 6% OF THE NATION'S REHAB CENTERS EARN THIS HONOR.

We are in network with the following insurance providers and we are able to work with all major insurance providers.

aetna

Anthem



BlueCross
BlueShield

cigna
healthcare

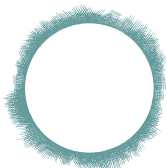
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