

# COMPASS

VIRTUAL



## Comprehensive virtual behavioral health care for adolescents, young adults, and adults

### Successful, Personalized Care

Sometimes addressing your mental health requires more support than traditional once-a-week outpatient therapy. Compass Virtual offers the highest quality Partial Hospitalization (PHP) and Intensive Outpatient (IOP) programs, developed from over a decade of clinical excellence at Compass Health Center’s in-person facilities.

Beginning with our in-depth intake assessment and continuing through our team-based approach to care we deliver the best possible treatment path for you—all while maintaining your life at home, work, and school.

### Patient-centered Treatment

Compass Virtual provides psychiatric evaluation, medication management, and evidence-based, gold-standard therapies including Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Acceptance and Commitment Therapy, and Exposure Response Prevention Therapy. Our clinical outcomes and satisfaction ratings are equivalent to in-person care.

PROGRAM OFFERINGS	ADOLESCENT 13-18 YRS	YOUNG ADULT 18-23 YRS	ADULT 24+ YRS
Partial Hospitalization (PHP)	✓	✓	✓
Intensive Outpatient (IOP)	✓	✓	✓
After-School (IOP)	✓		
Evening (IOP)		✓	✓
Psychiatry	✓	✓	✓
Family Therapy	✓	✓	✓
Education Support	✓		✓
Resource Support		✓	✓
Experiential Therapy (art, recreation, yoga)	✓	✓	✓
DIAGNOSES TREATED			
Mood (depression, bipolar)	✓	✓	✓
Anxiety (general, panic, social)	✓	✓	✓
School Refusal	✓		
OCD		✓	✓
Substance Use		✓	✓
Trauma		✓	✓