

# Virtual Intensive Outpatient Programs

MENTAL HEALTH IS THE PORTAL TO WORKPLACE PRODUCTIVITY

EHN Canada is committed to supporting top employers in protecting the psychological health of their talent. EHN Outpatient Programs actively support a positive return on investment (ROI) on workplace mental health programs.

## A. Signs of worsening employee mental health symptoms

	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
<b>FUNCTION</b>	Functioning at work	Disrupted functioning at work and outside of work; absenteeism; presenteeism, increased sick days.	Low functioning at work or not working
<b>INTENSITY</b>	Mental health symptoms triggered by an event or a situation (work stress, death, divorce, etc.)	More frequent and intense mental health episodes	Chronic mental health conditions
<b>USE OF SERVICES</b>	Accessing support services for the first time or again after a break	Has accessed or is accessing individual counsellor or digital solutions, but requires more intense and/or more frequent treatment	Has accessed intensive mental health support and requires a day program or residential care



## B. Pairing services with symptoms

	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
<b>SERVICE OPTIONS</b>	<ul style="list-style-type: none"> <li>Individual counselling</li> <li>iCBT</li> <li>Self-guided therapy</li> <li>Wellness apps</li> <li>Peer support groups</li> </ul>	Combination individual and group therapy program with corresponding digital component (IOP)	<ul style="list-style-type: none"> <li>Partial Hospitalization Program (PHP)</li> <li>Residential treatment</li> </ul>

## C. How to best serve employees with moderate symptoms

An Intensive Outpatient Program (IOP) allows employees to get treatment that fits into their home and work lives.

By offering a combination of individual and group therapy with evening and daytime options, an IOP can:



REDUCE THE COST OF TREATMENT



IMPROVE OUTCOMES



ACHIEVE HIGHER PROGRAM COMPLETION RATES



MAINTAIN THE GAINS MADE DURING TREATMENT LONG-TERM

EHN Canada is helping organizations increase the ROI of their mental health programming by providing skills-based online treatment to restore function and reduce symptoms.

### WHAT IS INCLUDED IN A VIRTUAL IOP?

- 8 weeks of intensive virtual programming
- 9 hours per week of real-time individual and group counselling
- 10 months of weekly maintenance Aftercare

### WHY CHOOSE TREATMENT FROM EHN ONLINE?



Therapy that gives employees the skills to heal and stay on the job



Specialized streams to treat depression, anxiety, trauma, and addiction disorders



Access to registered mental health professionals trained in effective online therapy



3-day Family Workshop for unlimited loved ones



WAGON app with clinically integrated content



Dedicated specialist to coordinate referral and reporting requirements

OUR ADMISSIONS TEAM IS AVAILABLE TO TALK ANYTIME.

CALL 866 852 8476  
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VISIT EHNONLINE.CA

