

UWMC – Northwest Intensive Outpatient Program

Welcome!

We are so glad you are interested in our Intensive Outpatient Program (IOP). This fact sheet contains information that may be helpful as you decide if this program is the right fit for your needs.

Who we are:

The Intensive Outpatient Program (IOP) is a primarily group-based program dedicated to the mental health of adults struggling with concerns such as anxiety, depression, bipolar disorder, adjustment disorder, and trauma-related symptoms. Our program offers skills, medication management, and individual therapy (when appropriate) for adults (18+) through two different tracks: an older adult track and a general adult track. The exact length of the program is individually based and determined in collaboration between the patient and the care team; the potential time is approximately 90 days.

Location and structure:

All IOP appointments take place on the Northwest Campus of the University of Washington Medical Center. Our address is:

1560 N 115th Street
Medical Office Building (MOB) Suite #102
Seattle, WA 98133

Group

IOP patients attend psychoeducational group sessions 3 days per week. IOP group sessions are Mondays, Tuesdays, and Thursdays. Groups begin at 10:00 am sharp and end at 2:00 pm.

Below is an hour-by-hour breakdown of a typical IOP Group Day:

First Group	10 - 11am
Second Group	11am - Noon
Break	Noon – 1pm
Third Group	1 – 2pm

Individual Appointments

While in the program, clients will meet with a social worker and psychiatrist. All clients will meet once with a psychologist. Clients may have the ability to continue to meet with a psychologist for individual therapy, dependent on availability and need. **Once discharged, our clinicians are not able to continue providing outpatient care.** Any individual appointments you have with the IOP team may take place outside of group days (i.e., on Wednesdays or Fridays). We will try to accommodate

individual appointments on group days as much as possible based on patient preference and provider availability.

General Administrative Information

Attendance:

Active participation in the program is essential for success; therefore, a patient may be administratively discharged from the program for excessive absences (two weeks or more) or repeated lateness to appointments.

Aftercare:

During the program, the clinical team may make recommendations/referrals to help patients find follow-up treatment (e.g., psychotherapy or psychiatrist) prior to discharge; however, it is ultimately the patient's responsibility to make and keep follow-up care appointments. The IOP team will not arrange and/or schedule these follow-up appointments.

Billing:

Billing questions may be addressed by Patient Accounts and Support Services, 206-598-1950.

Clinical Care Team

Stephen Thielke, MD; IOP Psychiatrist and Medical Director
Koriann Cox, PhD; IOP Psychologist and Clinical Program Director
Matthew Gockel, LICSW, IOP Social Worker and Group Facilitator
Caitlyn Liechty, LICSW; IOP Social Worker and Group Facilitator

If you are interested:

You may contact our program directly at 206-668-1873 or contact the intake department at 206-668-5470 (phone) / 206-668-5030 (fax) / BHIntake@uw.edu. You may also request that your provider place an internal referral via the medical record system.

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