

Virtual Programming for Mental Health

IOP Treatment that's Flexible & Accessible

At Discovery Mood & Anxiety Program (DMA), our virtual intensive outpatient (IOP) program for mental health disorders was intentionally created to be as easy as possible and flexible in every way. That means patients can meet us from the comfort of wherever they are, but also at times that are convenient for them.

Flex Schedules for a Better Treatment Experience

Flex schedules provide a block of treatment time in which the patient can choose to attend a session at an earlier or later time. Here's a sample of flex scheduling:

- Adults Track: Choose 12 – 3 p.m. OR 1 – 4 p.m.
- Adolescents After School: Choose 3 – 6 p.m. OR 4 – 7 p.m.

Virtual flex scheduling listed above is available in Florida, Texas & Virginia; virtual programs are available in California, with flex scheduling coming soon. California virtual currently offers adult morning or afternoon schedules and adolescent after-school tracks.



5 Reasons to Choose Virtual Treatment at DMA

- 1 Enhanced engagement among patients** – In their own safe space and at times that are flexible, patients may find participation more comfortable compared to in-person group sessions.
- 2 25+ years of experience in helping people manage mental health disorders** – Since 1997, DMA has treated mental health disorders with evidence-based and holistic therapies.
- 3 Purposefully virtual content and curriculum** – This platform takes our in-person IOP to make an equally impactful virtual program.
- 4 Specially trained team** – Therapists are specifically trained to conduct treatment in a virtual setting and are well-versed in technology.
- 5 Reduced travel burden** – For those who struggle to find adequate transportation or have obligations close to home, school or work, the virtual program is ideal.



Learn more at
[DiscoveryMood.com/
Virtual-Programming](https://discoverymood.com/Virtual-Programming)



DISCOVERY
Mood & Anxiety Program
Mental Health Treatment