





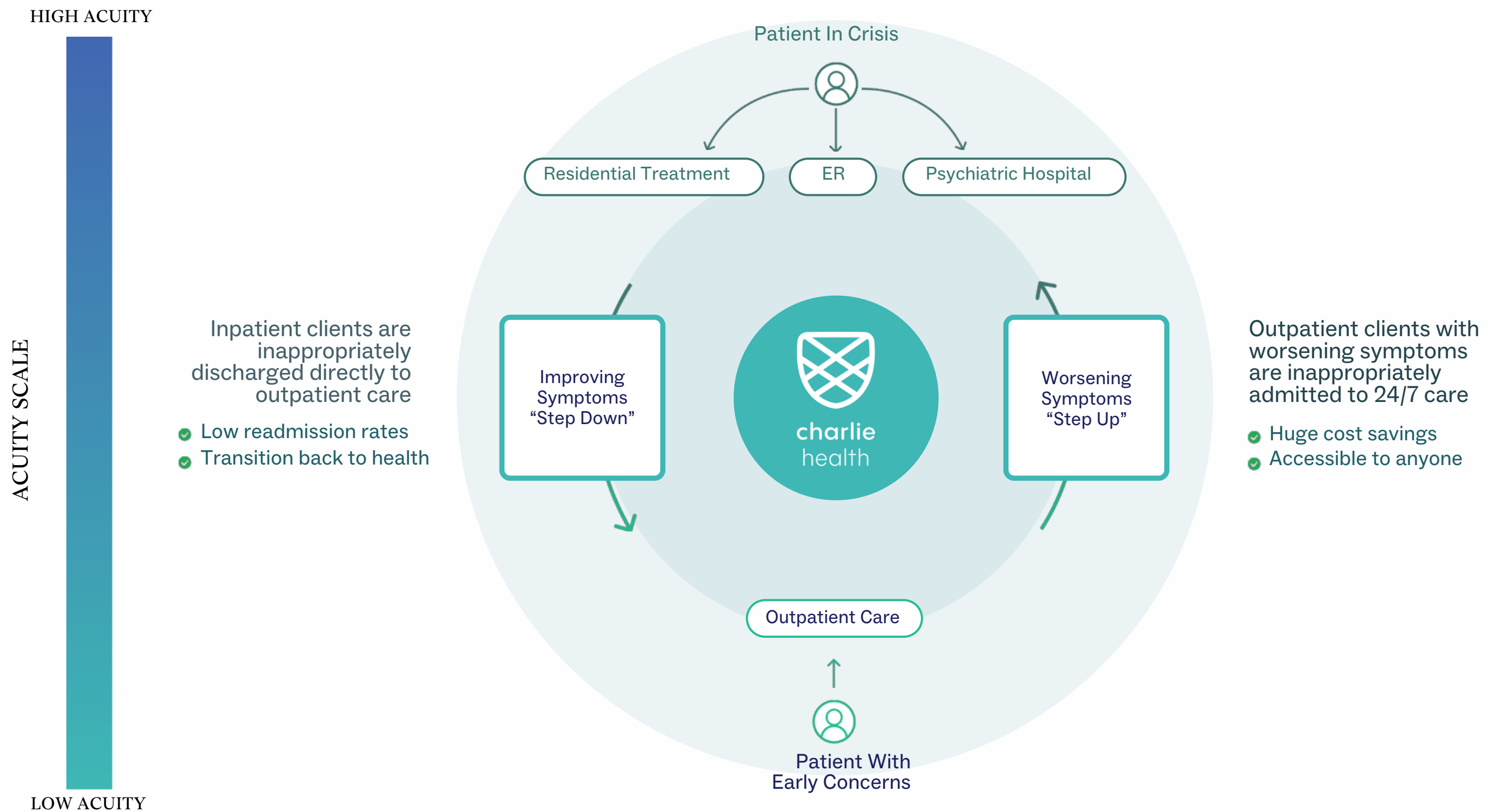
charlie health

Solving the Adolescent and Young Adult Mental Health Crisis with IOP

Why we are here



Charlie Health's Intensive Outpatient Program fills a key gap within the behavioral health continuum of care

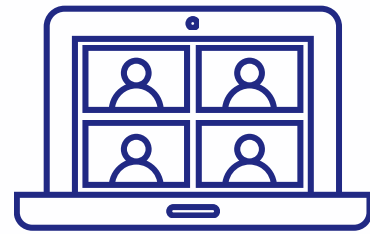


Our program



Charlie Health's IOP includes 9 hours of supported groups, 1 hour of individual therapy, and 1 hour of family therapy each week, among other services

Supported Groups



Curated groups that connect individuals with similar needs

Individual Therapy



Primary therapists assigned based on fit

Family Therapy



Weekly sessions to promote holistic healing and behavior change

Psychiatry / Med. Management



Initial evaluation and ongoing care from a psychiatrist or NP

Family Support Groups



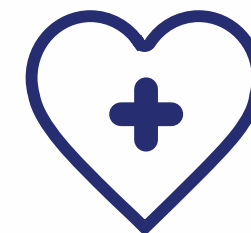
Clinician-led, curated groups for families with children in treatment

Care Coach



Approachable friend for encouragement and mentorship

24/7 Crisis Care



Clinicians on-call 24/7 to respond to crises in between sessions

Case Management & Care Coordination



Dedicated end-to-end support & collaboration with outside providers



Flexible scheduling that allows clients to prioritize life and healing

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
7PM-8PM	DBT SKILLS GROUP		CBT SKILLS GROUP		FAMILY SESSION	2PM-3PM	CBT SKILLS GROUP
8PM-9PM	YOGA & MINDFULNESS		MUSIC THERAPY	PSYCHIATRY SESSION		3PM-4PM	ART THERAPY
9PM-10PM	EMOTIONAL AWARENESS		EMOTIONAL AWARENESS	INDIVIDUAL SESSION		4PM-5PM	EMOTIONAL AWARENESS



Family support is the largest single indicator for positive outcomes

Mondays

- Parent Support Group: Teens, Young Adults, LGBTQAI+
- Adoptive, Foster, and Kinship Care Support Group

Tuesdays

- Charlie Health Siblings Support
- Mindful Tools for Parents to Reduce Stress
- Mutifamily Connection Group: Improving Trust in Family Relationships
- LGBTQAI+ 101 Workshop Series

Wednesdays

- "Let's Have a Meeting" Family Meeting Planning

Thursdays

- TLC for Parents
- Self Care Simplified
- Parenting Skills for Families Managing Emotional Intensity and Challenging Behaviors

Charlie Health offers a full calendar of support groups for all types of families.



Charlie Health's Alumni Program allows clients to stay connected post-discharge

Alumni Offerings

Yoga Practices

Studio Art Group

LGBTQIA+ Monthly Group

Book Club

Monthly Bingo

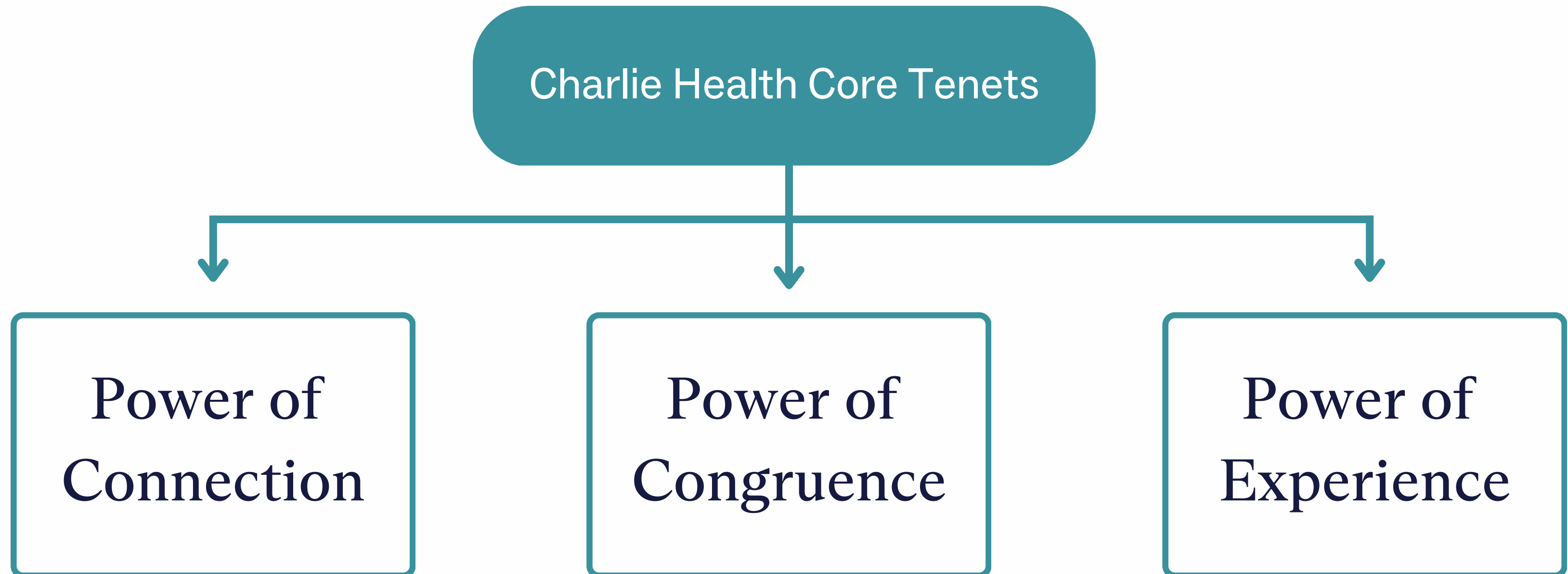
Process and Contemplative Groups

Discord Community

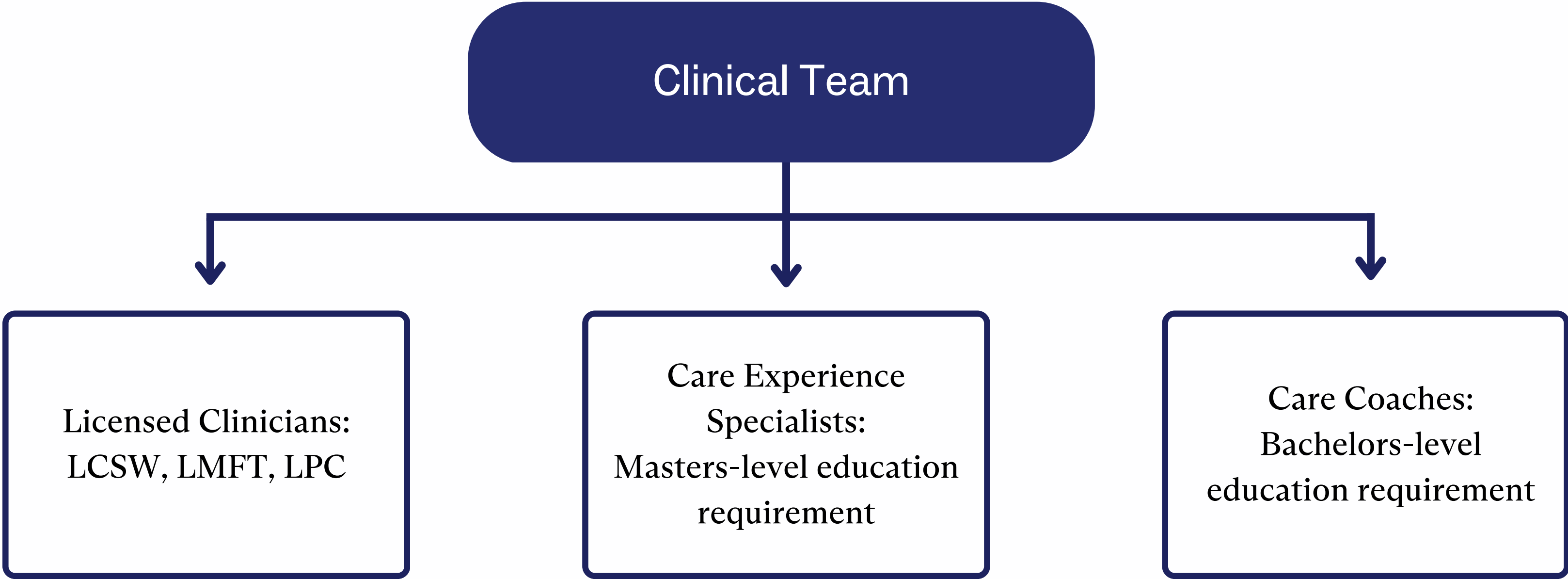
and more!



Our evidence-based clinical model is built on three core tenets influenced by academic research and theory



Best-in-class clinical team with expertise in evidence-based practices



Evidence-based practices in the Charlie Health model

Dialectical Behavior Therapy (DBT) Skills

Cognitive Behavioral Therapy (CBT)

Mentalization-Based Therapy (MBT)

Motivational Interviewing (MI)

Mindfulness

Attachment-Based Family Therapy (ABFT)

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)



Our clients

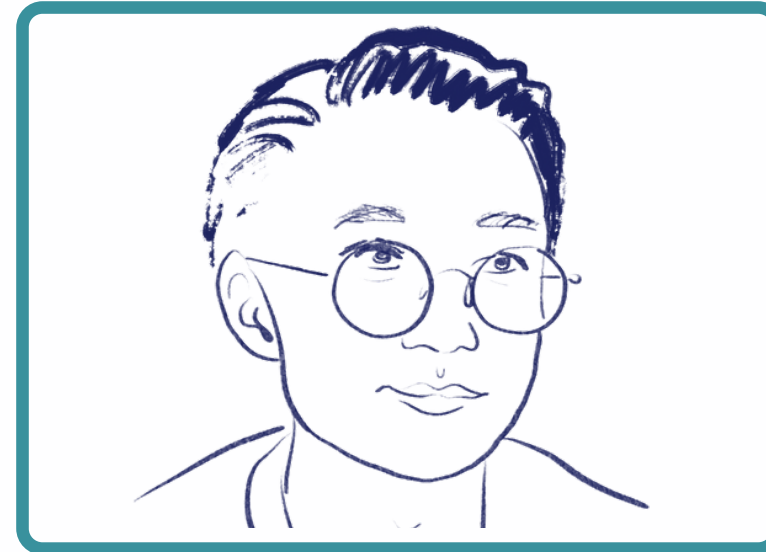


Who walks through our (virtual) door?



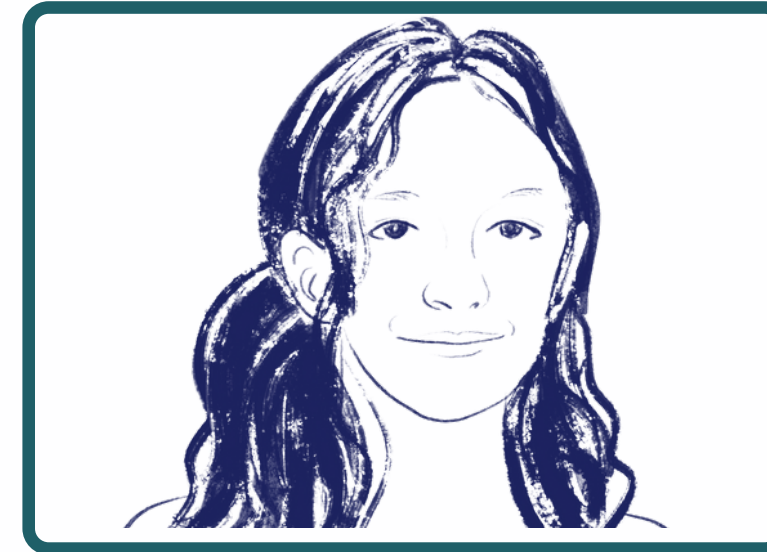
Jane

- 19 years old
- Art student
- Persistent anxiety and depression, to a point where she cannot keep up with her school classes
- Currently coping with substances.



Jack

- 13 years old
- Social anxiety and behavioral outbursts at school
- Increased self harming behavior
- Loves anime!



Jules

- 16 years old
- Trans femme in a small town
- Hospitalized after a suicide attempt
- Persistent depression and anxiety
- Musician



Jay

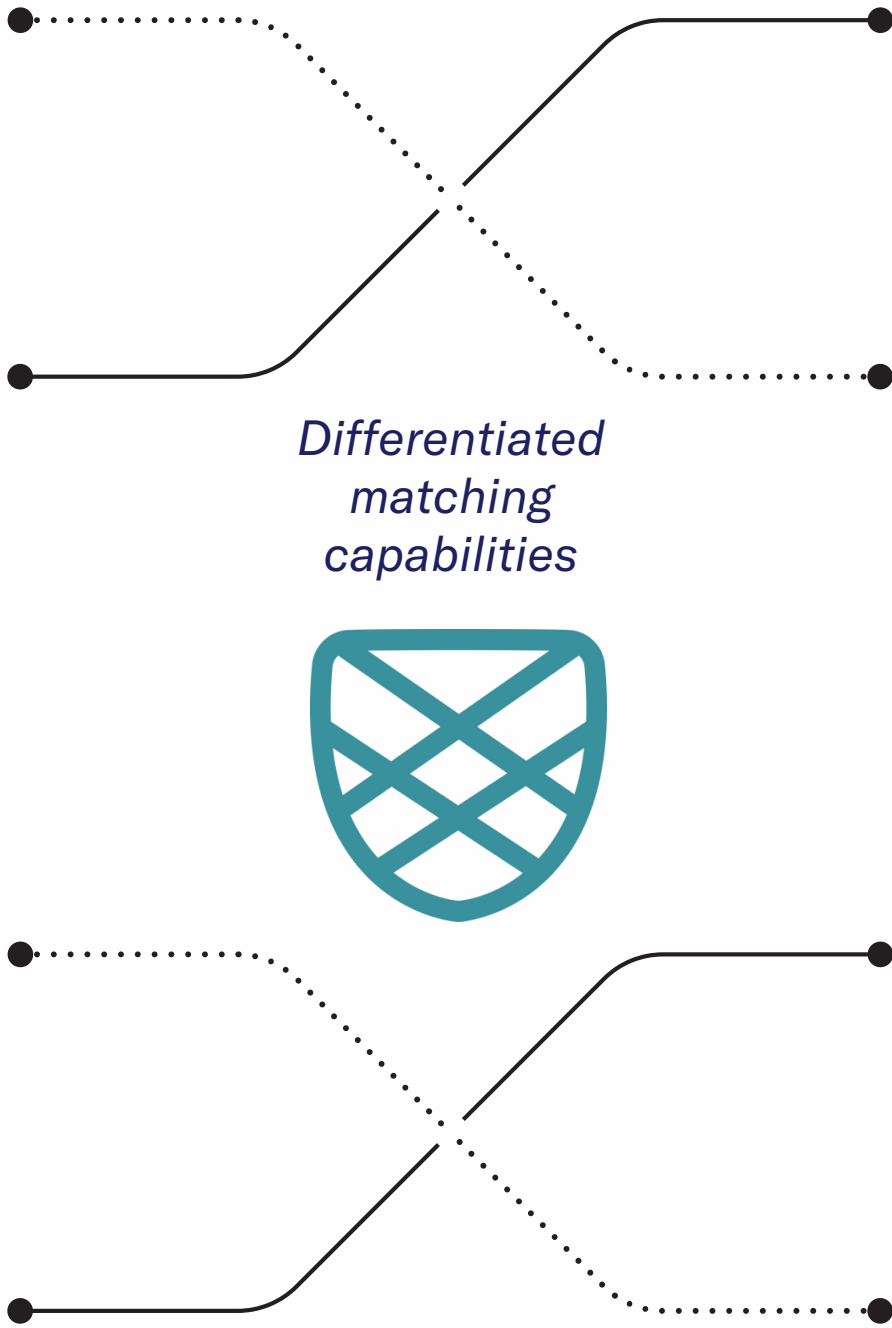
- 26 years old
- Young parent
- Recently left a loved job because of anxiety and substance use
- Feels like he has "tried everything."
- Plays rec soccer league every week



Charlie Health's curated groups connects patients with similar needs

CH Intake Assessment

- Treatment-resistant depression
- Patient maturation
- LGBTQIA+
- PTSD Symptoms
- Familial conflict
- Substance use disorder
- Chronic suicidal ideation
- Foster care
- Childhood sexual trauma



Illustrative CH Curated Groups

- 12-13 y/o: Suicidal Ideation, DBT
- 12-13 y/o: Treatment-resistant depression, CBT
- 14-15 y/o: Foster care, self-harm, DBT skills
- 14-15 y/o: SUD, MI
- 16-17 y/o: Female-identifying, sexual trauma, TF-CBT
- 17-18 y/o: LGBTQIA+, family issues, MBT
- 18-20 y/o: PTSD, TF-CBT
- 20-23 y/o: LGBTQIA+, anxiety/OCD, CBT
- 23-28 y/o: Chronic suicidal ideation, DBT skills



Group highlight: Therapeutic groups for People of Color



Specialized groups for teens and young adults who identify as Black, Indigenous, and /or People of Color (BIPOC)



Therapeutic processing and creative arts groups



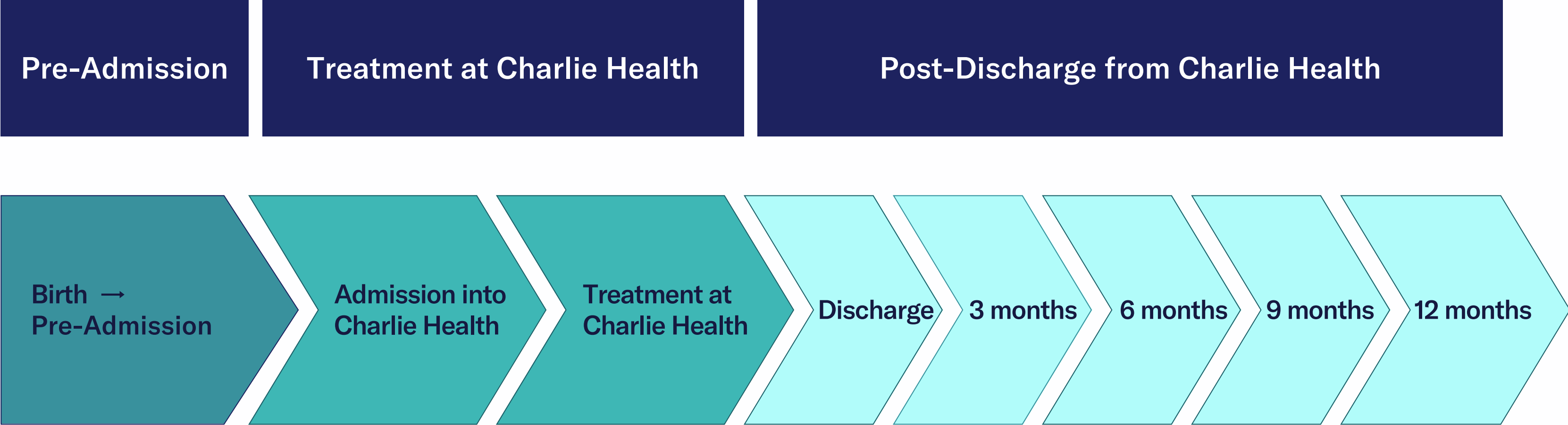
Led by culturally-sensitive and competent therapists of color



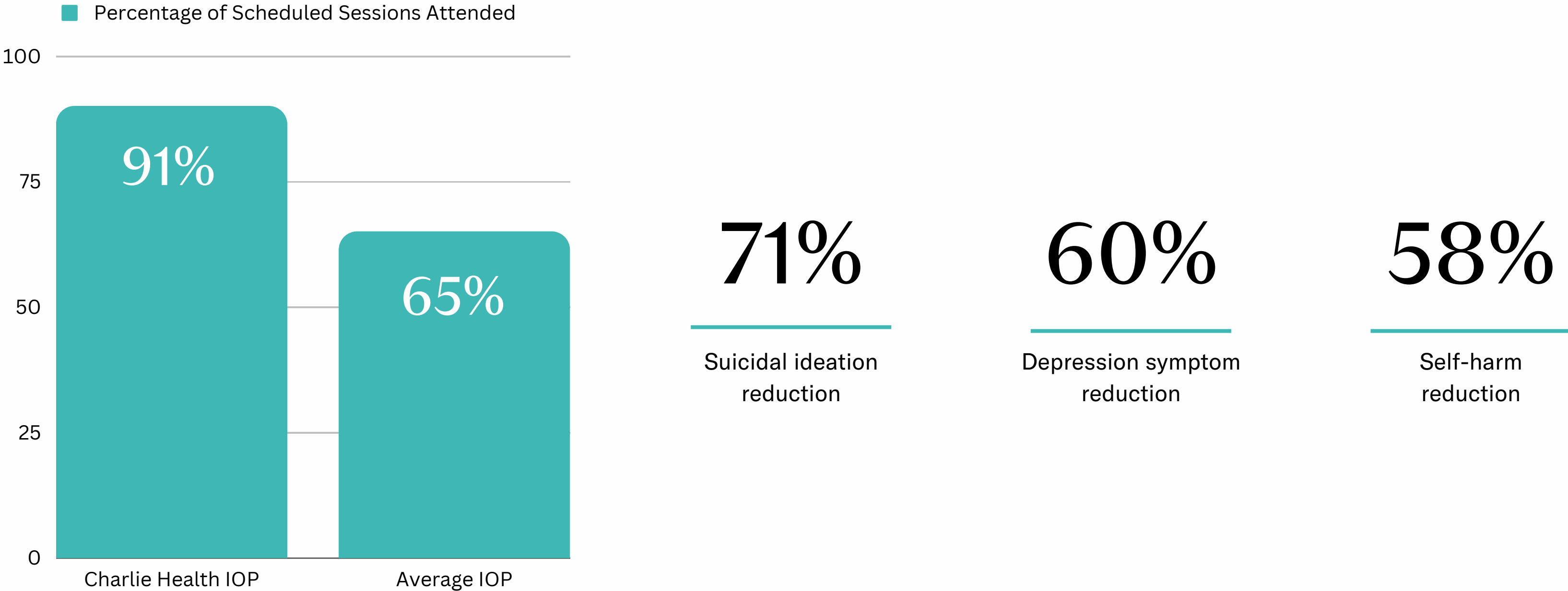
Our outcomes



We administer a robust outcomes data collection process throughout our patients' lifetime



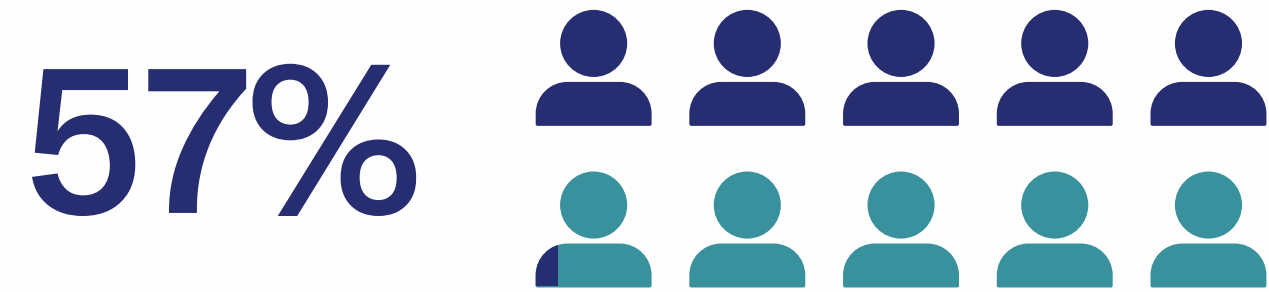
New peer-reviewed study finds that Charlie Heath’s telehealth program improves access and outcomes for teens and young adults in crisis ⁽¹⁾



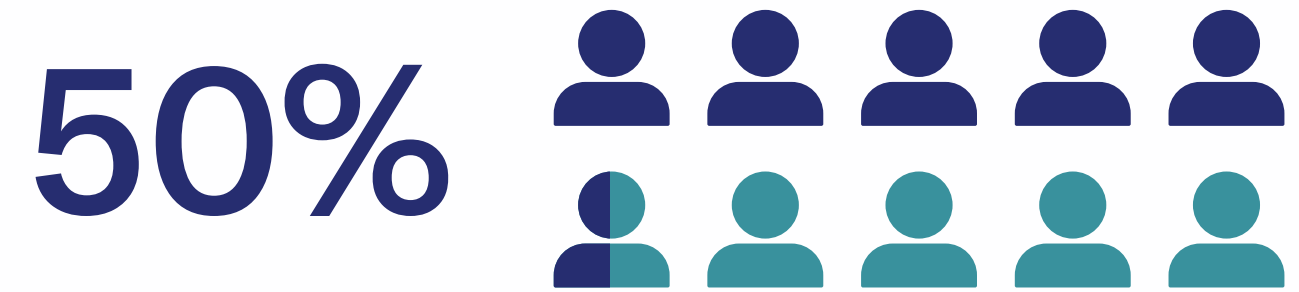
(1) Gliske K, Berry K, Ballard J, Evans-Chase M, Solomon P, Fenkel C
Mental Health Outcomes for Youths With Public Versus Private Health Insurance Attending a Telehealth Intensive Outpatient Program: Quality Improvement Analysis
JMIR Form Res 2022;6(11):e41721
URL: <https://formative.jmir.org/2022/11/e41721>
DOI: 10.2196/41721



Charlie Health treats a uniquely acute population, many with hospital-level needs



Of patients have been admitted to inpatient or residential treatment in the 30 days leading up to Charlie Health



Of patients have attempted suicide at least once in their lifetime



Of patients have admitted to inpatient or residential treatment in their lifetime



Of patients were referred to an ER in the 30 days leading up to Charlie Health



Patients and families report exceptionally high satisfaction with the care they receive in Charlie Health's programs

89%

of patients would recommend Charlie Health to a friend or family member

95%

of patients reported to be satisfied with primary Charlie Health therapists

96%

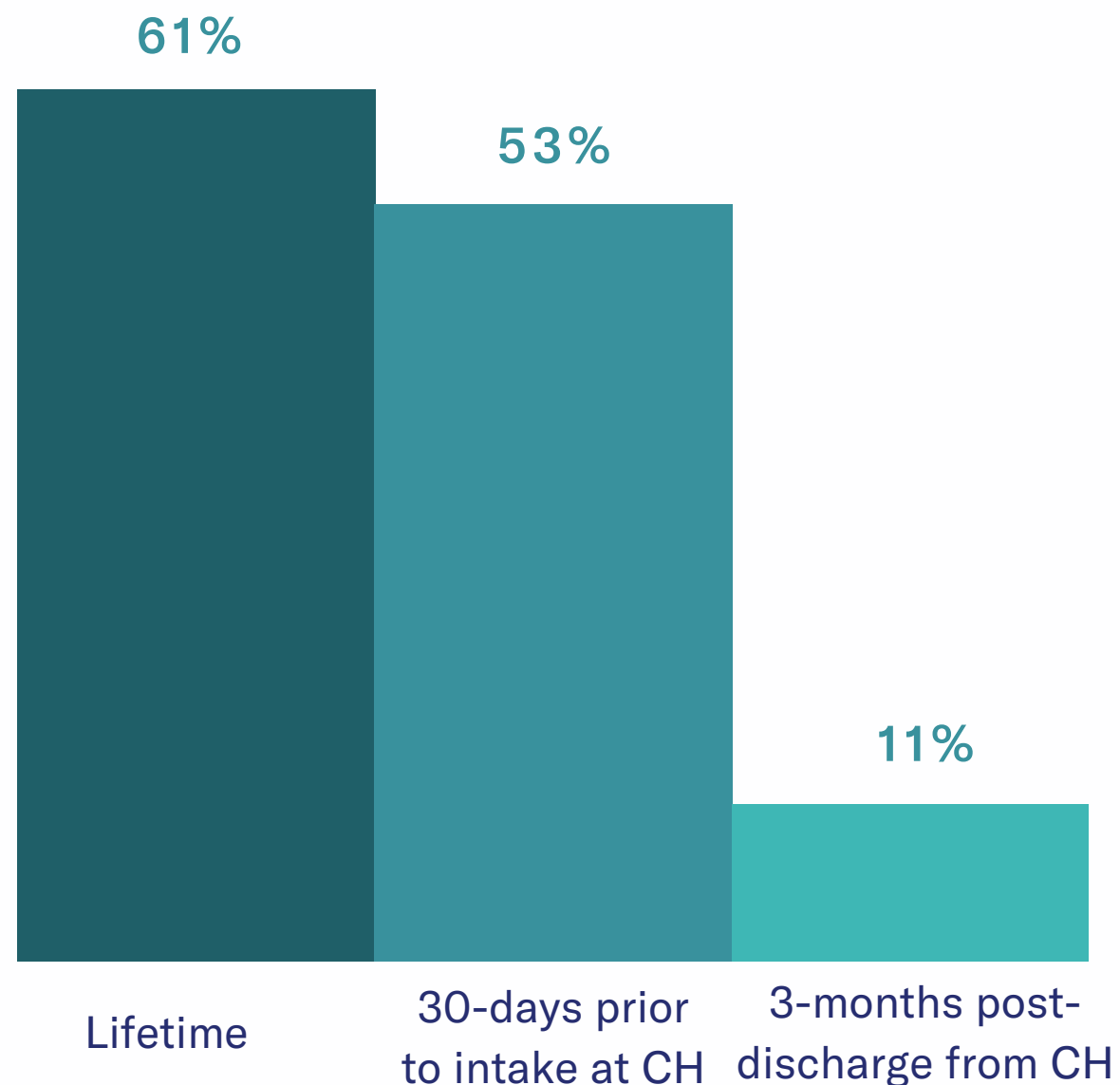
of parents or caregivers would recommend Charlie Health to a friend or family member



Charlie Health reduces the need for higher and more expensive levels of care

Completing treatment at Charlie Health reduces admission rates to a higher level of care by 82%

% of CH Patients Admitted to IP / Residential



- 61% of CH patients have been admitted to IP/Res in their lifetime
- 53% of CH patients were admitted to IP/Res in the month leading up to admission to CH
- Only 11% of patients who completed treatment at CH admitted to IP/Res in the 3-months post-discharge from CH
 - In comparison, industry data shows that greater than 40% of patients readmit to a higher level of care 3-months post-discharge from an IOP program
 - This suggests Charlie Health's IOP program prevents 73% of readmissions post-discharge⁽²⁾

(1) Includes patients who have completed treatment at Charlie Health and have been discharged from Charlie Health for at least 3 months. Treatment complete is defined as those patients who (i) completed at least 6 IOP sessions, (ii) completed treatment plan goals, and/or received as much out of the current level-of-care as can be expected, and (iii) stabilized to such an extent that completion of the treatment process at a less restrictive level -of-care is therapeutically appropriate

(2) Source: Komodo Health. Data set covers AZ, CO, FL, IL, MI, NJ, NY, NC, OH, PA, TN, UT, WA, CA. Analysis included - 13k individuals that attended 5+ IOP visits and were subsequently admitted to the inpatient/residential facility in the 90 days after discharge.



Our commitment



Our simple referral process prioritizes communication and client healing

1

Reach out

Contact us in whatever way works best for you and your organization:

- Email: admissions@charliehealth.com
- Call: (866) 491-5196
- Fax: (406) 720-7793
- Online referral portal: charliehealth.com/referrals

2

Provide basic info

To get the admissions process started, please have the following information ready:

- Patient name
- Date of birth
- Guardian/client contact info
- Insurance info (if you have it!)

3

Stay connected

Charlie Health will take it from here, coordinating and scheduling with the client and/or family. We'll keep you in the loop as needed throughout the admissions process and treatment. Reach out directly with any and all questions.



Call (866) 491- 5196

Email admissions@charliehealth.com

Visit www.charliehealth.com

Immediate availability to connect and get help



