

# Anxiety Intensive Outpatient Program

---

The Anxiety Intensive Outpatient Program (IOP) offers evidence-based cognitive behavioral treatment for anxiety disorders and obsessive compulsive disorder (OCD).

---

## Who is best for this program?

We treat children and teens ages 7 to 17 who are diagnosed with an anxiety disorder or OCD, avoid situations as a result of anxiety, and who have not been able to make progress in regular outpatient treatment. As a result of anxiety and avoidance you may be seeing that your child is unable to interact with peers or separate from parents. They may be having difficulty going outside, panic episodes, poor school engagement or attendance, and difficulties with typical daily activities like bathing, calling stores or emailing/texting.

---

## What does treatment include?

This is a Cognitive Behavior Therapy (CBT) program. CBT is based on the fact that thoughts, behaviors and physical sensations are interconnected. Emphasizing exposure and response prevention (ERP) is our main treatment focus.

- ERP is a therapy approach where your child is exposed to the thoughts, images, objects or situations that cause them anxiety. At the same time, your child learns how to resist engaging in avoidance, safety behaviors, or compulsions that lessen their anxiety.
  - Our treatment is primarily delivered in a group format. In addition, each patient and family receives weekly individual therapy. We coordinate this care with your child's individual therapist in the community, medication prescriber, and school.
  - Our treatment requires daily participation for the caregiver along with your child so that you can learn how to help your child practice these activities at home. We do this in two ways:
    - Daily group sessions. We teach patients the skills they need to manage anxiety. These groups include in-session exposure practice with kids and teaches caregivers how to do exposure and response prevention at home.
    - Two weekly caregiver groups and daily caregiver check-ins to go over assignments and home practice.
- 

## Who is on our treatment team?

Our Anxiety IOP program includes a clinical team under the co-direction of a licensed clinical psychologist and child and adolescent psychiatrist. Other team members may include licensed clinical psychologists, master's level providers, and psychiatry or psychology providers in advanced training. Medication consultation with a psychiatric provider (MD or APP) is available for patients if appropriate.

---

1 of 3

### To Learn More

- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



### Who is eligible?

Your child or teen may participate if they have any one of the following:

- Tried clinic-based therapy 1 to 2 times a week for at least 10 sessions and have been unable to make progress.
- Severe symptoms or are at risk for an inpatient psychiatric hospitalization or psychiatric residential treatment.
- Been in an inpatient psychiatric unit or a psychiatric residential treatment and need treatment more intensive than routine outpatient and/or are at risk to be hospitalized again.
- A very hard time attending school, including frequent absences due to anxiety, for more than 2 weeks and less than 1 year, and are enrolled in a brick and mortar school.

Note: To be eligible, a caregiver must be physically present with your child and attend each session (4 days per week, 3 hours per day) for your child's entire program.

---

### How long is the program?

The program is intense and requires a great deal of dedication of your time. It runs about 3 hours per day, 4 days per week and lasts 6 to 8 weeks. The time may be longer if your child has persistent, severe symptoms and impairment. After your child completes the program, they will return to their current community mental health providers for follow-up care. We are unable to provide follow-up care for families.

---

### When and where do the groups take place?

When: Tuesday 1:30 - 4:30 p.m. and Wednesday through Friday: 1 - 4 p.m.  
Where: At this time, all group sessions are held via telemedicine/video visit platform. When services resume in-person, the location is at Seattle Children's North Clinic, 1815 13th Street, Everett, WA 98201

---

### Is it covered by insurance?

Most insurance plans cover the treatment but require pre-authorization. We will request authorization from your insurance provider when it is time for your child to start the program. If there are any problems obtaining authorization, we will let you know. If you have any questions about your coverage, please contact your insurance.

To find out what your plan covers, contact your insurance provider and ask about coinsurance, copay and deductible. The program is billed as a facility charge for intensive outpatient treatment with a procedure code of S9480.

Families are welcome to apply for financial aid if they have concerns about whether the program will be covered.

---

### How do we register?

Contact your primary care provider or your child's current mental health therapist if you are interested in signing your child up for this program.

- They will need to send us a referral for an evaluation and screening to see if the program is appropriate for your child's needs.
- Once we receive a referral from your provider, we will contact you to schedule a screening interview and evaluation.

## Anxiety Intensive Outpatient Program

---

- The evaluation takes place over two sessions. During these sessions, we will confirm your child's diagnosis and the need for an intensive outpatient program.
- If your child's needs can be met in a less intensive program or needs a higher level of care, we will recommend other options.
- If your child is determined to be eligible, we will place your child on the waitlist. We will call you when there is an opening available.

If you are a current patient in Seattle Children's Outpatient Psychiatry, please talk to your Children's provider about being referred for the evaluation and screening.

For more information about our services visit [seattlechildrens.org/getservices](https://seattlechildrens.org/getservices).

---