



# Get the Behavioral Health Care You Need

## Intensive Outpatient Treatment Available

Members of BadgerCare Plus and other Wisconsin Medicaid programs now have access to more treatment for substance use and mental health disorders. Intensive outpatient (IOP) treatment is a new covered level of care that can help you build a healthier life. You can manage your other commitments (like family, work, or school) while getting the comprehensive treatment you need.

### What you need to know

- A typical IOP schedule is three sessions per week of three hours each. Sessions include both individual and group therapy.
- You'll learn coping skills you can practice in your daily life.
- You'll also build a supportive community with others who can relate to what you're going through.

### How to get IOP treatment

- Talk to your doctor if you need help.
- If you don't have a primary care doctor, contact your HMO.
- If you aren't enrolled in an HMO, call Member Services at 800-362-3002.



### Questions?

- Call Member Services at **800-362-3002**.
- If you are in crisis, call or text **988** at any time.