



EHN CANADA

Tech Insights

EHN's Intensive Outpatient Program



EHN Canada

Canada's largest provider of private inpatient and outpatient programs for addiction and mental health.



Today's Topic: EHN Online & Intensive Outpatient Programs

Intensive Outpatient Programs (IOP's) are a common option for mental health treatment in the US. They are used to treat clients with mild-moderate or as a step-down program for severe clients who have attended inpatient treatment. EHN Online offers Intensive Outpatient Programs for mood and anxiety, substance use and trauma in an online setting.

Matching Services with Severity

What are the signs that your employee's mental health symptoms are increasing and how can you help?

	MILD SYMPTOMS	MODERATE SYMPTOMS	SEVERE SYMPTOMS
FUNCTION	Functioning at work	Disrupted functioning at work and outside of work; absenteeism; presenteeism, increased sick days.	Low functioning at work or not working
INTENSITY	Mental health symptoms triggered by an event or a situation (work stress, death, divorce, etc.)	More frequent and intense mental health episodes	Chronic mental health conditions
USE OF SERVICES	Accessing support services for the first time or again after a break	Has accessed or is accessing individual counsellor or digital solutions, but requires more intense and/or more frequent treatment	as accessed intensive mental health support and requires a day program or residential care
SERVICE OPTIONS	<ul style="list-style-type: none"> • Individual counselling • iCBT • Self-guided therapy • Wellness apps • Peer support groups 	Combination individual and group therapy program with corresponding digital component (IOP)	<ul style="list-style-type: none"> • Partial Hospitalization Program (PHP) • Residential treatment

Intensive Outpatient Program (IOP)



8 weeks of Intensive Therapy + 10 months Aftercare

Program Components:

- 1 8 hours of psychoeducational/skills groups per week
- 2 1 hour of Individual Therapy per week
- 3 Specialty groups: Return to Function, Physical Health
- 4 12 Hours of Family Programming
- 5 Integrated Wagon Platform and App

Evidence-Based Approach:

- ✓ Cognitive Behavioural Therapy (CBT)
- ✓ Dialectic Behavioural Therapy (DBT)
- ✓ Behavioural Activation Therapy (BA)
- ✓ Acceptance and Commitment Therapy (ACT)

How Can an IOP Support Employees?

Substance Use

Mood and Anxiety

Trauma



Skills-based programming with corresponding app

Increased productivity, reduced symptoms at work

Outcome measurement to track progress and inform long-term support recommendations

Symptom reduction and enhanced function

Online format is accessible and convenient

Regular progress reports and post-treatment recommendations to continuity of care

Benefits of an IOP for Employers



Programs are designed to reduce symptoms that interfere with work life



Skills-based curricula to equip employees to identify and manage symptoms



Discharge summaries include recommendations for post-treatment



Separate streams for Substance Use Disorders, Mood and Anxiety Disorders and Workplace Trauma



Maximize ROI by investing in programs that decrease disability costs

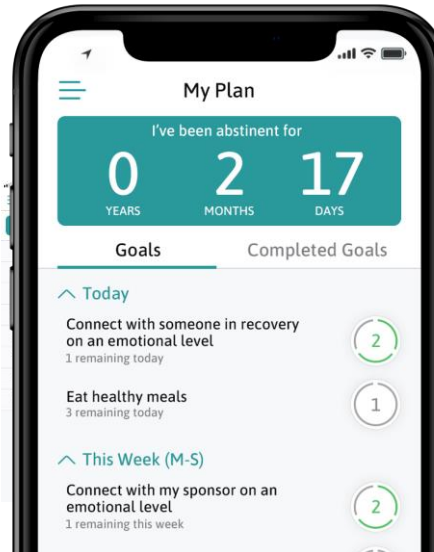
Wagon Platform

EHN Online Powered by Wagon

Video Counselling



Patient Mobile App



Clinical Dashboard



Video Counselling



HIPPA, PIPEDA and PHIPPA
compliant video
conferencing software
used to facilitate individual
and group sessions



Sessions are scheduled and
clients are added to online
sessions in the **Wagon**
dashboard



Clients can join sessions via
email invitation or by
logging into the **Wagon**
website



Implemented extra security in
Zoom, **including passwords,**
locked meetings, unique
meeting ID and password for
every meeting.

Wagon App

Provided to Clients in Aftercare and Online Programs

Goal-Setting

- Custom goal-setting for each client based on treatment programs
- Goals are displayed on the home screen and checked off as they are completed

Coping Tools

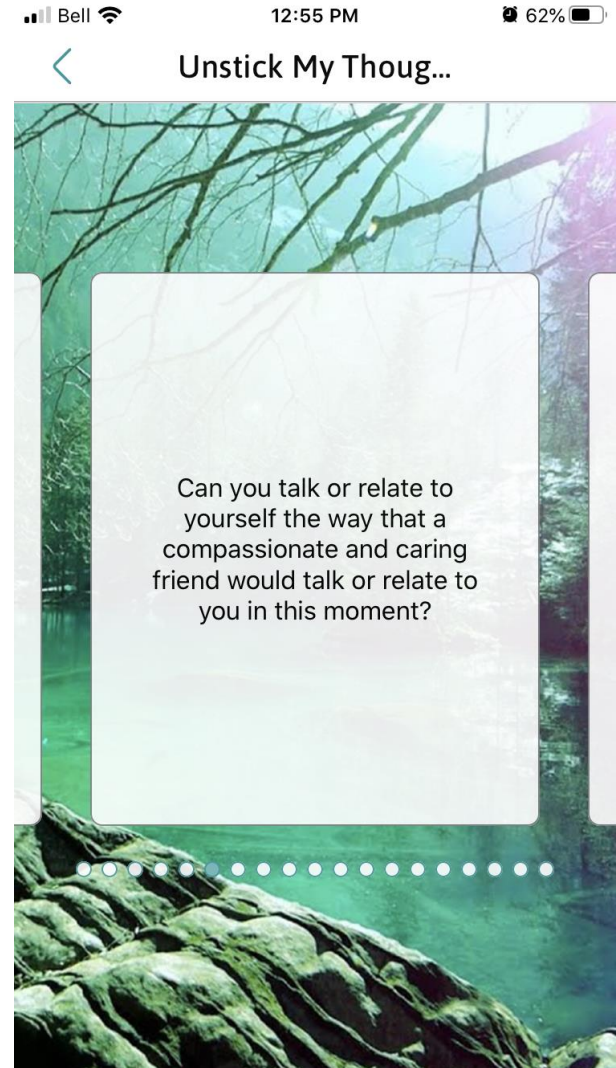
- Coping tools based on skills taught in treatment program
- Includes guided exercises, meditations and coping cards; CBT, DBT, Mindfulness, etc.

Daily Check-In

- Set of 5-10 questions clients answer each day that track mood, symptoms and use of learned skills
- Different Daily Check-In for each specialty program

Progress

- Clients can view their progress in goal completion and from their daily check-in
- Allows them to see patterns and connect symptoms reduction with use of skills



Outcomes & Psychometric Testing

Current Outcomes – Average Patient Scores:



- Clients see an average decrease of 66% on the LDQ; this means they are starting with moderate substance dependence symptoms and completing with low dependence symptoms
- Clients begin programs in Moderately High Distress and decrease to Moderate Distress by the end of the program
 - Scores continue to decrease during the aftercare portion of the program
- Critical Item scores such as suicidal ideation, aggression and self-harm drop by 54% on average