

Fairfax Behavioral Health – PHP/IOP Mental Health Program Overview!

Programs offered Virtually, Onsite and Hybrid! Assessments Offered Daily!

PHP (Partial Hospitalization Program) 9-3:00pm

- Monday- Friday (Morning, Afternoon and Evening Track)
- Medication Management – Comprehensive Assessment
- DBT, CBT, ACT, Trauma Informed Care
- Small Group Therapy
- Selective Pull Out Groups
- Access to Pediatric/Adult Psychiatrist
- MD on staff to assist in Med management
- Music/Rec Therapy
- Yoga and Autogenic Breathing Techniques
- Nursing Groups
- Family Dynamic Counseling
- Care Managers available every day!
- Safe and Effective Discharge Planning



IOP (Intensive Outpatient Program) 9-12:30pm

- 3x per week, 8-10 weeks
- Medication Management – Comprehensive Assessment
- DBT, CBT, ACT, Trauma Informed Care
- Music/Rec Therapy
- Daily Check-ins
- Family Dynamic Counseling
- Access to Pediatric/Adult Psychiatrist
- DBT Skills focused
- Pull out groups to address specific needs i.e trauma
- Yoga and Autogenic Breathing

425-284-8280, Outpatient Fax: 425-284-8287

Adolescent Mental Health Programming! Fairfax Behavioral Health! – Insurance List

Morning, Afternoon and Evening PHP/IOP Tracks available!

Same and Next Day Enrollment!

Intake and Admissions: 425-284-8280

In Network Providers:

- Community Health Plan of Washington (CHPW)
- Coordinated Care
- Medicare
- Kaiser HMO/PPO
- Aetna
- Cigna
- First Choice
- Tricare
- Lifewise
- UMR
- Premera BCBS
- Regence
- UBH



Single Case Agreements:

- Molina
- Amerigroup (AMG)
- United Medicaid

Call Intake today for any questions you may have regarding the PHP/IOP Mental Health Program! We are here to help and provide guidance!