

June 21, 2021

RE: Reopening Plans

Dear Friends of SLBMI:

We are excited to announce that we will be welcoming our patients back for outpatient in-person services* starting September 7, 2021.

Important information to know

About our Outpatient Services:

- Our reopening plans include both in-person and telehealth options for individual, family, and couples services, including psychotherapy, psychiatry, and dietary services.
- Psychological Testing will include both in-person and telehealth options (as possible for the portions of assessment which must be completed in-person).
- Group therapy will remain virtual at this time, with in-person options to be announced by the group facilitator of each individual group after October 4th.

About our Intensive Outpatient Programs:

- **Adult Eating Disorders IOP:** hybrid model (Monday-Wednesday in-person / Thursday-Saturday telehealth)
- **Adolescent Eating Disorders IOP:** in-person track; telehealth track coming soon mid-fall
- **OCD and Anxiety Related Disorders IOP:** in-person and telehealth track options
- **Adult Dialectical Behavior Therapy IOP:** telehealth at this time.
- **Adolescent Dialectical Behavior Therapy IOP:** telehealth at this time.

In-person appointments for September 7 onward will be open for scheduling to be scheduled starting **July 26, 2021**. After July 26, you can contact us most efficiently by emailing SLBMIFrontDesk@uhsinc.com to inquire about your provider's plans and options to change your appointment to in-person.

Masks will remain a requirement within the facility and offices at all times, unless otherwise constituted under accommodations under the American Disabilities Act or until further notice.

We look forward to seeing you in-person soon!

Jessica Gerfen, Ph.D.

Jessica Gerfen, PhD

CEO | St. Louis Behavioral Medicine Institute

*Some of our providers will be working permanently within tele-health, without in-person options. Other providers will have a hybrid (some telehealth; some in-person) schedules.

We respectfully request that appointments are not scheduled for in-person prior to July 26, 2021 as we finalize our providers' schedules for tele-health and in-person services and can then provide you more information about what options are available for your particular provider.

If you contact our office prior to July 26th, 2021 you will be informed that in-person scheduling is not an option yet.

Due to significant call volumes anticipated, we suggest (**after July 26th**) that you email SLBMIFrontDesk@uhsinc.com to inquire about your provider's options for in-person services.