

Overland IOP Delivers Virtual Mental Health, Eating Disorder, and Addiction Treatment to Clients Across California

West LA Outpatient Center Offers Telehealth PHP and IOP Programming Statewide, Removing Distance as a Barrier to Structured Care

LOS ANGELES, CA, UNITED STATES, August 10, 2026 /EINPresswire.com/ -- Overland IOP, one of Los Angeles' most established outpatient mental health and addiction treatment centers, is providing structured, evidence-based treatment to clients throughout California through its secure [online therapy](#) platform. The program serves individuals managing mental health disorders, eating disorders, substance use disorders, and co-occurring conditions who need more than standard weekly therapy but cannot access — or travel to — a structured treatment program near home.



Overland IOP Logo

Access to intensive outpatient care remains heavily concentrated in major metro areas, leaving many Californians hours away from the level of structured programming their conditions require. Overland's telehealth model closes that gap: clients anywhere in the state can participate in the same clinician-led programming offered at its West LA facility, including individual therapy, group therapy, medication management, and ongoing case management, all from home.

Virtual treatment operates within Overland's [Partial Hospitalization Program](#) (PHP) and [Intensive Outpatient Program](#) (IOP), with morning, afternoon, and evening tracks available to accommodate work, school, and family schedules. Treatment plans are fully individualized and draw from Overland's clinical toolkit, including CBT, DBT, ACT, trauma-informed therapy,

psychodynamic therapy, and solution-focused brief therapy, addressing conditions ranging from anxiety, depression, and complex trauma to dual diagnosis and addiction. The facility's dedicated eating disorder treatment program is also available virtually, extending Overland's integrated, dual-diagnosis model to clients statewide.

Clients can also choose hybrid treatment plans that combine virtual sessions with in-person care at Overland's West LA location, ensuring continuity of care as circumstances change. Whether clients participate on-site or remotely, they receive the same evidence-based, individualized treatment Overland is known for.

Telehealth services are typically covered by insurance, and Overland is in-network with most major plans, including Aetna, Beacon Health Options, Blue Cross of California, Carelon, Cigna, ComPsych, Kaiser Permanente, Magellan Healthcare, MPI, Optum, SAG-AFTRA, Tricare, TriWest, UMR, and United Healthcare. The facility offers same-day insurance verification and admission. Those seeking treatment for themselves or a loved one can reach Overland's admissions team directly through the contact page.

About Overland IOP

Overland IOP is an outpatient mental health and addiction treatment center located in West LA at 3415 Overland Ave, Los Angeles, CA 90034. The facility offers PHP, IOP, and alumni programming for adults managing mental health conditions, eating disorders, addiction, and co-occurring disorders, with in-person and virtual options available throughout California.

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