

THE MENTAL HEALTH SYSTEM LEVELS OF CARE

MILD

TREATMENT
SPECTRUM

SEVERE

Personal Therapy

- ~1 to 4 times per month
- Office practice
 - Fee for service
 - Insurances
 - Different disciplines
 - Solo vs group
- County or Community Clinic
 - Insurances/Medicaid/Sliding Scale
 - Different Disciplines
 - May be seen for a long time
 - May have variable availability for access and/or frequency of follow-up
 - May have capacity for multiple providers to collaborate
- Family therapy
- Individual therapy
- Play therapy

School based Mental Health Services (SMH)

- ~1 to 4 times per month
- School clinicians (counselors and social workers) provide direct care in the school
- Some schools have access to prescribing from CAP or NP/PNP
- Provides primary, secondary, and tertiary prevention efforts

Clinic Intensive Outpatient Day Treatment Program

- ~6 to 12 weeks
- ~Several days per week for several weeks at a time
- A few hours per day: ~2:00-6:00pm
- Planned admission
- May see PNP/PhD/CAP/MD once a week
- Group Activities
- Addresses:
 - Anxiety
 - Depression
 - Bullying
 - Hybrid or distance learning struggles
 - Mood dysregulation
 - School avoidance
 - Social struggles
 - Suicidal thinking/self-harm
 - Technology Addiction
 - Trauma and Loss
- Step up or step down service

Partial Hospitalization (PHP)

- ~3 to 5 weeks
- ~5 days per week
- School day hours: ~8:00-3:00pm
- Planned admission
- Sees PNP/PhD/CAP/MD once a day (family participation is required)
- Multidisciplinary team
- Therapeutic groups
- Individual and family meetings
- Medication adjustment
- Discharge planning
- Step up or step down service

Residential Treatment Center

- ~6 to 9 months
- 24/7 care for non-acute situations in which youth is unable to be maintained in the home and community
- Requires multiple failed other placements/levels of care
- Requires funding from DHMH, PS, or DSS (or private pay)
- Multidisciplinary team
- Family meetings
- Therapeutic milieu
- Discharge planning with aftercare including safety plan

Hospitalization

- ~3 to 10 days
- 24/7 care for acute illness/safety concerns
- Admitted from an ED or other care setting
- Multidisciplinary team
- Family meetings
- Therapeutic milieu
- Medication adjustment
- Discharge planning with aftercare including safety plan

Urgent Care/Crisis

- One time contact typically
- Resource referral

Specialty Treatment Program