

Levels of Mental Health Clinical Support

There are many different treatment options available for your child/teen, depending on their level of need.

Here is a brief explanation for each type of treatment.

Outpatient Therapy

Meeting with a therapist (e.g., psychologist, social worker) once or twice per week, either at the therapist's office or virtually. This is considered the least intensive form of treatment.

Intensive Outpatient Program (IOP)

Attending a program up to 5 days per week for approximately 2-3 hours each day. IOPs typically run in the late afternoon/evenings, so students can still attend school during the day. Program incorporates individual, group, and often family therapy components.

Partial Hospitalization Program (PHP)

Attending a program up to 5 days per week for approximately 6 hours each day (often referred to as a "day treatment" program). PHPs take the place of a regular school day, and children return home at the end of the day. These programs incorporate individual, group, and family therapies, as well as medication management. They may provide academic support in conjunction with student's home school. Oftentimes, a child 'steps down' from a PHP to an IOP after several weeks of treatment, and the program helps with the transition back to school.

Residential Treatment

Living at a treatment facility (24/7) to receive intensive care from a treatment team. Length of stay in residential programs greatly varies, though often stays are several months or longer to help achieve long-term goals. These programs may provide academic support in conjunction with student's home school. A student may 'step down' to a PHP then IOP before transitioning back to school with the support of the program.

Inpatient Hospitalization

Being admitted to a hospital for stabilization (mental or physical) during an acute crisis. Hospitalization is considered the highest level of care and is meant to be short-term (i.e., few days to a week) until the situation is no longer an emergency. If a child is at imminent risk of harm to self or others, inpatient hospitalization is an important first step to ensure safety.



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