

OUTPATIENT

In most cases, people enter treatment through a clinic or counselors' office, doctor's office, or school-based mental health center.

EMERGENCY SERVICES

In some cases, people enter treatment through a hospital emergency department, detoxification center, or crisis stabilization unit.

ASSESSMENT

At this point, your doctor or counselor will evaluate you and make a recommendation for the level of treatment you need.

WHAT TO EXPECT (BY TREATMENT TYPE)

Key:

- Counseling sessions per week
- Intensity of environmental support
- Level of safety monitoring

Counseling 1-2 sessions per week for 1-2 hours a session

No or very little environmental support

Counselor monitors and refers for medical and psychiatric care

Outpatient

Counseling 3-5 days a week for 3-5 hours a day

Support from staff and others in treatment

Regular medical or psychiatric monitoring and care

Day treatment or intensive outpatient

Counseling 5-7 days a week for 3-8 hours a day

24/7 support from staff and others in treatment

Regular medical or psychiatric monitoring and care

Residential

Daily counseling and other treatment depending on needs

24/7 support from staff

24/7 medical and psychiatric care to ensure safety

Inpatient