### 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

**Outpatient**
- 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

**Day treatment or intensive 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

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

**Residential**
- 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

**Inpatient**
- Daily counseling and other treatment depending on needs
- 24/7 support from staff
- 24/7 medical and psychiatric care to ensure safety

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

**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)**

- 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

**Day treatment or intensive outpatient**
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- 24/7 medical and psychiatric care to ensure safety