

Levels of Care: Psychiatric Care

	Outpatient Psychiatry 	Outpatient Therapy 	Partial Hospitalization Program (PHP) 
Who (Who might benefit from this service?)	Most persons will discharge from the hospital with a minimum recommendation to follow with a psychiatrist and/or a psychotherapist.	Most persons will discharge from the hospital with a minimum recommendation to follow with a psychiatrist and/or a psychotherapist.	These are programs designed to provide ongoing treatment for persons recovering from mental illness and/or substance misuse disorders. There are separate programs available to adults and to minors.
What (What services are provided?)	A psychiatrist is a medical doctor (MD or DO) who prescribes medications to treat mental illness. A Psychiatric Nurse Practitioner may also prescribe psychiatric medications to treat mental illness. Some psychiatrists and psychiatric nurse practitioners also practice therapy.	A therapist (PhD, PsyD, LCSW, MSW, LMFT, MFT) is a clinician with a Master's or Doctoral Degree who uses different types of talk therapies to treat mental illness.	Therapists engage participants in multiple groups from morning until afternoon. Participants then return home where the participant is able to practice the skills they've learned during the day. Much of the therapy is provided in group format; participants typically attend 5-6 groups daily. Therapists utilize a range of psychotherapeutic and psycho-educational treatment modalities designed to help each patient reach their recovery goals. Some partial hospitalization programs have a psychiatrist associated with the program who will continue to manage psychiatric medications for patients while they are enrolled in the program.
Where (Where are services provided?)	Psychiatrists typically see patients in a private office.	Therapists typically see patients in a private office. Some special types of therapy are field-based (the therapist may come to the home).	Programs are sometimes affiliated with a hospital, sometimes are standalone.
When (Length of Treatment)	Following a psychiatric hospitalization, the minimum recommended frequency of psychiatry appointments is typically at least monthly. This recommendation will vary from person to person, depending on individual needs.	Following a psychiatric hospitalization, the minimum recommended frequency of therapy appointments is typically at least weekly. This recommendation will vary from person to person, depending on individual needs.	The length of stay varies from 2 weeks to several months, depending on the needs of each individual.
How (Cost)	Some psychiatrists accept insurance. Because each insurance plan is unique, it is important that the patient checks with the provider and the insurance company before the appointment to determine what the out of pocket expense may be. Other psychiatrists accept private pay only.	Some therapists accept insurance. Because each insurance plan is unique, it is important that the patient checks with the provider and the insurance company before the appointment to determine what the out of pocket expense may be. Other therapists accept private pay only.	These programs are typically covered by insurance, though some accept only private pay.

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	Intensive Outpatient Program (IOP) 	Residential Treatment Facility 	Board and Care Homes 
Who (Who might benefit from this service?)	Like partial hospitalization programs, intensive outpatient programs are designed to provide ongoing treatment for persons recovering from mental illness and/or substance misuse disorders. There are separate programs available to adults and to minors.	These facilities are designed to house and care for adults who live with chronic mental illness, and who require additional assistance with activities of daily living. Residents must be willing to live at the facility and follow the rules of the home, including adherence to medication regimen, dedication to maintaining sobriety and observing curfews.	These facilities are designed to house and care for adults who live with chronic mental illness, and who require additional assistance with activities of daily living. Residents must be willing to live at the facility and follow the rules of the home, including adherence to medication regimen, dedication to maintaining sobriety and observing curfews.
What (What services are provided?)	These programs provide similar services to a Partial Hospitalization Program; much of the therapy is provided in group format, however the program meets fewer hours a week than a partial, and is sometimes considered to be a step-down from a partial hospitalization program. Some services that are provided in partial hospital programs may not be provided at this lower level of care. For example, many IOPs do NOT have a psychiatrist that manages medications for enrolled patients, and therefore patients enrolled in IOP should therefore consider seeing a psychiatrist outside the program.	Services provided include meals, medication administration, social activities, and laundry assistance. While this is a non-medical facility, some board and cares have psychiatrists and internal medicine doctors that visit the facility monthly. Board and care facilities are not locked; residents may come and go as they please during daytime hours. Some residents work while others attend psychiatric treatment during the day.	Services provided include meals, medication administration, social activities, and laundry assistance. While this is a non-medical facility, some board and cares have psychiatrists and internal medicine doctors that visit the facility monthly. Board and care facilities are not locked; residents may come and go as they please during daytime hours. Some residents work while others attend psychiatric treatment during the day.
Where (Where are services provided?)	Programs are sometimes affiliated with a hospital, sometimes are standalone.	Accommodations are typically in a large apartment-style setting where residents share rooms with 1-3 others and eat together in a shared dining area. There are a small number of board and care facilities that are in a smaller licensed house in a residential neighborhood.	Accommodations are typically in a large apartment-style setting where residents share rooms with 1-3 others and eat together in a shared dining area. There are a small number of board and care facilities that are in a smaller licensed house in a residential neighborhood.
When (Length of Treatment)	The length of stay varies from several weeks to several months, depending on the needs of each individual.	These are long-term care facilities, designed for residents to live in for years.	These are long-term care facilities, designed for residents to live in for years.
How (Cost)	These programs are typically covered by insurance, though some accept only private pay.	These facilities typically accept supplemental security insurance (SSI) or private pay.	These facilities typically accept supplemental security insurance (SSI) or private pay.