



Outpatient Psychiatry

Who Might Benefit

Most persons will discharge from the hospital with a minimum recommendation to follow with a psychiatrist and/or psychotherapist.

Services Provided

A psychiatrist is a medical doctor (MD or DO) who prescribes medication to treat mental illness. A Psychiatric Nurse Practitioner may also prescribe psychiatric medications to treat mental illness. Some psychiatrist and psychiatric nurse practitioners also practice therapy.

Setting

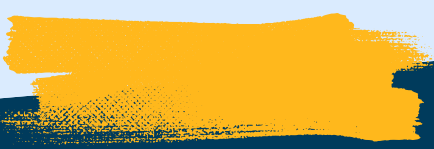
Psychiatrists typically see patients in a private office.

Length of Treatment

Following a psychiatric hospitalization, the minimum recommended frequency of therapy appointments is weekly. The recommendation will vary from person to person, depending on individual needs.

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 might be. Other psychiatrists accept private pay only.





Outpatient Therapy

Who Might Benefit

Most persons will discharge from the hospital with a minimum recommendation to follow with a psychiatrist and/or psychotherapist.

Services Provided

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.

Setting


Therapists typically see patients in a private office. Some special types of therapy are field-based (the therapist may come to the home).

Length of Treatment

Following a psychiatric hospitalization, the minimum recommended frequency of therapy appointments is weekly. The recommendation will vary from person to person, depending on individual needs.

Cost

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.





Partial Hospitalization Program (PHP) and Intensive Outpatient Program (IOP)

Who Might Benefit

PHPs and IOPs benefit those recovering from mental illness or substance misuse disorders who can safely live in the community with extra support.

Services Provided

PHPs typically include 5-6 daily therapy groups. Some programs have a psychiatrist to manage medications during enrollment. IOPs meet fewer hours per week, and offer similar services. PHP and IOP participants learn new skills to help them manage their mental illness.

Setting

PHP services are located in outpatient hospital settings or standalone facilities.

Length of Treatment

The length of stay varies from 2 weeks to several months.

Cost

Medicare, private insurance or private pay.





Board and Care Homes

Who Might Benefit

These facilities house adults with chronic mental illness needing assistance with daily activities.

Residents must be willing to live at the facility, follow the rules, take medications, maintain sobriety, and observe curfews.

Services Provided

Services include meals, medication administration, social activities, and laundry assistance. Residents can freely come and go during daytime hours, with some working and others attending psychiatric treatment during the day.

Setting


Accommodations are usually in a large apartment-style setting where residents share rooms with 1-3 others and eat together in a shared dining area. Some board and care facilities are in smaller houses in residential neighborhoods.

Length of Treatment

These are long-term care facilities, designed for residents to live in for years.

Cost

Private pay, commercial insurance, Medi-Cal. (Residential treatment is not a covered benefit under Medicare).





Residential Treatment

Who Might Benefit

These live-in facilities treat mental health and/or substance misuse disorders. These are not locked facilities; participants must be willing to receive treatment there.

Services Provided

Participants spend most of the day in group therapy, engaging in sessions to achieve recovery goals. Some facilities also offer individual and family therapy. When not in group therapy, participants are supervised by staff. Each facility has its own rules regarding computer and cell phone use, visiting, and outings.

Setting

These facilities are often a house that is licensed to provide this treatment.

Length of Treatment

The length of treatment may range from approximately 14 days to several months.

Cost

Private pay, commercial insurance, Medi-Cal. (Residential treatment is not a covered benefit under Medicare).

