TREATMENT SERVICES

Three-Phase Flow
for Mental Health

clean.® RECOVERY CENTERS

What is the Three-Phase Approach?

Our Three-Phase Approach was developed as a template for determining the path best for each client, while employing leading-edge proven recovery techniques. Below outlines the typical flow of a **Mental Health treatment program**, but keep in mind that at Clean Recovery Centers, treatment is never one-size-fits-all. We tailor our program to suit each clients' needs. Recovery journeys are unique to the individual, and may or may not follow this order or timeline.

Admissions & Intake

Before the three-phases begin, an analysis within the first 48 hours of treatment determines specific needs. The care team meets with the client to develop a personalized three-phase treatment plan.

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phase one - preparation.

While each journey is different, many begin with in-patient mental health treatment. Phase I is a 24-hour residential program that typically takes place over the first 3 to 4 weeks of treatment. This phase allows clients to become stabilized and start the healing process, while preparing them for the next part of their path to long-term mental health maintenance and recovery.

PHASE ONE

DURATION
3-4 weeks

TREATMENT DETAILS
Residential
Individual & Group Therapy
Medically Supervised

FOCUS/GOALS
Stabalization & Structure
Start the healing journey

Residential I

Residential treatment is provided in a structured, supervised live-in environment 24 hours-per-day, 7 days-per-week. Daily individual and group therapy with licensed mental health professionals, psychiatric care and medication management (when appropriate), and mental health education and skills-building. The programs focuses on stabilization, insight and long-term coping strategies.

All of this takes place in a safe, structured living environment that supports treatment with routines that promote regular sleep and self-care, while providing nutritious meals, and opportunities for reflection and rest.

Residential treatment is often used for conditions such as depression, anxiety disorders, PTSD, trauma-related conditions, mood disorders, personality disorders, and co-occurring mental health concerns.

PHASE ONE LEVELS OF CARE

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Three-phase Flow for Mental Health

phase two - action.

Phase II can be Non-Residential or Residential and transitions the client out of Phase I by allowing them to address issues that contributed to their mental health issues and prepare them for more independent recovery.

PHASE TWO

DURATION

2-3 weeks

TREATMENT DETAILS

Residential, transitioning to non-residential

Individual & Group Therapy

FOCUS/GOALS

Analysis & Planning

Prepare for Outpatient Care

Residential II

This less intensive residential treatment program offers housing and meals in addition to individualized treatment. Working with the clinical and medical teams, the client's continue work and development of skills and tools with more indepent time. Residential Level II is meant for mental health clients who do not need as much support as in Residential I, but are not ready to transition to a PHP level of care.

Partial Hospitalization Program (PHP)

Clean Recovery Centers offers a PHP level of care for those who have completed Residential Level II, or when deemed clinically appropriate, that includes mental health treatment. Clients participate in community involvement at PHP level by contributing their time for those in need.

PHASE TWO LEVELS OF CARE

phase three - maintenance.

The third phase involves putting in to practice what has been learned and transition out of full time treatment. This involves continuing group and individual therapy, while gradually decreasing sessions, as well as learning life skills needed to be successful.

PHASE THREE

DURATION

6-8 weeks

TREATMENT DETAILS

Non-residential

Individual & Group Therapy

FOCUS/GOALS

Put learned skills into practice

Transition out of full-time treatment

Intensive Outpatient (IOP) FOR MENTAL HEALTH

A Mental Health Intensive Outpatient Program (IOP) is offered as a progression of care to those completing Res II and/or Mental Health PHP, or when deemed clinically appropriate. This non-residential program that provides a minimum nine hours of services per week, with group and individual counseling as a major component. Clients are living at home and come to the treatment center for therapy session.

Outpatient (OP) FOR MENTAL HEALTH

Mental Health Outpatient Program (OP) is also offered as a progression of care for those completing Mental Health IOP, or as clinically appropriate. A non-residential program providing a minimum two hours of services per week.

PHASE THREE LEVELS OF CARE

Aftercare

Aftercare is the bridge out of full-time treatment. Whether someone completes all phases or exits earlier, aftercare programs provide the guidance, structure, and community you need to self-maintain and continue progress found during the treatment program.

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