ADDICTION & MENTAL HEALTH TREATMENT

Levels of Care

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24-HOUR CARE



Inpatient

- Stay overnight at a hospital or treatment facility for those needing 24-hour care for mental health or substance abuse



Medical Detox

- Medical Detox treatment are inpatient programs that seek to manage and minimize the risks and physical harm of detoxification and withdrawal from substances.
- 24-hour supervision of licensed medical professionals
- Care team headed by a physician and comprised of nurses, clinical staff and therapists.



Residential

- Live at a treatment program facility for a few weeks, up to a few months
- Extended inpatient treatment for post-detox substance abuse disorders or more severe mental health conditions
- Designed to get transition back to a community or outpatient treatment program

TRANSITIONAL CARE



Partial Hospitalization Program (PHP)

- Structured, intensive addiction or mental health treatment program that offers a level of care similar to residential, but with the benefit of allowing individuals to return home each day
- A step up from traditional outpatient therapy and a step down from full inpatient care, serving as a bridge between the two.



Day/Night Treatment with Community Housing

- Intended for individuals who can benefit from living independently in peer community housing while in treatment.
- Minimum of 5 hours a day for a minimum of 25 hours per week of treatment services
- Often a transition to outpatient care

OUTPATIENT CARE



Intensive Outpatient (IOP)

- A type of outpatient treatment where care is more intensively coordinated and involves more hours of treatment services than standard outpatient
- Often for those starting outpatient care who transition to a less intensive treatment program



Outpatient Program

- Clients come in for treatment and leave the same day
- How often someone goes to outpatient treatment will depend on client needs
- Can include one-on-one therapy, group sessions, and learning coping skills. Can be in-person or using telehealth, meaning care online or over the phone.

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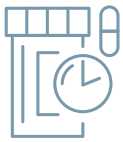
MEDICATION CARE SERVICES



Medication Assisted Treatment (MAT)

- Provide safe, controlled levels of approved medications used to treat chemical and physical dependence on substances under medical supervision
- Agonist medications bind to receptors to mimick the effects of the substance on the brain, which can relieve withdrawal symptoms and lessen cravings
- Antagonist medications bind to receptors to block the effects of the substance on the brain which lessens cravings, also used in cases of overdose
- Most commonly used for opioid and alcohol dependence, but there are drugs used in the treatment of other substance use disorders
- Can be part of any level of care for substance abuse disorders and is used alongside other therapeutic treatments



Medication Management

- Facilities will manage prescription medications for those in treatment programs to ensure they're used as prescribed
- Includes storing and administering medication in accurate dosage at appropriate times, and refilling prescriptions

OTHER LEVELS OF CARE

Interim Care

- For those who need care right away but there's not an opening in a program
- Provides daily medicine and emergency counseling until a spot in an inpatient, residential or outpatient treatment program is available

Peer Support Care

- Participants go voluntarily to support group meetings with others who have the same or similar issues
- Most often used for supporting recovery from substance abuse, allowing you to connect with people who have similar experiences

Alumni Programs

- Keep an active connection between treatment facilities and those who have participated in their programs for ongoing care
- Can include group therapy sessions, peer support groups, mentorships, workshopts, and access to resources to aid in client success outside of the treatment programs

Harm Reduction Programs

- Not full treatment but crisis care and education programs designed to lower chances of people experiencing negative effects of mental health issues or substance use disorders
- Many treatment facilities provide, participate in or support these programs that are often open to the public, not just clients in treatment programs
- Some examples include crisis hotlines or outreach programs, programs that distribute overdose reversal medications like naloxone and educate on their use, or needle exchange programs

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