



NEWPORT HEALTHCARE

Empowering Lives. Restoring Families.™

➤ Understanding Levels of Care for Teen and Young Adult Mental Health Treatment

Treatment for youth mental health issues, such as depression, anxiety, trauma, PTSD, and other conditions, is most effective when it meets the individual’s specific needs. A mental health professional can help families determine the safest and most appropriate level of care, depending on a client’s diagnosis and the severity of the condition. A teen or young adult’s healing journey may include several levels of care to ensure that they receive ongoing support.

What Are the Levels of Care?

Level of Care	What It Is	When It's Appropriate	Typical Length of Treatment
Hospitalization, also known as inpatient care	Acute stabilization in a psychiatric hospital or the psychiatric unit of a hospital	To address a mental health crisis or active substance use, when an individual may be a danger to themselves or others and/or require detoxification	One night up to several weeks
Residential treatment	Live-in treatment in a home-like setting with intensive therapeutic services, an academic/life skills component, and 24/7 monitoring to ensure physical and emotional safety; most effective option for long-term, sustainable healing	When patients need around-the-clock structure and would benefit from having space from school and daily life, with added educational support; appropriate when issues are ongoing, following hospitalization for a mental health or substance abuse crisis, or for clients in outpatient care who need more support	30–60 days
Partial Hospitalization Program (PHP)	Structured outpatient day-treatment program, 5 days per week; 6- to 8-hour program includes 4+ hours of clinical and experiential therapy and an academic/life skills component	When a client is able to remain at home but needs more structure than weekly therapy can provide, and would benefit from academic support within a therapeutic environment	30 days up to several months
Intensive Outpatient Program (IOP)	Treatment 3–5 afternoons a week for 3–4 hours, while attending school and participating in other usual daily activities	When a client is able to remain at home and is doing well in the school environment, but needs additional therapeutic support	30 days up to several months
Outpatient services	Treatment 1–2 afternoons per week as needed, while attending school and participating in other usual daily activities	When clients are ready to go from Residential, IOP, or PHP to a lower level of care; and can successfully participate in daily routines and utilize healthy coping mechanisms	30 days up to several months
Weekly therapy session	One-hour session with an individual therapist to address specific issues, practice coping skills, and check in on progress	When a client can benefit from consistent support and does not need a higher level of care	Usually at least 6 months, may be ongoing
Alumni support	Support groups and events following discharge from a residential or outpatient program	When clients are clinically stable and able to successfully connect with others to maintain and celebrate long-term healing	Ongoing, consistent alumni connection

Learn more at newporthealthcare.com

 844-517-2319