

TREATMENT SETTING and LEVELS of CARE

<https://www.northtexashelp.com/mental-health-treatment-settings.html>



Dedicated to connecting North Texans to local mental health and addiction resources.

Understanding Mental Health

Answers To Your Questions

Find A Provider

Provider Login

Types of Mental Health Treatment Settings and Levels of Care

Treatment and care for mental health-related issues is provided in a variety of settings. The environment, and level or type of care, will depend on multiple factors: the nature and severity of the person's mental condition, their physical health, and the type of treatment prescribed or indicated. The three primary types of treatment settings for receiving mental health care or services are 1) hospital inpatient, 2) residential and 3) outpatient. In addition, some mental health care services are delivered via online and telecommunications technologies.

Hospital inpatient settings involve an overnight or longer stay in a psychiatric hospital or psychiatric unit of a general hospital. The facility can be privately owned or public (government-operated). Inpatient hospitals provide treatment to more severely ill mental health patients, usually for less than 30 days. A person admitted to an inpatient setting might be in the acute phase of a mental illness and need help around the clock. Typically, a person who requires long-term care would be transferred to another facility or a different setting within a psychiatric hospital after 30 days of inpatient treatment.

Psychiatric hospitals treat mental illnesses exclusively, although physicians are available to address medical conditions. A few psychiatric hospitals provide drug and alcohol detoxification as well as inpatient drug and alcohol rehabilitation services and provide longer stays. A psychiatric hospital might have specialty units for eating disorders, geriatric concerns, child and adolescent services, as well as substance abuse services.

General medical and surgical hospitals may have a psychiatric inpatient unit and/or a substance abuse unit, although these units are not very common. They provide medical services that would not be available in a free-standing psychiatric hospital.

Residential mental health treatment environments generally provide longer-term care for individuals. Most residential treatment settings provide medical care but are designed to be more comfortable and less like a hospital ward than inpatient hospitals. Examples:

Psychiatric residential centers are tailored to people with a chronic psychiatric disorder, such as schizophrenia or bipolar disorder, or who have a dual diagnosis (i.e., a mental disorder and substance abuse problems), which impairs their ability to function independently.

Alcohol and drug rehabilitation facilities are inpatient centers that treat addictions and may provide detoxification services. Patients typically reside in this type of facility for 30 days but stays may be individualized according to each facility's policy.

Nursing homes have psychiatric consultation available as needed.

Outpatient Settings – While there is wide variety in the types of outpatient settings, they all involve office visits with no overnight stay. Some are based in

NEED HELP NOW?

EMERGENCY - Definite danger to self or others

Move to safety and call 911
[Click here to learn how to inform police](#)

IF YOU ARE CONTEMPLATING SUICIDE, CALL
1-800-273-TALK (8255)
National Suicide Prevention Lifeline

URGENT EMOTIONAL CRISIS - No danger

1-866-260-8000
Adapt Community Solutions Mobile Crisis & Hotline

NEED for public mental health services or referrals

1-888-800-6799 (toll free)
ValueOptions NorthSTAR Customer Service

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