

Mental Health Levels of Care

All Levels: Crisis Assessment &

Intervention

Example: CR2 or CSB

Mobile Crisis for

refusing to leave

home, not willing to

go to office, serious

mental health

worsening.

Inpatient Hospital & Residential: 24 Hrs/day Medical & Therapy Staff, Locked, voluntary or involuntary. Examples: Suicidal or Homicidal attempt or plan/ intent, not eating/ drinking, unable to make Safety Plan, psychosis, inability to communicate with family about safety, family not able to keep safe at home.

Crisis Stabilization Unit: 24 Hrs/day Therapy Staff, Unlocked. Examples: increase in mental symptoms, severe family conflict, thoughts of suicide/ self-injury, able to Safety Plan and use coping strategies with staff help.

Partial Hospitalization Program (PHP): 20+Hrs/ Wk of Group, Family, Individual, Therapy & Psychiatry. Examples: Suicidal/ Homicidal ideation without intent, able to Safety Plan, able to communicate with family about safety, self-injurious actions like cutting, not attending/ successful at school due to mental health.

Intensive Outpatient Program (IOP): 12+ Hrs/ Wk Group & Family Therapy. Examples: currently stabilized but formerly severe symptoms needing intense support to maintain safety/ stability, escalation or lack of progress in less intense therapy, thoughts of self-injury or suicide/ homicide infrequent, using Safety Plan, communicating with family but needing help to communicate with them and use Safety Plan.

Intensive In Home Therapy (IIH) & Applied Behavioral Analysis (ABA): Varies ~ 5 to 15 Hrs/ Wk Individual & Family. Examples: behaviors like outbursts, breaking things, self-isolation, Autism.

Problem/ Population Groups: 1 – 4 Hrs/ Wk Group. Examples: Social Skills, Anger, Teens, Anxiety.

Psychiatry & Psychological Testing: varies ~ 1 to 4 Hrs/ month. Testing to diagnose Autism, ADHD, Depression, Bipolar Disorder, Learning Disabilities. Psychiatry for psychiatric medications.

Individual and Family Therapy: 1-2 Hrs/ Wk. Examples: worries, adjusting to stressful life events, working on mental health symptoms, improving family communication, unhealthy behaviors that aren't safety concerns like excessive gaming, self-isolation, arguing with parents excessively.