





Newport Healthcare

Empowering Lives. Restoring Families.™

Understanding Levels of Care for Youth and Young Adult Mental Health Treatment

Treatment for depression, anxiety, trauma, PTSD, substance use, and other conditions is most effective when it meets the individual's specific needs. A medical or 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. The treatment journey may include several levels of care to ensure sustainable recovery.

What Are the Levels of Care?

Level of Care	What It Is	When It's Appropriate
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
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 immersive support and structure for acute conditions, after hospitalization for a mental health or substance use crisis, or when outpatient care isn't enough
Partial Hospitalization Program (PHP)	Full-day outpatient treatment, 5 days per week; typically includes 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
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
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
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
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