


## Adolescent Mental Health Levels of Care

Treatment Begins with a clinical evaluation of the person's current mental health, their ability to perform daily tasks, and overall safety. Mental health professionals use evidenced-based measures to propose treatment that is most helpful and least disruptive (clinically and medically necessary). Use this table as a guidepost to understanding the different levels of care available to teens to support their mental health needs.



Treatment Level	Outpatient	Intensive Outpatient Program (IOP)	Partial Hospitalization Program (PHP)	Residential Treatment Center (RTC)	Inpatient
Goals	Return to baseline and/or Improve level of function	Move towards baseline by providing coping skills, psychoeducation, and clinical recommendations	Continue stabilizing by learning coping skills, triggers, warning signs, emotional regulation and distress tolerance	Treatment for teens who are out of crisis, but cannot receive treatment while living at home	Highly monitored, around the clock treatment for teens in active crisis who requires hospitalization
Average Length of Stay	Months/years	4-8 weeks	3-5 weeks	Short term 30-45 days Long Term 6-9 Months	3-7 days
Average Hours of Service	0-4 hrs/month	9-15 hours/week	25+ hrs/week	24 hour care	24 hour care
Needs of Client	Support & Skills	<u>Regulation</u> Support, Skills, & Psychoeducation	<u>Stabilization</u> Support, Skills, Psychoeducation & Clinical Observation for Safety	24 hour mental health professional monitoring in a controlled environment	24 hour RN/MD monitoring to ensure safety and medical stability
Transition Triggers to Higher Level	Failure to progress towards treatment goals	High-level suicidal thoughts, self-harm, or unsafe behaviors	Unable to remain safe at home	No willingness to collaborate for safety. Immediate need for 24/hr MD/RN supervision	

## Levels of Care at Bright Path Behavioral Health

Admission to Bright Path is based on clinical need, determined through a collaborative, evidence-based process with the teen, caregivers, and providers. Guided by integrity, we're transparent about care recommendations and treatment fit. If our team believes a teen would thrive elsewhere, we communicate that clearly and promptly. Bright Path offers two outpatient levels of care—each a temporary stop designed to help teens build skills, reconnect with their lives, and prepare for ongoing outpatient support. The table below outlines the differences between these two paths:

Treatment Level	Intensive Outpatient Program (IOP) of Virtual Intensive Outpatient Program (VIOP)	Partial Hospitalization Program (PHP)
Goals	Regulate their psycho-social-emotional symptoms so an adolescent can return to baseline and confront disruptive patterns	Stabilize both the adolescent and their support system to prevent hospitalization or ease transition from higher level of care
Average Length of Stay	4-8 weeks	4-6 weeks
Services	<b>Group Therapy</b> (DBT, CBT, Psychoed, Mindfulness) - 9 hours/week <b>Individual Therapy</b> - 1 hour/week <b>Bi-Weekly Parent Check-ins</b> - 15 minutes/check-in	<b>Group Therapy</b> - 26 hours/week <b>Individual Therapy</b> - 1 hour/week <b>Family Therapy</b> - 1 hour/week <b>Medication Management</b> - 1 hours/week <b>Academic Support</b> - 6 hours/week
Time	<b>River IOP</b> - T,W,Th 12-3pm <b>Horizon IOP</b> - M,W,F 3-6pm <b>Virtual IOP</b> - T,W,Th 3:30-6:30pm	Monday-Friday, 9am-3pm
The following services are available to all Bright Path families	<ul style="list-style-type: none"> <li>• <b>Weekly Parent Support Groups</b> facilitated by CEO and available both in-person and virtual.</li> <li>• <b>Teen Care Advocate</b> to function as family's primary point of contact, support getting needs met, and help problem-solve.</li> <li>• <b>Aftercare Coordinator</b> will collaborate with families to build a unique plan to help the teen and their family re-engage with what matters to them.</li> <li>• <b>Alumni Programming</b> available upon discharge from bright path services with varying levels of involvement.</li> </ul>	