



# Levels of Psychiatric Care

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# Overview

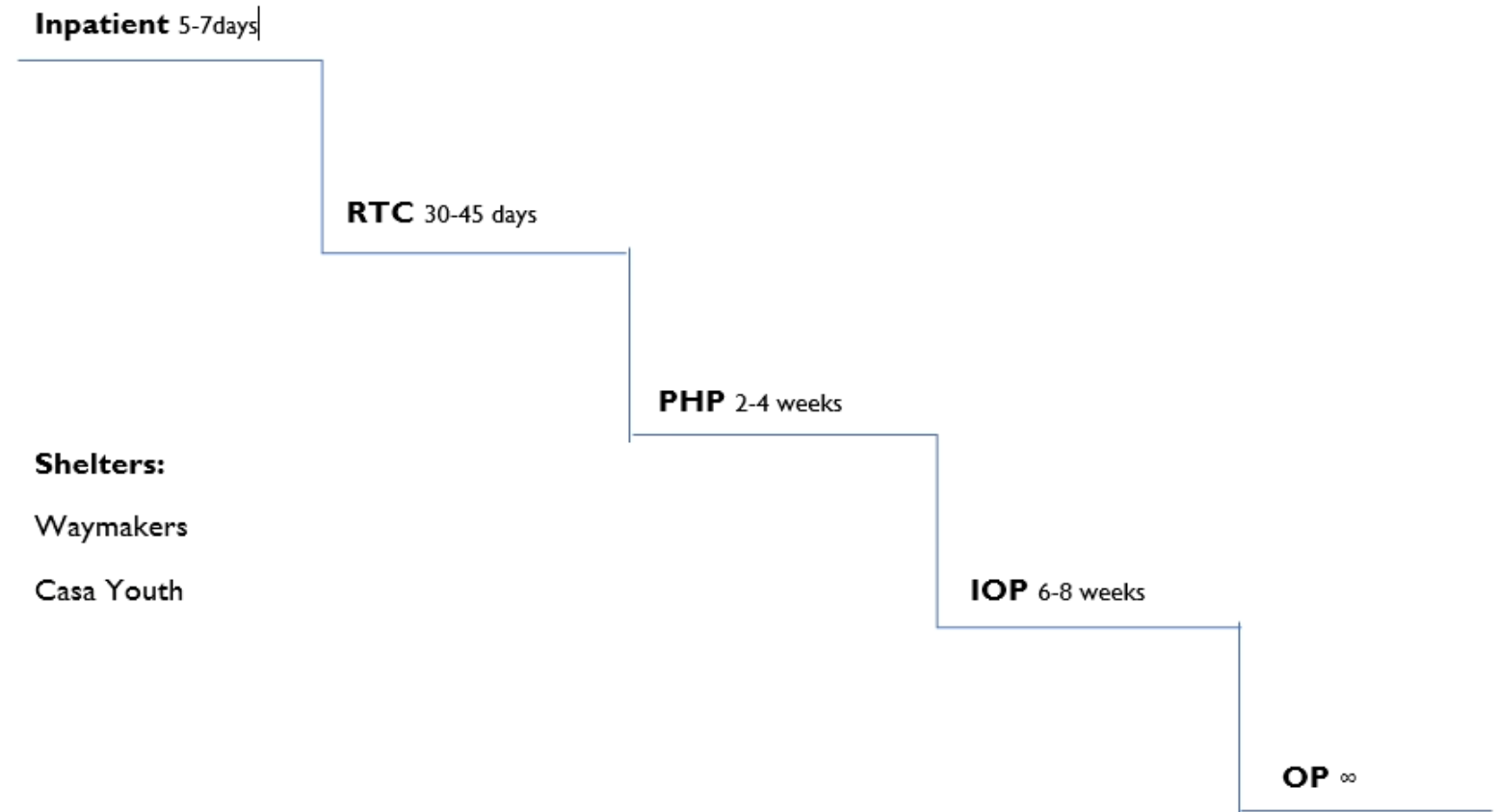
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- **Brief Synopsis:** Many patients who struggle with mental health would benefit from a multi-faceted approach that includes services beyond just medication management. This presentation will provide information on both acuity-based levels of psychiatric care as well as provide attendees with information on different specialty programs that they can refer patients to as needed.
- **Outcome:** Use provided resources and follow the guidelines in order to help get patients into appropriate mental health services.

# Acuity Based Levels of Care

# Acuity Based Settings

## Levels of Care:



# Outpatient Care

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For patients who are relatively stable

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Psychiatry visits usually every 1-3 months for medication management

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May also recommend outpatient therapy (usual intensity is 1-2 times a week)

# Intensive Outpatient Program (IOP)

For patients who need more intensive therapy than once a week

Group therapy-based programs

Most programs meet 3-5 times a week in the after school or weekend hours

Most programs also have a family/parent component as well

May or may not have Psychiatrist

- Content can vary based on patient's specific needs
  - Eating Disorders
  - Anxiety
  - Dialectical Behavioral Therapy
  - Obsessive Compulsive Disorder
  - Substance Abuse

# Partial Hospitalization Program (PHP)

- For patients who need even more intensive therapy than IOP but are still safe to stay home
- Group therapy-based programs
- Most programs meet 5-7 days a week during school hours (some “class time” available)
- Sometimes good option for patients whose symptoms are so severe that they cannot function/attend school
- Usually have a psychiatrist on staff
- Some programs have patients start with PHP and then step-down to IOP once they are doing better

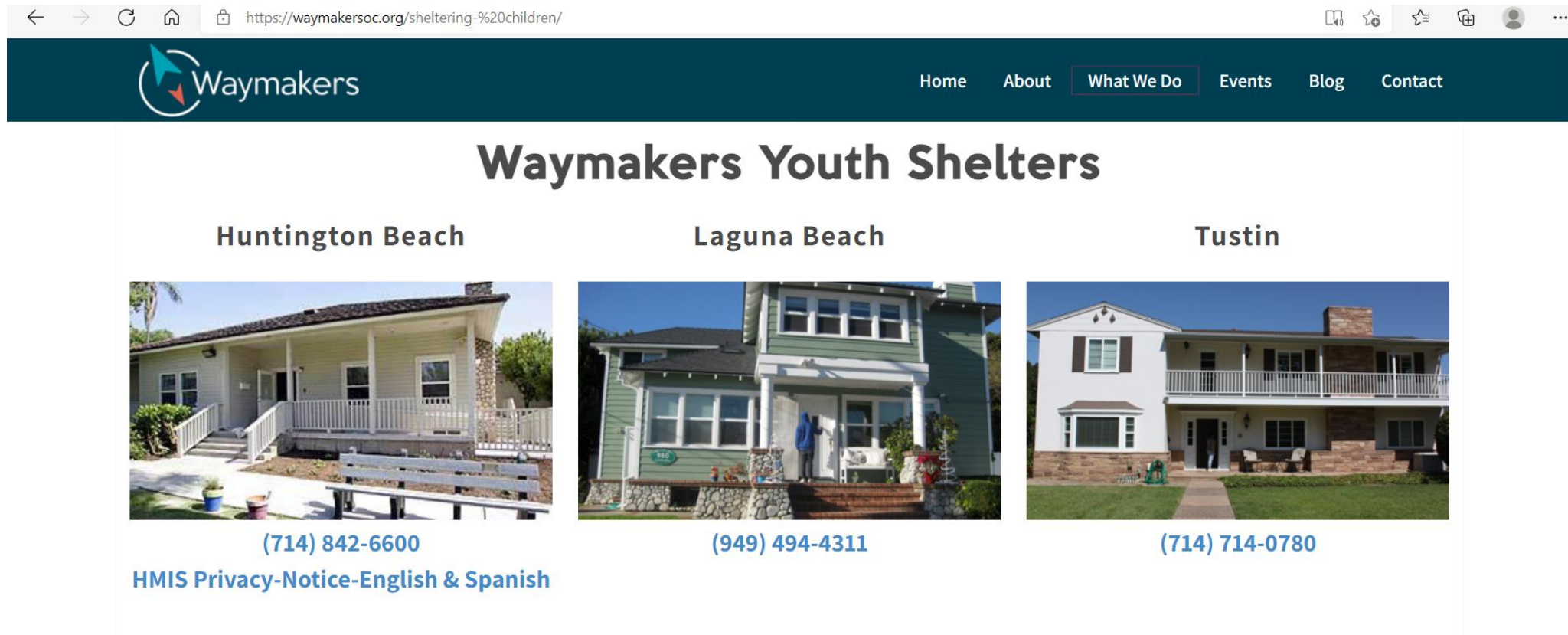
# Residential Treatment Centers (RTC)

- For patients who need longer term care in a monitored environment (ex: frequent re-hospitalizations)
- “Short term” vs “long term”
- Locked vs unlocked
- Funding source can be an issue



# Youth Shelters

- Waymakers, Casa Youth
- For youth aged 12-17yrs old
- Sliding scale fees and financial assistance available



The screenshot shows a web browser window with the URL <https://waymakersoc.org/sheltering-%20children/>. The Waymakers logo is in the top left, and a navigation menu includes Home, About, What We Do (highlighted), Events, Blog, and Contact. The main heading is "Waymakers Youth Shelters". Below this are three columns, each with a title, a photo of a house, a phone number, and a link to an HMIS Privacy Notice.

Location	Phone Number	Link
Huntington Beach	(714) 842-6600	<a href="#">HMIS Privacy-Notice-English &amp; Spanish</a>
Laguna Beach	(949) 494-4311	
Tustin	(714) 714-0780	

# Inpatient Psychiatric Hospitalization

For acute stabilization of patients

Criteria: danger to self, danger to others, grave disability

Involuntary vs voluntary

LPS Designated facilities

# Other Outpatient Programs

# Wrap Around Services/ Full Service Partnerships

- Outpatient program for patients/families that need more 1:1 coaching or assistance
- Team may include therapist, case manager, etc
- Ex: Project Health, Wrap Around (through Medi-Cal or school)
- In-Home Crisis
  - Time limited (3 wk) county-based program
  - “Family stabilization teams that provide short-term intensive in-home services to individuals who have been assessed to be at imminent risk of psychiatric hospitalization or out-of-home placement but are capable of remaining safely in the community and out of the hospital with appropriate support”
  - Referral sources limited to Emergency rooms, CAT team, inpatient psych units

# School based programs

School based counselors/psychologists

504 plan or Individualized Education Plan (IEP)

- IEP may be able to fund residential treatment for students who meet qualifications and don't have other financial assistance for those programs

Non-public Schools

- Private schools that provide special education services to patients based on their IEP, including an environment to help students that are struggling academically, behaviorally and socially

Therapeutic Boarding Schools

- Residential schools offering therapy/services for students with emotional difficulties

# Specific Local Programs

- OC Crew (Psychosis)
  - Outpatient support
- Rogers Behavioral Health (OCD)
  - PHP locations in Los Angeles and San Diego
- Shoreline, Center for Discovery (Eating Disorders)
  - RTC, PHP and IOP
- CHOC BAN Clinic (Eating Disorders)
  - Outpatient support
- Newport Academy (General Psych, Substance Abuse)
  - RTC, PHP and IOP
- Twin Town, Center for Discovery, etc (Substance Abuse)
- Stepping Forward (Behavioral Issues, Younger Children)
  - PHP and IOP

CHOC  
Psychiatry  
Consultation  
Line (CPCL)

Resource for additional case-specific questions/suggestions



Kristen Megerian, MSW

Tel: 657-390-3835

Ping: CHOC Psychiatric  
Consultation Line



Thank you!





## Reference

Petit, Theodore A (2016) Chapter 47: Milieu Treatment – Inpatient, Partial Hospitalization, and Residential Programs. Dulcan's Textbook of Child and Adolescent Psychiatry (2<sup>nd</sup> Ed). American Psychiatric Association Publishing. Pp. 1027-1046.