LEVELS OF CARE EXPLAINED

The decision to enter treatment can sometimes be difficult. The type and level of care needed for treatment will vary depending on the individual's current mental health and safety concerns. Our mental health professionals will recommend what level of care will be most beneficial for the person to return to their normal level of functioning and mental wellness.

Outpatient Treatment

Our outpatient clinics provide care for all ages and diagnoses.

Outpatient treatment is intermittent treatment, typically no more than once a week in a half-hour to two-hour clinic office visit. There are three types of outpatient care; individual counseling sessions with a therapist, medication management with a psychiatrist or an advanced practice clinician prescriber, and group therapy sessions where participants learn from one another's experiences. Duration of treatment will vary depending on the individual's needs.

Intensive Outpatient Treatment

We offer intensive outpatient programming for mental health and substance use disorders.

Intensive outpatient programs (IOP) are designed for individuals who are in need of structured care and support that is more intensive than traditional outpatient treatment. IOP treatment is often a 4 to 8 week program that includes multiple meetings and therapy sessions each week. A significant benefit to IOP treatment is the ability for patients to receive treatment while continuing to balance their work and home obligations.

Day Treatment (Partial Hospitalization)

Our Kidstar, Teenscope, and Optimal Aging programs provide treatment for youth and older adults who could benefit from daily mental and behavioral health guidance. Our youth programs are also accredited for academic support during treatment.

Day treatment is a 4 to 6 week structured program beneficial for those at risk of hospitalization, or as a step-down from inpatient hospitalization. This level of care typically consists of 5 days per week for 6 hours each day. The daily schedule includes group, individual, and/or family therapy, an evaluation by a psychiatrist, and organized activities.

Inpatient Hospitalization

We offer multiple inpatient units, which allows for each unit to sustain an environment appropriate to varying patient needs and age groups.

Inpatient hospitalization is intended for adults, children and adolescents who need 24-hour care or may be at risk to the safety and well-being of themselves or others. An inpatient hospital stay averages 5 to 10 days in length and offers 24-hour nursing staff, daily group, family and individual therapy with a team of specialists, including a psychiatrist. Specialized mental health treatment, medication stabilization, and substance use help are tailored specific to the individual's needs.

Inpatient Assessment Treatment

Our Comprehensive Assessment & Treatment (CAT) Program is an assessment program that supports children and adolescents.

Inpatient assessment is intended for individuals who are facing very complex mental health issues that have sought out numerous, unsuccessful prior treatment options and have exhausted all other resources and services within their community. Assessment programs have a longer length of stay compared to inpatient hospitalizations. This treatment option affords the treatment team the time needed for in-depth observation to better understand and treat the factors that are contributing to the individual's challenge. Assessment programs are typically self-pay.

Residential Treatment

Our Youth Residential Treatment (YRT) program provides care for 12-17 year old girls.

Residential treatment is designed for individuals who struggle with acute mental illness or substance abuse issues and would benefit from long-term, 24-hour mental health care. Typical length of stay at a residential treatment facility runs from 3 to 6 months, but varies with each individual and program. Patients are offered 24-hour staff, individual and group therapy sessions, and assessment by a team of specialists, including a psychiatrist.

Crisis Intervention

We offer 24/7 crisis and overall mental health support through 988 Suicide and Crisis Lifeline (in Utah), SafeUT, Mobile Crisis Outreach Teams, and walk-in crisis care for both youth and adults. Additionally, we staff the Utah Warm Line (833-773-2588) for daily, non-crisis support.

Crisis interventions occur spur of the moment when an individual is dealing with a situation that exceeds their current coping mechanisms and resources. Crisis intervention aims to decrease the individual's suffering and increase stabilization until they can get help with longer-term care that is most appropriate for the individual's needs after the immediate crisis is addressed.

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