Inpatient Services:

Inpatient Mental Health Treatment - Inpatient treatment is delivered in a Psychiatric Hospital or in a Psychiatric Unit in a General Hospital. Treatment is focused on evaluating and stabilizing the patient. This level of care provides psychiatric and medically related services under a psychiatrist’s supervision. The discharge plan includes continued treatment, usually from outpatient services.

Residential Treatment (Mental Health) - Residential Services focus on evaluating and stabilizing the patient. They help the patient learn effective ways to cope with the symptoms and impact of the patient’s illness. Patients typically stay as needed to prepare for a successful transition into outpatient services.

Inpatient and Residential Eating Disorder Treatment - Inpatient and Residential Eating Disorder programs focus on evaluating and stabilizing patients with an eating disorder. In cases of anorexia nervosa, patients learn to overcome their fears and to eat in a healthy way. Restoring weight loss caused by self-imposed starvation is essential to protect the body from further physical harm. A healthy weight is also necessary for learning new skills and making progress in treatment. For bulimia nervosa (binge eating with self-induced vomiting), inpatient care focuses on interrupting the binge-purge cycle and correcting metabolic abnormalities so that treatment can continue with outpatient services. The goals of treatment are healthy eating, freedom from food fears and rituals, and a confident body image at a healthy weight.

Inpatient Detoxification – Inpatient detoxification provides 24 hour treatment in a residential or hospital setting for patients who are abusing alcohol or other physically addictive drugs. This level of care provides medical services and physician supervision. Patients typically stay in detoxification only as long as their withdrawal symptoms require 24 hour medical and nursing services. Detoxification services include preparation for transition to the next level of care in the process of recovery.

Residential (Rehabilitation) Treatment (Substance Abuse) - These programs remove the patient from their alcohol or drug-using environment and provide 24 hour per day, 7 day per week treatment. They focus on early sobriety and preparation for continued recovery when the patient returns to home, school, work, and family life. There is no magic number of days of treatment that increases the chances of long-term sobriety. Some programs use a “28 Day Model” that requires a month of absence from work and family which can be a significant hardship. Other programs have shown that the best support for long-term sobriety is to meet each patient’s individual needs. When the individual patient is ready, continuing treatment on a partial hospital or intensive outpatient basis is recommended while the patient builds their recovery support network in their home area.