



# Treatment Program Options

After a person is released from the hospital, there are various options to continue getting treatment. Finding a treatment option that best fits your schedule and budget can be complicated. Below are the different types of treatment program.



## **Intensive Outpatient Program**

Intensive Outpatient Programs (IOP) provide therapy that can require a significant time commitment for several weeks. IOPs can be a great option for people that would like to have intensive therapy a few days per week following a release from a mental health hospital. IOPs can be in a group setting or be completed individually.



## **Day Treatment Program**

Day treatment programs provide mental health services that do and do not require a significant time commitment. Day treatment programs provide skill-based services for people that are seriously mentally ill. Day treatment programs also provide classes and therapeutic services. Day treatment programs are not 24-hour facilities and operate like a 9-to-5 business.



## **Clinic**

Clinics provides many mental health services such as therapy, symptom management, medication management, and psychiatric services.



## **Partial Hospitalization**

Partial hospitalization provides intensive therapy and other services to stabilize and alleviate people with severe and persistent mental health symptoms. Partial hospitalization programs require a commitment, but only have daytime business hours.



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## Psychotherapy Treatment

Some people with a mental disorder utilize psychotherapy services to manage their symptoms, living challenges, and to improve their functioning in society. There are many psychotherapy treatments that are well-researched for specific mental disorders.

Check out these types of psychotherapy and ask a mental health professional about how they may benefit you:

Cognitive Behavioral Therapy

Assertive Community Treatment

Dialectic Behavioral Therapy

Psychodynamic Therapy

Interpersonal Therapy

Support Groups

Visit NAMI's website for more information about therapy options: <http://www.nami.org/treatment>