

# **BRIDGING THE TREATMENT GAP**

Expanding access to mental health care between acute hospitalization and individual outpatient therapy

	CRITICAL ZONE Immediate Danger	<ul> <li>INPATIENT TREATMENT (HOSPITALIZATION)</li> <li>24/7 intensive care in a hospital setting.</li> <li>Ensures safety and stabilizes life-threatening symptoms.</li> </ul>	<ul><li>LIFE SIGNS</li><li>Poses danger to self or others.</li><li>Severe psychotic episodes and/or uncontrollable behaviors.</li></ul>
*	HOT ZONE High Crisis	<ul> <li>RESIDENTIAL TREATMENT CENTER (RTC)</li> <li>24/7 structured support and intensive care in a live-in facility.</li> <li>Regains stabilzation, builds coping skills, and establishes a sense of self.</li> </ul>	LIFE SIGNS  Severe mood swings, suicidal ideation, or self-harm behaviors.  Unable to manage daily life and relationships due to severe mental health conditions.
*	WARM ZONE Medium to Moderate Distress	<ul> <li>PARTIAL HOSPITALIZATION PROGRAM (PHP)</li> <li>Comprehensive treatment during the day, with the ability to return home at night.</li> <li>Structured therapy sessions for 5 to 6 hours a day, 5 days a week.</li> </ul>	Ready to establish and anchor life skills but still in need of daily, supervised support.     Struggles with emotional regulation, unable to return to work/school, able to return to home life.
*	COOL ZONE  Mild to Moderate Struggles	<ul> <li>INTENSIVE OUTPATIENT PROGRAM (IOP)</li> <li>Focuses on skill-building and relapse prevention with increased accountability and consistency.</li> <li>Flexible treatment, often 3 to 4 hours a day, 3 to 5 days a week.</li> </ul>	LIFE SIGNS  • Mild-to-moderate psychiatric symptoms that require more than weekly therapy.  • Able to demonstrate sustained growth while simultaneously balancing life responsibilities.
	BASELINE ZONE Maintenance	OUTPATIENT SERVICES	LIFE SIGNS

Maintenance Recovery

- · Regular appointments with a therapist, psychiatrist, or support group.
- Tailored to sustain long-term wellness.
- Stable symptoms, but looking for direction on maintaining progress.

• Seeks coping strategies and guidance for minor challenges in daily life.

# Providing solutions to meet people where they are on their recovery journey.



From residential treatment to partial hospitalization and intensive outpatient programs, we're here to bridge the gap in the full continuum of care.

#### INPATIENT TREATMENT (HOSPITALIZATION)

Intensive 24/7 support in a hospital or psychiatric facility for individuals in crisis or at risk of harm. This highly structured setting ensures safety, stabilization, and immediate intervention before transitioning to the next level of care.

#### RESIDENTIAL TREATMENT

A structured, live-in environment for individuals who need long-term support beyond crisis stabilization. Residential treatment provides intensive therapy in a less restrictive setting, helping clients build coping skills and regain stability before transitioning to greater independence.

#### PARTIAL HOSPITALIZATION PROGRAM (PHP)

An intensive day program that runs five days a week. In the evenings, participants return to their own home or supportive living environment, maintaining independence while receiving a high level of care.

# INTENSIVE OUTPATIENT PROGRAM (IOP)

A treatment program that provides more support than traditional outpatient therapy. With day and evening options totaling 9 to 12 hours per week, IOP allows clients to receive intensive care while managing daily responsibilities.

### OUTPATIENT SERVICES

Flexible, accessible care for individuals who receive therapy and other mental health services while living at home. Ideal for those with mild-to-moderate mental health conditions or transitioning from higher levels of care, these services are tailored to fit individual schedules.



Clearview Treatment Programs has provided compassionate, evidence-based mental health treatment for over 20 years. We support clients at every stage of recovery with specialized, personalized programs to help them thrive.