

Inpatient hospitalization unit (IPU)

- Usually 5-7 days
- When child is a danger to self or others
- Goals: Crisis stabilization, initiate therapies, intensive psychoeducation

Partial Hospitalization Program (PHP)

- Usually about 10 school days, from 8 am to 3 pm
- When child needs higher level of care than outpatient
- Goals: Diagnostic clarification, intensive work on coping and family skills, medication evaluation

Intensive Outpatient Program (IOP)

- Usually 2-3 months, 3-4 afternoons/week
- Goals: Intensive therapy, often dialectical behavioral therapy, family skills

Outpatient care

- Psychotherapy (usually weekly to start)
- Psychiatric medication management (usually monthly)
- Group therapy (usually curriculum-based, weekly, time-limited, addressing specific disorder)