

LEVELS OF MENTAL HEALTH CARE

OUTPATIENT THERAPY

- Occurs typically once per week or less
 - Can include individual therapy, group therapy, or family therapy
 - Least restrictive level of care
 - Can access by scheduling an appointment with the therapist or group practice
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INTENSIVE OUTPATIENT (IOP)

- Group therapy up to 4 times a week in the evening for up to 3 hours per group
 - Length of program can be up to several weeks
 - No psychiatrist involvement with this program
 - Requires an evaluation at the program to participate
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PARTIAL HOSPITALIZATION PROGRAM (PHP)

- Day program from 9am–3pm consisting of groups, 1:1 check-ins, family check-ins, and psychiatrist support
 - Length of program is typically 2 weeks
 - Requires an evaluation at the program to participate
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INPATIENT PSYCHIATRIC HOSPITALIZATION

- Locked, supervised facility with short-term stay
 - Focus is on safety and stabilization, not therapy
 - Access to a psychiatrist and nursing staff
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CRISIS SUPPORT

- Help evaluate, assess, and stabilize immediate mental health crises
- Provide solution-focused interventions
- Assist with linkage to resources

**for imminent risk/concern, contact 911 or go directly to the local emergency room*

VALLEY CREEK CRISIS

offering a comprehensive crisis care system that provides consumers with a minimally intrusive set of interventions to assist with those who are experiencing a mental health or psychosocial crisis

CONTACT INFORMATION

469 CREAMERY WAY
EXTON, PA 19341
(610) 280-3270

WEBSITE LINK

*FOR CHESTER COUNTY RESIDENTS ONLY

TELEPHONE CRISIS COUNSELING

- Triaged to determine the appropriate level of intervention required and provide telephone counseling when more intensive interventions are not required
- Provides counseling, consultation, education and referral to individuals experiencing acute psychological or psychosocial problems or to the person calling on behalf of another person
- **Ideally crisis intervention at this level of care alone will preserve the individual's ability to resolve their crisis, utilizing their family or natural supports while remaining within his/her own community**

CRISIS WALK-IN CENTER

- Providing face to face intervention in a confidential location to conduct triage and assessment
- The goal of this intervention is to provide solution-focused interventions that ameliorates the immediate problems, with linkage to aftercare supports.
- Crisis staff will work with the individual until sufficient resolution has been achieved and a solid aftercare plan has been developed.

If there is imminent risk, contact 911 or go directly to the local emergency room.

DELAWARE COUNTY CRISIS CONNECTIONS TEAM

CONTACT INFORMATION

1-855-889-7827

MOBILE CRISIS

A mobile dispatch team that listens first to assess your needs. The team provides assessment, intervention, and referral. This service is available 24/7.

Delaware County Crisis Connects Team (DCCCT) consists of services available to Delaware County residents who may be at risk for emotional crisis. The service continuum was developed in collaboration with Elwyn, The Delaware County Department of Human Services Office of Behavioral Health, and Magellan Behavioral Health of Pennsylvania, Inc.

If there is imminent risk, contact 911 or go directly to the local emergency room.

TIPS AND TRICKS ON HOW TO FIND A THERAPIST

IN-NETWORK PROVIDERS

(Providers that are in-network with insurance plans)

How to Find an in-network provider:

- Go on your insurance website and search "mental health" or call the phone number on the back of your insurance card
- Utilize websites like psychologytoday.com, growththerapy.com (for telehealth)

Benefits:

- Only responsible for co-pay (depending on insurance plan)

Downsides:

- May have wait lists
- Some insurance companies limit session numbers

OUT-OF-NETWORK PROVIDERS

(Providers that do not take insurance and are private pay)

How to Find an out-of-network provider:

- Utilize websites like psychologytoday.com, growththerapy.com (for telehealth)
- Google based on your area and specialty you are seeking (i.e. teen therapist, DBT therapist, anxiety)

Benefits:

- Shorter wait lists
- May offer sliding scale if relevant
- Insurance does not dictate treatment

Downsides:

- Out of pocket cost
- Navigate reimbursement with insurance

QUESTIONS TO ASK:

- Do you take my insurance or are you private pay? If private pay, what is your fee?
 - Are you in-person or seeing people telehealth only?
- Do you offer a free consult prior to committing to sessions to see if it's a good fit?
 - What is your experience working with teens?
 - How do you involve parents in treatment?
- Are you licensed and what is your training? Do you have any certifications/specialties?
 - If private pay, do you provide a superbill?

THERAPY FAQ

What does a superbill mean and how do I get reimbursed for out of network?

Private pay therapists can provide an invoice (superbill) to submit a claim to your insurance to receive reimbursement. You may be eligible for reimbursement once your deductible is met. Check with your insurance benefits.

What's better - telehealth or in-person?

Both have benefits. In-person may allow for more privacy whereas telehealth occurs in the comfort of your own space. Each option has shown to be an effective option for therapy.

HOW TO ACCESS PHP OR IOP

Several organizations offer **both PHP and IOP levels of care** and caregivers can call to schedule an evaluation. During this intake, the clinician will determine which program is appropriate for your child.

Below are some agencies that offer both:

The Light Program, multiple locations
610-644-6464

Mirmont, multiple locations
484-565-1130

Embark, Berwyn
833-675-2856

The following organizations offer **PHP**. They can complete an evaluation to determine if this is the correct level of care for your child.

Horsham Clinic, Coatesville
(800) 237-4447

Rockford, Newark
302-996-5480

The following organizations offer **IOP only**.

Sanare Today, multiple locations
610-344-9600

***THIS IS NOT AN EXHAUSTIVE LIST AND IS NOT A FORMAL RECOMMENDATION FOR THESE PROGRAMS. PLEASE CONSULT WITH YOUR INSURANCE CARRIER FOR ADDITIONAL PROVIDERS AND TO DETERMINE IF THE PROGRAM IS IN-NETWORK**

DRUG & ALCOHOL RESOURCES

SUBSTANCE ABUSE ASSESSMENTS

A Substance Abuse Assessment can take 1.5 - 3 hours depending on the program. The program will assess needs, level of care and make recommendations.

ETHOS
WEST CHESTER, PA
267-669-0300

MIRMONT
EXTON, PA
888-227-3898 OPTION 2

HOLCOMB
KENNETT SQUARE, PA
610-388-7400

DUAL DIAGNOSIS PROGRAMMING [MENTAL HEALTH/ DRUG & ALCOHOL]

THE LIGHT PROGRAM
PAOLI, PA
610-644-6464

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