

MENTAL HEALTH CARE: WHAT DOES IT LOOK LIKE?

Deciding you or a loved one is in need of mental health treatment is a big step in the journey toward mental wellness.

The good news: There are many treatment options, providers and environments in which to get the help you need.

The bad news: The world of mental health treatment can be confusing and difficult to navigate.

Below is some basic information to help you understand your options so you can start to look into what will work best for you.

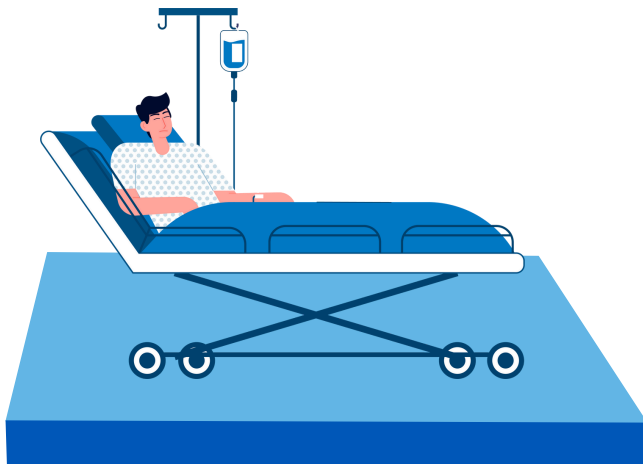


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Mental Health Levels of Care: Most inpatient and residential centers take insurance, but deductibles often must be reached for coverage to go into effect. Mental health conditions such as major depression, bipolar disorder, schizophrenia and substance abuse disorder will require some or all of the below services and levels of care over a lifetime.

INPATIENT



24-hour care, stabilization, including therapy, medication. Often includes detox and/or other medical services

Average Cost: \$10,000–\$40,000 per month or more

Insurance coverage: Sometimes, not always fully covered

RESIDENTIAL



24-hour care, including therapy, medication etc.

Average Cost: \$6,000–\$20,000 per month or more

Insurance coverage: Partial or full coverage if in network

MENTAL HEALTH CARE: WHAT DOES IT LOOK LIKE?

PARTIAL HOSPITALIZATION



8–12 hours of care per day,
sometimes but not always including
therapy

Average Cost: \$500–\$1000
per day

Insurance coverage: Partial or full
coverage if in network

INTENSIVE OUTPATIENT



3–5 hours of care per day, 3–6
days per week

Average Cost: \$100–\$300
per day

Insurance coverage: Partial or
full coverage if in network

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OUTPATIENT, MEDICAL MANAGEMENT



Typically 15 minutes–1 hour a week,
including individual, family, couples
and group therapy

Average Cost: \$50–\$300 per hour,
depending on practitioner

Insurance coverage: If practitioner
is in network

Many private mental health practitioners and facilities are choosing to no longer take insurance, as most insurance companies reimburse at a rate much lower than the market average.

Many people must incur additional costs associated with their treatment, including lost wages and travel expenses, as specialized care and large facilities tend to be concentrated in urban areas and may not be easily accessible.

Psychiatric medication costs vary widely, averaging \$15–\$1,000 per month.

Example: A 30-day supply of Prozac is \$28/month, Lexapro \$87/month.

Addiction treatment services vary and can be expensive, often requiring medical detox (outpatient \$1000–\$5000) and ongoing medication management such as Suboxone (\$150–\$500/month) or methadone (\$400/month)

Eating disorders often require intensive medical stabilization, weight restoration and other specialized services that can cost more than the average for the above listed levels of care.

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Types of Providers: Varies somewhat state by state, but here are the basics.

PSYCHOLOGIST



Level of Education: PhD, PsyD.

Services Provided: Assessment, diagnosis, formal testing, therapy

Credentials: Licensed by the state, are able to use the title "Dr."

Specialties: Can obtain specialties not affiliated with license (pediatrics, marriage, trauma, etc.)

PSYCHIATRIST



Level of Education: Doctor of Medicine (MD)

Services Provided: Diagnosis, prescribe and monitor medication, therapy

Credentials: MD

Specialties: Can be certified with special populations (pediatrics, addictions, etc.)

MENTAL HEALTH CARE: WHAT DOES IT LOOK LIKE?

COUNSELOR (SOMETIMES CALLED CLINICIAN OR THERAPIST)



Level of Education: Master's degree in psychology, counseling, marriage and family therapy, etc.

Services Provided: Assessment, diagnosis (in some states), therapy, case management

Credentials: Varies state to state: LPC or LCPC. Specialties can include addictions (LCADAC), marriage and family (LMFT), etc.

Specialties: Can obtain specialties not affiliated with license (pediatrics, marriage, trauma, etc.)

CLINICAL SOCIAL WORKER



Level of Education: Master of Social Work (MSW)

Services Provided: Assessment, diagnosis (in some states), therapy, case management and advocacy services

Credentials: Varies: LCSW, LISW, ACSW, LCSW-C

Specialties: Can obtain specialties not affiliated with license (pediatrics, marriage, trauma, etc.)

MENTAL HEALTH CARE: WHAT DOES IT LOOK LIKE?

PSYCHIATRIC NURSE PRACTITIONER



Level of Education: MS or PhD in nursing with focus on psychiatry

Services Provided: Assessment, diagnosis, therapy and prescribe medication (in some states)

Credentials: PMHNP-BC

Specialties: Can be certified with special populations (pediatrics, addictions, etc.)