



EDUCATIONAL BROCHURE

Finding the Right Level of Professional Care

The next right step, with the right support.

For anyone comparing treatment options

Start with an assessment

A thorough evaluation by a qualified professional is the best way to determine what kind of care fits. Many programs use the ASAM Criteria to match people with an appropriate level of care.

From least to most intensive

- Peer and community support — mutual-help groups and recovery coaches.
- Outpatient counseling — regular sessions while living at home.
- Intensive outpatient (IOP) — several sessions a week.
- Partial hospitalization (PHP) — most of the day, most days.
- Residential treatment — living at a licensed facility.
- Medically supervised withdrawal management and hospital care.

Know the difference

Programs with similar names can offer very different levels of care. A faith-based residential ministry, for example, may not provide licensed clinical or medical care. Always ask directly about licensing, medical oversight, and staff credentials.

Red flags

- Offers of free travel, housing, cash, or gifts to enroll.
- Unwillingness to share licensing, costs, or staff credentials.
- Guarantees of success or a “cure.”

Paying for care

Call the member services number on your insurance card to learn about behavioral health benefits. If you are uninsured or paying yourself, you can generally request a Good Faith Estimate of costs from health care providers under the federal No Surprises Act.

If someone needs help right now

If you or someone else is experiencing a medical emergency, call 911 or go to the nearest emergency department. If you are experiencing a mental health or substance-use crisis, call or text 988 in the United States.

Trusted resources

988 Suicide & Crisis Lifeline

Call or text 988 · 988lifeline.org

SAMHSA National Helpline

1-800-662-4357 · Free, confidential, 24/7

FindTreatment.gov

Search state-licensed treatment providers

LEARN MORE

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