

Mental health treatment can take place in a variety of settings, depending on an individual's desires, needs, and preferences. These settings may include a clinic, hospital, a therapist's office, or at home.

Recovery comes in many forms. We often think first about medical and clinical treatment, but a supportive community, a stable and safe home, and purpose are central to beginning and maintaining a cycle of recovery. To the left, SAMHSA's Recovery Model illustrates this framework.



**Inpatient Mental Health Treatment** is a type of mental health care that always involves at least one overnight stay in a hospital or residential facility. The following are types of inpatient mental health care.

### **Inpatient Psychiatric Hospitalization**

Inpatient hospitalizations involve a stay of one or more nights in a hospital for mental health treatment. Inpatient hospitalizations are often fairly short, between 5 to 7 days, and are meant to stabilize someone in a mental health emergency.

### **Residential Mental Health Treatment Centers for Adults**

There are a limited range of residential treatment centers in the Chicago area. Some provide care for up to 30 days and accept insurance. Others are private facilities that require families to pay out of pocket. Yet others, called SMHRFs, are more similar to nursing homes and are generally available to people with Medicaid. These centers provide mental health care and support services over a longer term, and also help with basic needs like meals and laundry.