

# Clinical Treatment Models

There are several evidence-based approaches to treat substance use disorder (SUD). Different types of treatment are recommended based on frequency of use, types of substances, general health, and other factors. Treatment programs often begin with intensive services and transition to outpatient settings to maintain recovery.

## RESIDENTIAL/INPATIENT TREATMENT

Individuals reside at a facility throughout their treatment for varying lengths of time. Individuals receive round the clock care in a structured environment where they can work to understand the physical, emotional, and interpersonal impact of their substance use disorder. Residential and Inpatient Treatment typically include a comprehensive discharge plan that identifies and links individuals to necessary continuing care.

## Short-Term Treatment

These are treatment programs that are 30 days or less. It can be initially intensive while preparing the individual to return to a community-based setting. A comprehensive re-entry plan usually includes continued outpatient therapy and participation in support groups.

## Long-Term Treatment

These have planned lengths of stay of 6-12 months and focus on “resocialization” of the individual using the entire community – including other residents, staff, family, and the social context – as components of treatment.

## OUTPATIENT TREATMENT

Outpatient treatments may be more suitable for individuals working or in school, or people with extensive social support systems. These programs frequently include therapies such as group, individual, or family counseling, as well as behavioral therapies.

### Intensive Outpatient Programs

Intensive Outpatient Programs (IOP), or Intensive Day Treatment, incorporate many treatment therapies in an outpatient setting. They can be comparable in effectiveness to residential settings depending upon the individual’s needs and supports.

### Partial Hospitalization Program

Partial Hospitalization Programs (PHP), or Partial Care, is for people who no longer require a 24-hour setting or for people who resumed or experienced a recurrence of substance use or SUD symptoms.

### Outpatient Programs

Outpatient Programs (OP) are less intensive, meeting on a weekly basis, and can include one-on-one therapy or group counseling.

## WITHDRAWAL MANAGEMENT (DETOXIFICATION)

Withdrawal management is medical management and monitoring of the physical symptoms of withdrawal. This may be required when someone starts a treatment program and can take place in an inpatient or outpatient facility. The individual receives close medical supervision and psychosocial therapeutic treatments. Medications may be prescribed to minimize the symptoms of withdrawal. Withdrawal management should not be considered a course of treatment on its own.

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