

## Level of Care Guidelines

	Outpatient*	Intensive Outpatient	Partial Hospitalization	Residential	Inpatient Hospitalization
<b>Medical Status</b>	Medically stable	Medically stable	Some medical and/or psychiatric monitoring needed	Medical and/or psychiatric monitoring needed	Acute medical and/or psychiatric stabilization needed
<b>Structure Needed to adhere to treatment guidelines</b>	Self-sufficient ability to learn and practice coping skills. For adolescent, family support available for coping skill practice.	Needs additional structure or assistance to manage moods and behaviors, and/or practice coping skills	Needs significant structure or assistance to manage moods, behaviors, and utilize coping skills.	Continual supervision and structure required to manage moods, behaviors, and utilize coping skills.	Continual supervision and structure required to maintain safety
<b>Treatment Motivation</b>	Good to Fair	Fair	Fair to Poor	Poor	Poor to Very Poor
<b>Suicidality/Self-Harm</b>	No intent or plan; able to independently use skills and coaching to maintain safety	Minimal plan, no intent	Possible plan, minimal intent	Possible plan and intent; acting in risky manner without regard to personal safety or others	Intent and plan; demonstrated behavior poses an immediate risk to self and others
<b>Substance Use</b>	No problematic use and/or maintains abstinence with some support	Limited problematic use and/or maintains abstinence with moderate support	Problematic use without dependence; ability to maintain abstinence with continual support	Problematic use with dependence; unable to sustain sobriety without a structured setting	Acute detox needed
<b>Social Support</b>	Some support	Some support, with structure can cope	Limited support, structure necessary to cope	Lacking support outside of treatment team	Lacking support outside of treatment team

\*Radically Open DBT Tampa is an outpatient treatment provider who is dedicated to matching mental health concerns with the most effective evidence-based mental health treatments. As such, we are committed to following the Level of Care Guidelines outlined above when recommending the best level of care necessary to meet your mental health care needs and goals. Outpatient treatment recommendations may consist of a combination of weekly individual counseling sessions, weekly group counseling sessions, psychiatric medication management, family counseling, recovery support meetings and other adjunctive medical professionals such as dietitians or physical therapists. If at any time your health care needs change, your provider may inform you of a recommendation to seek a different level of care. Please know that these recommendations are made very carefully to comply with ethical treatment delivery standards and evidence-based practices for best healthcare outcomes.