

CHOOSING THE RIGHT TEEN TREATMENT CENTER ● ● ●

FACTOR	OUTPATIENT	SHORT TERM	LONG TERM
Support System	Requires strong support at home	Post crisis intensive care	24/7 comprehensive care in a safe and secure environment under psychiatric and clinical care.
Cost	Less expensive	More affordable than long-term RTC	More expensive but a portion may be covered by insurance.
Duration	Flexible	3-6 weeks	6-12 months
Environment	Home	Designed for short-term intervention	Structured, immersive for long term development
Risk of Relapse	Higher - same triggers and environment	Moderate - requires transition planning	Lower due to removal from home environment, triggers, with a focus on building resilience.
Focus	Daily responsibilities	Crisis intervention, short-term goals	Holistic care and development a focus on long-term goals and healing.
Transition	None	Transition to outpatient care	Comprehensive reentry planning
Outcomes	Depends on engagement & home support	Short-term stabilization	Significant, life-altering improvements



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