



WHAT CAN WE
DO ABOUT IT?

16. Levels of Care for Digital Media Overuse/Addiction

Some adolescents will benefit from professional mental health treatment services for their digital media overuse or addiction and/or co-occurring mental health conditions. Below is a brief overview of various types of treatment and

potential mental health resources. Working with a school counselor or mental health professional can help you determine the appropriate level of care for your adolescent if professional mental health services are needed.

Outpatient Counseling or Psychotherapy

- Appropriate for a wide array of mental health conditions and emotional challenges
- Typically meet with a therapist/counselor one time per week (usually for 50 minutes for individual sessions or 1-3 hours for group sessions)
- Services provided by a licensed or trained professional (e.g., counselor, psychologist, psychiatrist, social worker)
- Counselors/psychologists provide different treatment approaches depending upon the need of the client (e.g., Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Solution-Focused Therapy, Motivational Interviewing)
- May work toward abstinence (end the addictive behavior completely) or harm reduction (reduce the harm of the behavior)

Intensive Outpatient Counseling or Partial Hospitalization Programs

- A more time-intensive, structured, daytime program
- Includes multiple group counseling sessions and individual sessions per week
- Typically, nine or more hours of clinical services per week
- May take place at a hospital or treatment facility
- Clients reside at their own place of residence and attend the program during the day

Residential Treatment

- Live-in treatment facility
- Provides 24-hour care for a duration of time (may be 30 days, 60 days, 90 days, or longer)
- Provides a safe, stable environment for clients to live without addictive behaviors
- Programs typically include group counseling, family counseling, individual counseling, psychoeducation, nutrition/dietary services, spiritual guidance, recreational activities
- Relies heavily on peer support in addition to professional counselors, physicians, psychiatrists, and other mental health providers

Inpatient Treatment

- Medically-managed 24-hour care (typically within or connected to a hospital or medical center)
- Primary goal is stabilization of the client (especially when clients are in crisis)
- Medical practitioners and mental health professionals care for the client
- May offer short-term group or individual counseling in the hospital/clinic
- This level of care is relatively short (can be days or weeks)

There are many ways for adolescents to receive mental health support. Depending upon the unique needs of the client, a professional will refer them to the appropriate level of care.

Scan for full Guide and resources



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