

[Home](#) > [What is Mental Illness? Mental Health & Addiction Treatment](#) > [Why Choose Our Inpatient Mental Health](#)

# Why Choose Our Inpatient Mental Health

Editor: **The Recovery Village** | Last Updated: July 3, 2025

Jump To



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## 24/7 Confidential Support

Get customized treatment near you.

Deciding to seek help for your mental health is never easy, but it's an important first step toward getting better. Once you have decided to seek help, the next step is to choose where you want to get treatment and what level of care is best for you.

At The Recovery Village, we are committed to giving each patient personalized, evidence-based treatment. In our mental health residential program, patients live comfortably on-site in a supportive environment that encourages personal recovery and rehabilitation.

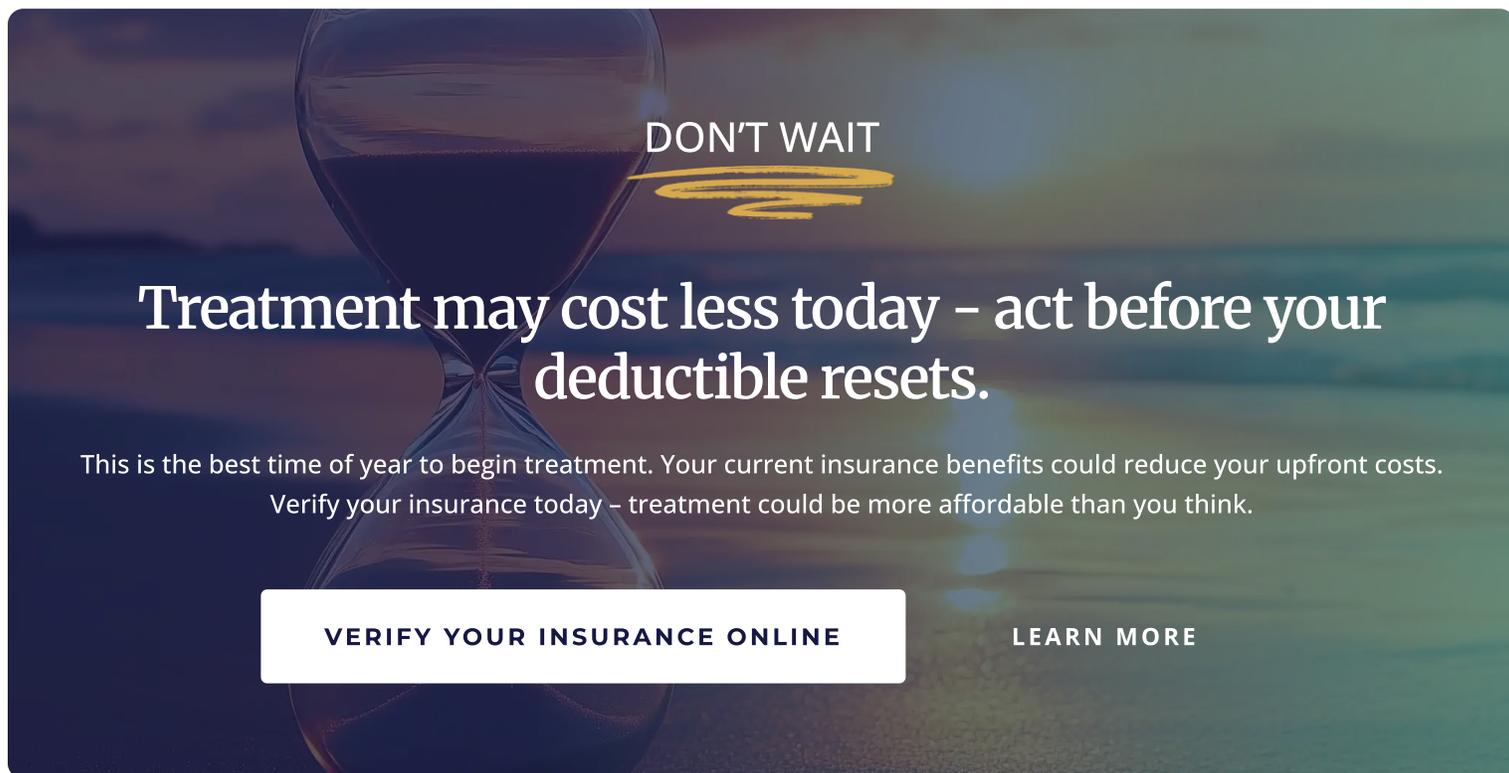
If you or a loved one are seeking help to improve your mental health condition, The Recovery Village's comprehensive treatment programs can help.

## What Is Inpatient Mental Health Rehab?

Inpatient mental health rehab is a residential treatment program for those who struggle with varying mental health conditions, like **depression**, **anxiety**, **post-traumatic stress disorder** (PTSD) and more. During your treatment, you will stay at the facility and take part in different therapies and support groups with other residents. Our treatment is overseen by medical

experts who will guide your treatment in both individual and group sessions to help you concentrate on healing and the recovery process.

Treatments and therapies patients receive in our inpatient mental health program may include:



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- **Cognitive behavioral therapy** (CBT)
- **Dialectical behavior therapy** (DBT)
- **Motivational interviewing** (MI)
- **Cognitive processing therapy** (CPT)
- **Eye movement desensitization and reprocessing therapy** (EMDR)
- Individual, group and family therapy
- Recreational therapies

On average, patients stay in residential care for one to two weeks, though this can vary greatly based on individual treatment plans. Our medical team customizes each treatment plan to fit the patient's needs and goals.

People can access multiple levels of inpatient mental health care in their communities, including:

- Long-term residential psychiatric care
- Acute inpatient psychiatric care
- Subacute inpatient mental health care
- Outpatient therapy sessions

## Acute Versus Subacute Care

The Recovery Village offers a subacute program for people who want to improve their mental well-being. Unlike acute psychiatric care, subacute care is voluntary, so you can choose to leave at any time, even if it's against medical advice. In this program, you'll work with licensed therapists and medical staff to learn tools and habits for managing daily challenges and improving your mental health.

Subacute care is less intensive than acute care, which is designed for those experiencing crisis or are in immediate danger of hurting themselves or others. Unlike subacute care, patients can be admitted willingly or forcefully into acute care and can be held in treatment against their will based on their medical assessment.

In a subacute treatment facility, patients reside in a safe environment where their needs are met, allowing them to focus on healing and establishing daily practices to secure long-term recovery. Acute mental health care programs are **meant to** keep patients safe and ensure their basic needs as their condition is monitored and addressed but do not intensively help patients learn habits to support long-term recovery at home. Length of stay is a factor in this, as **acute stay averages** from a few days to two weeks, while subacute care can last longer, depending on the patient's condition.

Transitioning from acute care to the community can be stressful and worsen mental health symptoms. Subacute care at The Recovery Village offers a step-down between acute care and returning to the community, providing patients with support to slowly adjust. This gradual transition may also **help reduce** the likelihood of readmission.

## Is Our Inpatient Rehab Right for You?

If you are considering seeking help for mental health concerns, there are different kinds of care available. Different facilities may be better suited for you depending on the level of care you seek. Inpatient rehab at the Recovery Village may be a good fit for you if:

- You've been diagnosed with a mental health condition(s) such as depression, anxiety, PTSD, bipolar disorder, schizophrenia or other mood disorders
- You wish to live in a secure environment, free from daily stressors and triggers
- You are willing to receive treatment and make changes to improve your condition
- You may also struggle with substance misuse, like drugs or alcohol, and would benefit from our dual diagnosis care

If you are in immediate danger of hurting yourself or others, you may need more care than The Recovery Village can provide. If you have physical conditions that need more medical attention or have legal issues pending, another facility may be a better option for you.



THE  
RECOVERY  
VILLAGE

### Do I Have a Mental Health Condition?

We experience a range of emotions, and it can be hard to know what "normal" mental health means. If you've been struggling with your mental health but aren't sure if it's a problem, take the quiz below to better understand if it's time to ask for help.

Note: This self-assessment quiz is designed to help you evaluate your situation but **cannot** substitute for an official, clinical diagnosis of a mental health disorder or treatment plan.

[Start Assessment](#)

## Our Facilities

The Recovery Village provides a comfortable, homey environment to simplify and encourage healing. Residing in a safe, relaxing space empowers patients to focus solely on their recovery.

## Comforting Environment

We want patients to feel comfortable while starting their recovery. Our residential treatment centers do not look or feel like hospitals. Bedrooms, lounges, and recreational spaces are designed to create a soothing, home-like environment to best support recovery.

## Peer-Support

Living on-site amongst peers with similar experiences also fosters a sense of community. Building a support system is crucial in recovery, and The Recovery Village aids in this process by promoting an accepting and positive environment. Surrounding oneself with supporters in a closed environment can also help patients practice having boundaries with those who may be causing them harm or can undermine their improvement.

## Range of Amenities

Our facilities are made to promote healing and encourage patients to build healthy habits that will continue to support their recovery outside our facility. Each of our locations has a range of amenities, which may include:

- Fully equipped fitness facilities
- Outdoor sporting areas such as basketball courts, volleyball nets, and shuffleboard
- Swimming pools
- Open-air patios
- Entertainment lounges
- Yoga and game rooms
- Foosball and Ping-Pong tables
- Walking trails
- Natural views and scenery

Amenities available at each location vary. To see what amenities specific locations have, please visit our [locations page](#).

## Multiple Locations

Whether you wish to remain close to home for your recovery or travel to distance yourself from everyday life, The Recovery Village is ready to support you. With various facilities across the United States, patients have a wide range of treatment options and locations to choose from. While all our facilities share a common goal, some offer unique therapies that are not offered at other facilities. Inpatient mental health care is currently offered at these facilities:

## What to Expect in Our Inpatient Mental Health Program

During inpatient care, patients will have access to medical and psychiatric professionals who will create a personalized treatment program. Patients will take part in various therapies, including group and recreational sessions, as well as more targeted exercises and treatments tailored to their specific condition.

## 24/7 Medical Supervision

During your stay at our facility, our professional medical staff will provide round-the-clock supervision and support as you start your recovery. Residents will also be treated by our licensed psychiatric professionals who will address your concerns and help you to learn effective coping mechanisms to support your ongoing recovery. Depending on a medical assessment, facility staff may provide medication management to some patients.

## Individualized Treatment

The best treatment for any disorder is personalized to each patient's needs. When you arrive, you will receive a medical assessment, and we will continue to monitor you throughout your stay. This helps our team create a complete treatment plan to meet your needs and ensure you have the right support when you leave our care.

## Co-occurring Disorder Treatment

The Recovery Village has skilled staff and experience to help with both substance use and mental health disorders. Substance use disorders and mental health disorders often fuel each other, making it important to address both to ensure long-lasting recovery.

## Stable Environment

Residents at The Recovery Village live in a safe and supportive environment, away from the stresses of daily life. Here, they can openly address their emotions and thoughts with the help of medical and psychiatric professionals.

## Subacute/Voluntary Care

The Recovery Village provides inpatient mental health rehabilitation for individuals seeking a break from daily stress to focus on healing. This program is for those willing to make positive changes in their lives. Patients have the option to leave at any

time, even if it's against medical advice. Our subacute program is not designed to care for those who are in immediate danger of harming themselves or others; facilities that offer acute care may be a better fit.

## Group and Family Therapy

At The Recovery Village, **family therapy** allows you to involve your family or close friends in your treatment to strengthen relationships, improve communication, and enhance understanding. In group and family therapy, a professional therapist and other group members work together to help you achieve your goals and support your recovery.

## Co-Occurring Disorder Treatment

If you are struggling with substance use and mental health issues, The Recovery Village can help you address both at the same time. This approach, known as **dual diagnosis**, is the most effective way to treat these co-occurring conditions.

Through our **admissions** process, each patient receives an individual consultation, in which a medical professional will determine whether your focus should be on treating the substance use disorder or the co-occurring mental health condition.

If mental health is your main concern, you'll spend the majority of your time in our mental health support groups and therapy sessions. You'll then receive additional group therapy sessions that address substance misuse.

If a substance use disorder is your main concern, you will spend most of your time participating in substance misuse support groups and therapies after going through a medical detox. Afterward, you will also participate in therapies to assist in treating your mental health concerns.

Treatment can look different for each patient, depending on their condition. Substance use treatment can include, but are not limited to:

- Pharmacotherapy (using medication to treat mental health disorders)
- **Cognitive Behavioral Therapy** (CBT)
- 12-step meetings
- Integrated group therapy
- Peer-led supportive services

## Using Insurance for Inpatient Mental Health Care

Cost is an important factor when deciding to seek treatment. Thankfully, many insurance plans include coverage for behavioral health treatment, which can help reduce expenses. We are in-network with many major health insurance providers; to check your coverage, visit our **insurance page** or contact a Recovery Advocate.



# Find A Center Near You

Find The Recovery Village Drug, Alcohol and Mental Health Rehab nearest you.

Select A State ▼

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**Medical Disclaimer**

*The Recovery Village aims to improve the quality of life for people struggling with substance use or mental health disorder with fact-based content about the nature of behavioral health conditions, treatment options and their related outcomes. We publish material that is researched, cited, edited and reviewed by licensed medical professionals. The information we provide is not intended to be a substitute for professional medical advice, diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified healthcare providers.*

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## Reach out now

We can help answer your questions and talk through any concerns.

855-401-1030