

Day treatment and recovery housing

Version 3 | Reviewed September 16, 2026

A practical referral guide for advocates serving adults age 18 and older in Cuyahoga County, Ohio. Family and maternity programs are included for adult clients with dependents. Programs with a narrower age range are identified. An out-of-county treatment link is labeled when it matters.

Provider, government, and community webpages were reviewed for service descriptions, contact details, and published intake criteria. No provider was called, and bed availability, funding, and appointment capacity were not confirmed in real time.

Urgent contacts

Immediate danger: 911. Life-threatening emergency. Do not wait for routine intake.

Behavioral health crisis: 988. Call or text 988. FrontLine local crisis line: 216-623-6888.

Homeless shelter intake: 216-674-6700. Coordinated Intake, Monday-Friday, 8 a.m.-6 p.m. Phone only.

After hours: 211. Evenings, weekends, and when the first referral cannot help.

Day treatment and recovery housing

University Hospitals Addiction Recovery Services

Ambulatory detox, medication treatment, PHP, and morning or evening IOP. No overnight bed.

Phone: 216-844-5566

Service

Ambulatory detox, medication treatment, PHP, morning and evening IOP, individual therapy, and dual-diagnosis treatment.

Eligibility

Adults needing addiction treatment after clinical assessment. Higher medical acuity may require another setting.

Intake

Call 216-844-5566 for assessment, referral, and scheduling. Ask which Cleveland-area site offers the recommended program.

Confirm before you send someone

Confirm insurance, prior authorization, transport, and attendance requirements. Ambulatory detox does not supply an overnight bed.

Sources: <https://www.uhhospitals.org/services/addiction-services/addiction-recovery>

YMCA Y Haven

Residential recovery for single adults age 21 or older who can live semi-independently.

Phone: 216-431-2018

Service

Residential substance use treatment and recovery supports, with linked housing and mental health services.

Eligibility

Single adults age 21 or older seeking recovery, able to function in semi-independent living. People with physical or mental diagnoses must be engaged in appropriate care and following treatment. Serves regardless of ability to pay.

Intake

Call 216-431-2018 extension 3452 or email intake@clevelandymca.org. Self-referrals are accepted.

Confirm before you send someone

Confirm the assigned program, current admission day, medication arrangements, and functional support. This is not a general shelter for adults ages 18-20.

Sources: <https://www.clevelandymca.org/y-haven/> <https://www.clevelandymca.org/y-haven/accessing-services/>

Ohio recovery housing search

State directory of additional recovery residences. A listing is not an open bed.

Service

State directory for finding additional recovery residences by location and population.

Eligibility

Adults seeking recovery housing. Each operator has its own admission requirements, costs, and level of support.

Intake

Search Cuyahoga County in the state recovery-housing directory, then contact the operator directly.

Confirm before you send someone

Confirm certification status, fees, refund and discharge rules, accessibility, medication acceptance, and vacancies. Listings are not proof of a current opening or clinical treatment licensure.

Sources: <https://rhsearch.mha.ohio.gov/>

