

Child and Adolescent Intensive Outpatient Program

Edgewood's Intensive Outpatient Program is designed to provide a daily therapeutic setting to youth in which a collaborative treatment plan can be administered, monitored and adjusted as needed. This program was specifically designed for 6-17 year old youth who, due to behavioral and emotional issues, may be experiencing family conflict, school failure, social and peer challenges and/or aggressive and self-harming behaviors, Individualized treatment, intensive family therapy and case management are our keys to success. The program may be used as a standalone treatment program or in collaboration with other therapeutic and educational services.

The Edgewood multidisciplinary team takes a strength-based approach with youth, families and other involved professionals to promote safety, assess and teach skills and to implement a treatment plan so that youth can thrive in their families and communities. Program staff includes: licensed clinicians, nursing staff, mental health counselors, recreational and expressive arts therapists, psycho educational instructors and milieu staff.



Intensive Outpatient Program

- **Monday – Friday, 3:30pm-6:30pm (5 day or MWF, 3 day program available)**
- **Short-term, 8-16 week intensive program**
- **Age groupings including Child Program (ages 6-12) and Teen Program (ages 13-17)**
- **Intensive case management and care coordination**
- **Individual, group and family therapy**
- **Weekly parent group**
- **Expressive arts and therapeutic recreation programming**

Getting Started Is Easy

Just call our Intake Department at 415.682.3172. Our staff will work with you in a flexible and efficient manner. Program match and program fees will be discussed and insurance information will be discussed.

While in Treatment, Participants and Families will:

- ✓ Gain essential stress management and coping skills
- ✓ Develop an effective plan for continuing to enhance skills after graduation
- ✓ Develop positive relationships with parents, siblings and peers
- ✓ Identify community resources and supports to help the family maintain success
- ✓ Acquire greater communication and collaborative problem solving skills
- ✓ Learn how to make better decisions by understanding personal thoughts and feelings
- ✓ Discover personal strengths and talents that may have been previously hidden
- ✓ Develop safety plans when crises arise

Sample Activities (5 day program)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
| Mindfulness Training | Body/ Movement Therapy | Expressive Arts Therapy | Mindfulness Training | Body/ Movement Therapy |
| Skill Based Group Therapy | Skill Based Group Therapy | Skill Based Group Therapy | Skill Based Group Therapy | Skill Based Group Therapy |
| Expressive Arts Therapy | Skills Practice | Skills Practice | Expressive Arts Therapy | Skills Practice |
| | | Multifamily Group | | |

**Individual and/or Family Therapy sessions occur before or after IOP schedule or on other days of the week unless child is in individual treatment with an outside therapist.*

For more information or to make a referral:

415.682.3172

Michael Clumeck, Intake Director

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