



# San Francisco Intensive Outpatient Program

A short-term 8-16 week therapeutic after school program for youth ages 6-17



## SAN FRANCISCO INTENSIVE OUTPATIENT PROGRAM SAMPLE SCHEDULE

\* 3-5 days/week with early arrival options and transportation available  
 \* Individual and/or family therapy sessions occur before or after program hours or on an alternate day of the week

	Monday	Tuesday	Wednesday	Thursday	Friday
3:30–4:30 pm	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
4:30–5:30 pm	Expressive Arts Therapy	Recreation	Expressive Arts Therapy	Recreation	Art & Music
5:30–6:30 pm	Mindful Movement	Life Skills	Mindful Movement	Life Skills	Walking Meditation

### CONTACT US

Michael Clumbeck, Intake Director  
 michaelc@edgewood.org  
 (415) 682-3172

EDGEWOOD CENTER FOR CHILDREN AND FAMILIES  
 1801 Vicente Street, San Francisco, CA 94116  
 (415) 681-3211 or visit edgewood.org



Individuals pictured are models and used for illustrative purposes only. REV 12/13

## WHAT TO EXPECT

At Edgewood, we work to put in place skills, plans, resources, and referrals that will support youth and families after they graduate. While in our program, youth will:

- Develop safety plans for when crises arise
- Gain essential stress management and coping skills
- Solve problems collaboratively with others
- Build on personal strengths and talents that may have been previously hidden
- Strengthen positive relationships with parents, siblings and peers

## ABOUT EDGEWOOD

For more than 160 years, Edgewood has been transforming lives and restoring hope for youth and families in the San Francisco Bay Area.

Our work focuses on issues such as mental health, family relationships and life skills, and our programs range from prevention and early intervention to community-based, day and residential treatment services.



### The Mission of Edgewood Center for Children and Families

To promote the behavioral health of children, youth, and families and support a positive transition to adulthood.

# San Francisco Intensive Outpatient Program

At Edgewood San Francisco, we offer a highly-structured, short-term 8-16 week therapeutic after school Intensive Outpatient Program for youth ages 6-17. We collaborate with outside providers and families to reduce high risk behaviors, improve coping strategies, and create a positive, comfortable environment for skill development, positive thinking and resiliency.

## OUR THERAPEUTIC APPROACH AND SERVICES

At Edgewood, we believe that kids are doing the best they can. When skills are lagging, our team takes a strength-based approach to uncover the unique talents of each youth we serve in order to help them develop better strategies for managing stress and increasing social functioning. Age groupings include Child Program (ages 6-12) and Teen Program (ages 13-17).

- **Weekly individual therapy** helps identify triggers and build coping strategies.
- **Weekly family therapy** increases communication and conflict resolution skills among family members.
- **Daily group therapy** promotes self-awareness, introduces coping skills and focuses on solving problems collaboratively to reduce challenging behaviors.



Edgewood's Intensive Outpatient Program is located on our campus in the Sunset district of San Francisco.



Mindfulness groups are held in Edgewood's Garden Learning Center.

- **Life skills groups** reinforce skills in practical settings and include social engagement, time management, nutrition/cooking, hygiene, and job skills activities.
- **Expressive arts therapy** helps youth learn about themselves and how to express their feelings and thoughts through poetry, art and movement.
- **Mindfulness groups** teach youth relaxation techniques that can be carried forward into daily life. Mindfulness practice can promote better sleep and anxiety reduction.
- **Saturday caregiver group**, led by a therapist, provides psycho-education, peer support, and a forum to learn from and with other caregivers.



## EDGEWOOD TEAM

Our multi-disciplinary treatment team, with a **1:3 staff to youth ratio**, provides individualized support, cueing and **social coaching**. Staff includes licensed clinicians, nursing staff, mental health counselors, recreational and expressive arts therapists, and milieu staff.

## CONTINUUM OF CARE

Edgewood offers a continuum of Acute Intensive Services, including full day **Partial Hospitalization** and residential **Hospital Diversion** programs. We can transition youth between programs dependent on individual needs. Our services are **covered by many private insurance providers**, and our team takes responsibility for the authorization process.



Comfortable and inviting, Halleck cottage is home to our Acute Intensive Services programs.