

# Edgewood Center for Children and Families

## Acute Intensive Services Programs

*Edgewood Center for Children and Families' Acute Intensive Services Programs are family focused and are designed to assess, stabilize, and treat youth between the ages of 6 and 17 who are experiencing behavioral or emotional challenges and crises.*



### **Hospital Diversion Program**

San Francisco  
7 days per week, 24 hours a day  
Average stay: 2 weeks

### **Partial Hospitalization Program**

San Francisco  
Duration: 2–4 weeks  
8:30 am–6:30 pm, M-Sat.

### **Intensive Outpatient Program**

San Francisco and San Carlos  
Duration: 2–8 weeks, 3–5 days per week  
San Francisco: 3:30 pm–6:30 pm, M-F  
San Carlos: 2:00 pm–6:00 pm, M-F

### **Residential Services**

San Francisco  
Average stay: 30–90 Days

## SUCCESSFUL OUTCOMES

Our goal is to decrease high risk behaviors; build better communication between family members; increase self-esteem; encourage successful utilization of coping skills; improve social skills; increase understanding and utilization of emotional regulation skills; and provide a safe return home.

**San Francisco**  
**844-EDGE411 (334-3411)**

**San Carlos**  
**(415) 725-0175**

### **EDGEWOOD CENTER FOR CHILDREN AND FAMILIES**

provides behavioral health services to children, youth, and emerging adults aged 0 to 25. Each year, we touch the lives of thousands of families living in San Francisco and San Mateo counties who have experienced severe trauma, abuse, or neglect. Founded in 1851, Edgewood is the oldest children's charity west of the Mississippi and offers programs ranging from prevention and early intervention to community based treatment, day and after school programs, residential treatment, and crisis stabilization.



## Our Acute Intensive Services Program:

### Features

- Strength based approach to promote resiliency
- Utilize Collaborative Problem Solving to join caregivers and children together
- Target reducing high risk behaviors and developing coping strategies and stress management skills
- Communication Focused - Improve communication and connection with all members of the child's support system

### Clinical/Medical Services

- Individual therapy (minimum 2 x week)
- Family therapy (minimum 1 x week)
- Group therapy (up to 11 x week)
- Psychiatry services (HD, PHP, Residential)
- DBT informed groups

- Substance use groups
- Multi caregiver group on Saturdays
- On site nursing 7 days a week
- Staff psychologist on site to provide psychological testing upon authorization
- Case management and discharge planning

### Therapeutic Services

- Therapeutic residential setting (Hospital Diversion)
- Therapeutic classroom, M-F
- Social skills activities
- Therapeutic recreation
- Expressive Arts programming
- Life skills activities
- Animal assisted therapy
- Mindfulness groups

MON-FRI	ACTIVITY	SAT-SUN & HOLIDAYS	ACTIVITY
7:15-7:45	Wake Up Time/A.M. Routine	8:30-9:00	Wake Up Time/A.M. Routine
7:45-8:00	Community Meeting	9:00-9:30	Life Skills
8:00-8:30	Breakfast and Chores	9:30-10:00	Breakfast
8:30-10:45	Therapeutic Classroom	10:00-10:30	Life Skills
10:45-11:15	DBT Groups	10:30-11:00	Social Skills
11:15-11:45	Therapeutic Classroom	11:00-12:00	Therapy Groups
11:45-12:15	Lunch	12:00-1:00	Therapeutic Recreation
12:15-2:30	Therapeutic Classroom	1:00-2:00	Animal Assisted Therapy
2:30-3:30	Wellness Hour	2:00-2:30	Lunch
3:30-4:30	Therapy Groups	2:30-3:00	Life Skills
4:30-5:30	Expressive Arts Group or Life Skills	3:00-6:00	Therapeutic Recreation and Social Skills
5:30-6:30	Mindfulness Group or Life Skills	6:00-7:00	Life Skills and Social Skills
6:30-7:00	Life Skills and Social Skills	7:00-7:15	Community Meeting
7:00-7:15	Community Meeting	7:15-7:45	Dinner
7:15-7:45	Dinner	7:45-9:00	Life Skills and Social Skills
7:45-9:00	Life Skills and Social Skills	9:00-9:30	Bedtime Routine Begins
9:00-9:30	Bedtime Routine Begins	9:30	Lights Out
9:30	Lights Out		

### EDGEWOOD'S MISSION

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