

# 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-F

### Intensive Outpatient Program

San Francisco

Duration: 2–8 weeks, 3–5 days per week

San Francisco: 3:30 pm–6:30 pm, M-F

Kaiser: 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)**

### 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
- Seeking safety groups
- 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 (seasonally)
- Mindfulness groups
- Occupational Therapy
- Community-Based Skill Building Activity (residential)
- Crisis Intervention

| 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          | Community Meeting                        |
| 8:00-8:30   | Breakfast and Chores                 | 9:30-10:00         | Breakfast                                |
| 8:30-10:45  | Therapeutic Classroom                | 10:00-11:30        | Physical Activity                        |
| 10:45-11:15 | DBT Groups                           | 11:30-1:00         | Skill Building Activity                  |
| 11:15-11:45 | Therapeutic Classroom                | 1:00-2:00          | Group Therapy                            |
| 11:45-12:15 | Lunch                                | 2:00-2:30          | Lunch                                    |
| 12:15-2:30  | Therapeutic Classroom                | 2:30-4:00          | Creative Arts                            |
| 2:30-3:30   | Wellness Hour                        | 3:00-6:00          | Therapeutic Recreation and Social Skills |
| 3:30-4:30   | Therapy Group                        | 6:00-7:00          | Life Skills                              |
| 4:30-5:30   | Expressive Arts Group or Life Skills | 7:00-7:15          | Community Meeting                        |
| 5:30-6:30   | Mindfulness Group or Recreation      | 7:15-7:45          | Dinner                                   |
| 6:30-7:00   | Social Skills                        | 7:45-9:00          | Evening Activity                         |
| 7:00-7:15   | Community Meeting                    | 9:00-9:30          | Bedtime Routine Begins                   |
| 7:15-7:45   | Dinner                               | 9:30               | Lights Out                               |
| 7:45-9:00   | Life Skills and Social Skills        |                    |  |
| 9:00-9:30   | Bedtime Routine Begins               |                    |  |
| 9:30        | Lights Out                           |                    |  |

### EDGEWOOD'S MISSION

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