

Edgewood Center for Children and Families

Short Term Residential Therapeutic Program (STRTP)

Edgewood's STRTP is time limited, family and solution focused, and is designed to decrease high risk behaviors and foster safety, stability and wellness in the home and the community.



YOUTH & FAMILY AT THE CORE OF OUR CARE

Program Features

- Serves youth ages 6 to 17 years old
- Specializes in treatment for mood disorders, trauma, attachment disorders, psychosis, thought disorders, and adjustment disorders
- **Trauma-informed**, comprehensive approach
- Short-term intensive treatment designed to strengthen permanent family connections and community ties
- **Strength-based** individualized treatment plans developed and executed to meet each youth's specific needs and symptoms

Clinical Services

- Individual therapy (minimum 2 x per week)
- Family therapy (minimum 1 x per week)
- Group therapy (5 x per week)
- Supportive Visitation
- Child and Family Team Meeting (2 x per month)
- Case management
- Crisis intervention services
- Evidence-based Practices: Cognitive Behavioral Therapy (CBT), Trauma-informed CBT, Dialectical Behavioral Therapy, Motivational Interviewing, and others

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 Short Term Residential Therapeutic Program:

Therapeutic Milieu

- Multidisciplinary team providing therapeutic interventions 24 hours per day
- 1:3 staff to youth ratio
- Structured programming to **promote safety**, and behavior change

Permanency

- Concurrent **family finding** and **permanency planning** at the onset of treatment
- Trusted “Family Partners” on-site and available to support families enrolled in treatment from their personal experience
- Therapeutic work in the family’s community to support a successful and permanent transition out of care
- Weekly parent support groups
- Monthly family events

Community Support

- Programming focused on skill building to support success in the community
- Social and life skills coaching
- Educational support
- Vocational training
- Collaborative after care referral linkage
- Crisis and safety planning

Medical Services

- Psychiatric services (youth assigned psychiatrist upon admission)
- On site nursing 7 days per week
- On site pediatrician
- Nutritional counseling

The Edgewood multidisciplinary team takes a strength-based approach by working with families and other involved professionals to promote collaborative and inclusive treatment and discharge planning.

Program staff include: licensed clinicians, psychiatrists, nursing staff, mental health counselors, educational staff, recreational and expressive arts therapists, and milieu staff.



For more information, please call 844-EDGE411 (334-3411)

EDGEWOOD'S MISSION

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