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

**Residential Services**
San Francisco
Kaiser insurance only
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)

**EDGECWOOD 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

- Trauma Informed system of care
- Strength based approach to promote resiliency
- Utilize variety of treatment modalities 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
- Multi caregiver group on Saturdays

- On site nursing 7 days a week
- Seeking safety groups
- Case management and discharge planning

Therapeutic Services

- Holistic Healing Activities
- Therapeutic residential setting
- 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

<table>
<thead>
<tr>
<th>MON-FRI</th>
<th>ACTIVITY</th>
<th>SAT-SUN &amp; HOLIDAYS</th>
<th>ACTIVITY</th>
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</thead>
<tbody>
<tr>
<td>7:15-7:45</td>
<td>Wake Up Time/A.M. Routine</td>
<td>8:30-9:00</td>
<td>Wake Up Time/A.M. Routine</td>
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<tr>
<td>7:45-8:00</td>
<td>Community Meeting</td>
<td>9:00-9:30</td>
<td>Community Meeting</td>
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<tr>
<td>8:00-8:30</td>
<td>Breakfast and Chores</td>
<td>9:30-10:00</td>
<td>Breakfast</td>
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<tr>
<td>8:30-10:45</td>
<td>Therapeutic Classroom</td>
<td>10:00-11:30</td>
<td>Physical Activity</td>
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<td>10:45-11:15</td>
<td>DBT Groups</td>
<td>11:30-1:00</td>
<td>Skill Building Activity</td>
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<tr>
<td>11:15-11:45</td>
<td>Therapeutic Classroom</td>
<td>1:00-2:00</td>
<td>Group Therapy</td>
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<td>11:45-12:15</td>
<td>Lunch</td>
<td>2:00-2:30</td>
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<td>12:15-2:30</td>
<td>Therapeutic Classroom</td>
<td>2:30-4:00</td>
<td>Creative Arts</td>
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<td>2:30-3:30</td>
<td>Wellness Hour</td>
<td>3:00-6:00</td>
<td>Therapeutic Recreation and Expressive Arts</td>
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<td>3:30-4:30</td>
<td>Therapy Group</td>
<td>6:00-7:00</td>
<td>Life Skills</td>
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<td>4:30-5:30</td>
<td>Expressive Arts Group or Life Skills</td>
<td>7:00-7:15</td>
<td>Community Meeting</td>
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<tr>
<td>5:30-6:30</td>
<td>Mindfulness Group or Recreation</td>
<td>7:15-7:45</td>
<td>Dinner</td>
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<td>6:30-7:00</td>
<td>Social Skills</td>
<td>7:45-9:00</td>
<td>Evening Activity</td>
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<td>7:00-7:15</td>
<td>Community Meeting</td>
<td>9:00-9:30</td>
<td>Bedtime Routine Begins</td>
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<td>7:15-7:45</td>
<td>Dinner</td>
<td>9:30</td>
<td>Lights Out</td>
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<tr>
<td>7:45-9:00</td>
<td>Life Skills and Social Skills Evening Activities</td>
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<td>9:00-9:30</td>
<td>Bedtime Routine Begins</td>
<td>VISITING HOURS FOR PARENTS</td>
<td>7 DAYS A WEEK 9AM - 9PM</td>
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<td>9:30</td>
<td>Lights Out</td>
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EDGECWOOD’S MISSION

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