

# 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 12 and 17 who are experiencing behavioral or emotional challenges and crises. All acute intensive services are provided on our seven acre campus in the Sunset District of San Francisco.*



### ACUTE INTENSIVE SERVICES

RESIDENTIAL  
TREATMENT

HOSPITAL  
DIVERSION

PARTIAL  
HOSPITALIZATION

INTENSIVE  
OUTPATIENT

#### Hospital Diversion Program

**7 days per Week, 24 hours a day**

**Average Stay: 2 weeks**

#### Residential Treatment Program

(For Kaiser clients only)

**7 days per Week, 24 hours a day**

**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.

Please feel free to contact one of our intake team members who will be happy to assist you:

Michael Clumeck  
Director of Admissions  
michaelc@edgewood.org  
415-682-3176

Surbhi Sharma  
Intake Clinician  
surbhis@edgewood.org  
415-682-3188

Alex Even  
Administrative Coordinator  
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415-682-3030

Edgewood Campus  
1801 Vicente Street  
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### 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.

## Hospital Diversion and Residential Treatment Programs

### Features

- 24/7 supervision, monitoring, and support to ensure safety after a mental health crisis
- Strengths-based approach to promote resiliency
- Family-focused treatment to increase communication and connection with all members of the youth's support system and join families together
- Target the reduction of high-risk behaviors with emphasis on developing coping strategies and crisis management skills for youth and caregivers
- Assessment of needs and supports in making connections with appropriate community-based services at discharge (both therapeutic and recreational)
- Progressive home visitation (Residential program only)
- Edgewood is a dialectical behavior therapy (DBT) informed program. DBT is a modified type of cognitive behavioral therapy (CBT). Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relationships with others.
- Edgewood supports youth and their families with a multi-disciplinary team of well trained staff members who are committed to providing a safe, therapeutic environment to those who we serve. Team members include: therapists, counselors (24/7), program managers, nurses, family partner and psychiatrists or nurse practitioners. (Youth enrolled in IOP are not assigned a psychiatrist/nurse practitioner).

### Therapeutic Programming

- Therapeutic classroom Monday - Friday
- Expressive Arts programming
- Occupational therapy
- Therapeutic recreation
- Life skills/Social Skills activities
- Mindfulness and Holistic Healing groups and activities

### Clinical/Medical Services

- Individual therapy (minimum 2x/week)
- Family therapy (minimum 1x/week)
- Group therapy (up to 10x/week), including DBT skills
- Psychiatry services

Mon-Fri	Activity	Sat-Sun & Holidays	Activity
7:15-8:30am	Morning Routine (breakfast, community meeting, hygiene, light chores)	8:30-9:30am	Morning Routine (hygiene, light chores, life skills)
8:30-2:30pm	Therapeutic classroom, therapy group, lunch, therapeutic recreation	9:30-10:00am	Breakfast/Social Skills Group
3:30-7:00pm	Wellness hour, therapy groups, expressive arts, life skills, therapeutic recreation, mindfulness, community meeting	10:00-1:00pm	Life skills, social skills, therapeutic recreation, wellness hour
7:00-7:30pm	Dinner/Social Skills Group	1:00-1:30pm	Lunch/Social Skills Group
7:30-9:00pm	Life skills, therapeutic recreation and social skills groups	1:30-7:00pm	Therapeutic recreation, life skills, social skills, expressive arts, community meeting
9:00-9:30pm	Bedtime routine (hygiene, light chores, life skills)	7:00-7:30pm	Dinner/Social Skills Group
9:30pm	Lights out	7:30-9:00pm	Life skills, therapeutic recreation and social skills groups
		9:00-9:30pm	Bedtime routine (hygiene, preparing for bedtime)
		9:30pm	Lights out

### EDGEWOOD'S MISSION

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