

RISE INTENSIVE OUTPATIENT PROGRAM



RISE

Helping Teens Believe in a Life Worth Living

RISE is designed for teens ages 13-18 (grades 8-12) who have suicidal thoughts/behaviors, recently attempted suicide, and/or repetitively engage in self-harm behaviors. RISE is a 9-week program that meets Monday-Thursday, 3:00-6:15pm.

GOALS OF THE RISE PROGRAM

- Reduce suicidal thoughts and behaviors
- Reduce self-harm behaviors (e.g., cutting)
- Improve ability to regulate emotions and cope with stress
- Improve important areas of life such as school, home, friendships and family relationships
- Reduce the need for higher level of care
- Help teens build a life worth living

RISE FEATURES

- Comprehensive Dialectical Behavior Therapy (DBT), including:
 - Individual and group therapy
 - Multifamily skills group to help parents learn skills to support and empower their teens at home
 - 24/7 phone coaching for teens and parents
 - Adolescent psychiatry and medication management
- Small group setting
- Led by seasoned, licensed clinicians who specialize in working with teens
- Offers support with transitions between IOP, inpatient, and outpatient therapy
- Coordination with outside mental health providers, school staff and appropriate medical professionals
- Insurance-based, including San Mateo County Medi-Cal
- Financial assistance is available

RISE is a collaboration between CHC's Catherine T. Harvey Center for Clinical Services and Stanford Children's Health.



Catherine T. Harvey Center *for*
CLINICAL SERVICES



Stanford
Children's Health

Reach out: RISE@chconline.org | chconline.org/RISE | 650-688-3675