

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
- Longer duration, increasing likelihood of desired outcomes
- Seasoned, licensed clinicians who specialize in working with teens
- Support with transitions between IOP, inpatient and outpatient therapy
- Coordination with outside mental health providers, school staff and appropriate medical professionals
- Insurance-based
- Financial assistance available
- High school credits possible

We are here for you. 650.688.3625

help@chconline.org | chconline.org/rise

Who Can Benefit

RISE is designed for youth (ages 13-18) who have suicidal thoughts/behaviors, recently attempted suicide, and/or repetitively engage in self-harm behaviors.



I finally have hope.

—RISE graduate

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

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Dialectical Behavior Therapy (DBT) is currently the only well-established, evidencebased treatment for decreasing suicidal feelings or self-harming behaviors in youth.

— Dr. Michele Berk, Director of DBT Programming at RISE

YOU ARE NOT ALONE.

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A Comprehensive DBT

Intensive Outpatient Program

for Teens (ages 13-18)

About the Experts



Children's Health Council

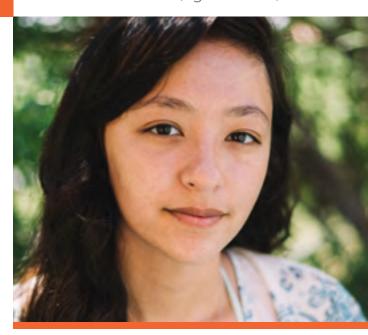
CHC is a non-profit agency that has been serving children, youth, teens and young adults in the greater San Francisco Bay Area with top-rated education and mental health services for over 65 years.

chconline.org



Stanford Children's Health, with Lucile Packard Children's Hospital Stanford at its center, is the Bay Area's largest health care system exclusively dedicated to children and expectant mothers.

stanfordchildrens.org



A COLLABORATION OF EXPERTS FROM





650.688.3625

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