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

LIFE IS WORTH LIVING

12-week program
Monday–Thursday
3:00–6:15 pm

We are here for you.
650.688.3625
help@chconline.org | chconline.org/ri.se
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

Dialectical Behavior Therapy (DBT) is currently the only well-established, evidence-based treatment for decreasing suicidal feelings or self-harming behaviors in youth.
—Dr. Michele Berk, Director of DBT Programming at RISE

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](http://chconline.org)

**Stanford Children’s Health**

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](http://stanfordchildrens.org)

YOU ARE NOT ALONE.

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A Comprehensive DBT Intensive Outpatient Program for Teens (ages 13-18)