



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

**LIFE IS  
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
- 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, evidence-based 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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## About the Experts



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, 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)



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



A COLLABORATION OF EXPERTS FROM



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