ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

Our mission is to set a new standard of care for youth and families by providing evidence-based, multi-disciplinary, and integrated mental health services. The Adolescent Intensive Outpatient Program (IOP) serves as an intermediate step between hospitalization and outpatient therapy.

Who May Benefit?
Adolescents (12-17 years) who experience frequent, significant mental health difficulties such as anxiety, depression, and suicidal behavior that impact their functioning in their relationships, school, work, and/or community. Adolescents who struggle with school attendance are also a good fit for the morning IOP which focuses on identifying and correcting the underlying reasons for school refusal, as well as emotional and behavioral issues at home and/or at school. Lastly, adolescents may qualify for IOP if they need more intensive treatment than a traditional outpatient setting offers. We also accept referrals.

What to Expect
• Our IOP is an 8-week treatment program that runs Monday-Friday 9:00am-12:00pm or Monday-Thursday 3:00pm-6:00pm
• We coordinate with schools as needed to ensure the proper educational environment is in place once the child is ready to return to a regular school setting
• We consider the family to be an essential part of the treatment team. We work with parents, and ask they attend treatment sessions, review progress towards goals, and collaborate on treatment plans
• If appropriate, treatment will begin as soon as possible
• We assist with discharge placement with the possibility of continued care at BACA

A Comprehensive Approach
Our treatment is developed to help adolescents and families to feel more empowered to reach their goals, and to facilitate holistic health and wellness in a warm, supportive, and structured environment with:
• Comprehensive mental health evaluation
• Evidence-based interventions
• Family education and support
• Care coordination with other providers
• Uniquely-tailored treatment planning by a team of psychiatrists (M.D.) and masters-level therapists (LMFT, LCSWs)

Treatment Plan
Treatment plan includes:
• Coping skills
• Art therapy
• Physical activity
• Relationship skills
• Individual therapy
• Group therapy
• Medication assessment/ weekly physical visits
• Academic support and applied skills
• Family therapy
• Parenting skills

If you or someone you know would like to join the program, fill out an appointment request form on our website www.baca.org — It only takes 5 minutes!

Our Locations
1162 El Camino Real
Menlo Park, CA 94025
Call us: (650) 304-3906

111 Myrtle St. Ste. 300
Oakland, CA 94607
Call us: (510) 922-9757

1175 Saratoga Ave. Ste. 14
San Jose, CA 95129
Call us: (408) 996-7950