Adolescent IOP (ages 13-17)

AFTERNOON TRACKS
IN SAN JOSE AND MENLO PARK

Evidence-based treatment to help adolescents and their families build life skills, strengthen relationships and learn to manage mental health symptoms in a structured, supportive and warm environment.

Treatment Plan Includes:
- Coping skills
- Art therapy
- Physical activity
- Relationship skills
- Individual therapy
- Group therapy
- Medication assessment
- Academic support and applied skills
- Family therapy
- Parenting skills

Example Daily IOP Schedule

Afternoon Track
3:00 Physical Activity
4:00 Expressive Art
5:00 Coping Skills for Adolescents
5:00 Parent Group for Parents
6:00 End

We currently offer two afternoon tracks in San Jose and one afternoon track in Menlo Park. If you are interested, please request an appointment on our website (www.baca.org).

INSURANCE
We are in-network with Aetna, Valley Health Plan, Anthem Blue Cross and Cigna. We also have a generous financial aid policy and work hard to negotiate with out-of-network insurance companies.