

Who Can Benefit

RISE is designed for teens ages 13-18 (Grades 8-12) who have suicidal thoughts/behaviors, recently attempted suicide, and/or repetitively engage in self-harm behaviors.

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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.



650.688.3675

RISE@CHCONLINE.ORG | CHCONLINE.ORG/RISE

About the Experts



Catherine T. Harvey Center *for*
CLINICAL SERVICES

Comprehensive and integrated services for learning differences and mental health for children, teens and young adults.

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



**A Comprehensive DBT
Intensive Outpatient Program**

FOR TEENS AGES 13-18 (GRADES 8-12)



A COLLABORATION OF EXPERTS FROM



Catherine T. Harvey Center *for*
CLINICAL SERVICES



Stanford
Children's Health

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650 CLARK WAY, PALO ALTO, CA 94304



**9-Week
program**
Monday–Thursday
3:00–6:15 pm



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, including Santa Clara County Medi-Cal
- Financial assistance available

Life
**is worth
living**

We're here for you.

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