

## 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.

“

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

# You are not alone.



## 650.688.3675

[RISE@CHCONLINE.ORG](mailto:RISE@CHCONLINE.ORG) | [CHCONLINE.ORG/RISE](http://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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