



Who We Are

We are a mental health organization committed to providing integrated, scientific and empathetic treatment to youth and their families in the Bay Area.

We offer psychiatric and psychotherapeutic care in outpatient clinics and through specialized Intensive Outpatient Programs.



Who We Are

- 13 child and adolescent psychiatrists
- 15 individual/family psychotherapists
- 8 associates/trainees/students

Who We Serve

Individuals ages 26 and younger and their families with a variety of mental health concerns:

- Depression
- Anxiety
- Behavioral Concerns
- Social Skills Challenges
- School Refusal
- Autism Spectrum Disorder
- ADHD
- Suicidal Thoughts/Behaviors
- Emotional Dysregulation
- Attachment Disorders
- Parenting/Family Concerns
- Obsessive Compulsive Disorder



What We Do

Intensive Outpatient Programs (IOP)
Multi-week, evidenced based, group therapy program. Includes:

- Psychiatric Evaluation & Mgmt
- Individual & Family Therapy
- Variety of Group Therapies
 - Coping Skills
 - Relationship Skills
 - Healthy Living Skills
 - Physical Activity
 - Art Therapy
 - Academic Support
 - Applied Skills
 - Process Group

Mental health treatment acuity:

- Hospital (severe-crisis)
- Partial Hospitalization (mod-severe)
- **IOP (moderate-severe)**
- Outpatient (mild-moderate)

Outpatient Services
Provide individualized treatment plans for youth and families. May include:

- Psychiatric Evaluation & Mgmt
- Individual and Family Therapy
- Group Therapy

IOP Tracks & Schedule

Specialized tracks offered specific to needs and age.

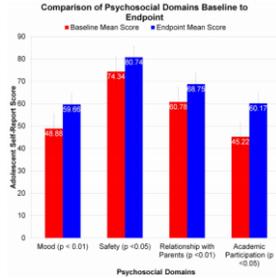
- Adolescent Morning / Adolescent Afternoon (ages 11-18)
- Social Skills (ages 11-15)
- Young Adult (ages 18-26)

Generally 3 hours/day for 3-5 days/week for several weeks.

Monday	Tuesday	Wednesday	Thursday
3:00pm - 4:30pm Coping skills	3:00pm - 4:30pm Process Group	3:00pm - 4:30pm Physical Activity	3:00pm - 4:30pm Skill-Building and Practice, Homework Assistance/Planning
4:40pm - 6:00pm Healthy Living Skills	4:40pm - 6:00pm Expressive Arts	4:30pm - 6:00pm Parent Training Group	4:30pm - 6:00pm Multi Family Group (Teens & Parents)

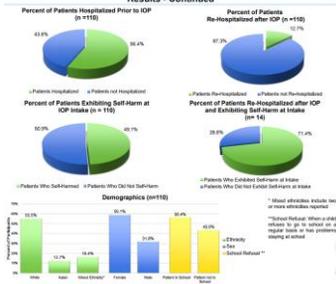
Intensive Outpatient Programs Work Because They...

- ✦ Include parent participation in Parent Training, Multi-Family Group, Family Therapy Sessions and Goal Reviews
- ✦ Get depressed and/or anxious youth out of the house.
- ✦ Give social contact with peers, role models and professionals.
- ✦ Include academic support as needed in our morning program.
- ✦ Teach applicable skills in a fun, warm setting.
- ✦ Address systems that support youth and the youth themselves.
- ✦ Provide skills to support youth to build and maintain healthy relationships and improve social interactions.



*Hollman, V., Malloy, S., Cohen, R., Liu, Y., Daniels, T., & Oberstar, J. (2016). Outcomes of a Community-Based, Intensive Outpatient Program for Adolescents. Paper presented at the American Psychiatric Association Conference.

Results - Continued



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Referrals

1. We offer free needs assessments to anyone seeking care.
2. We are accepting patients at all sites - Menlo Park, Oakland and San Jose.
3. We are in-network with Aetna, Anthem and Cigna. We also have *financial counselors* who assist families in understanding their insurance/options.
4. Please direct families to www.baca.org to fill out an **appointment request form**. We aim to connect with families within 2 business days.

For Additional Information:
 Joel V. Oberstar, MD – Vice President of Operations
jobstar@baca.org