

## Adolescent Behavioral Health Intensive Outpatient Program (IOP)

Expanding the safety net for North Bay young people and families

### Funding Goal: \$695,000

Adolescence can be a difficult time, especially for young people who have not fully developed the skills to cope with stress and change. Imagine a 15-year-old girl, once an A student, bullied at school, now anxious and depressed, cutting herself in hopes of relieving the pain that she feels. Or think of a 16-year-old boy — depressed, lethargic, missing school, smoking pot, and playing video games for hours a day to escape.

Prior to 2020, the North Bay was home to its share of young people in emotional distress, just like anyplace else in America. But today, across the country, the population of adolescents suffering from anxiety, depression, ADHD, PTSD, or another mental health condition is growing dramatically, driven in part by the Covid-19 pandemic.

In 2021, the U.S. Surgeon General declared a youth mental health crisis, and it is unfolding today in our community, where it can be particularly difficult for families to access affordable mental healthcare for adolescents. Few if any local therapists take insurance, requiring out-of-pocket payment. Even telehealth options have months-long wait lists. Further complicating matters, private practitioners may not accept young people with more severe or acute symptoms. Local options exist for these children if they are insured through Medi-Cal or uninsured, and wealthier families have more options. But most young people fall in the gap between these two extremes.

### **At MarinHealth, we are addressing this gap with a focused clinical program.**

With your support, we will initiate MarinHealth's Adolescent Behavioral Health Intensive Outpatient Program (IOP), where the families of children aged 12-17 can seek professional help that is covered by insurance. Extending MarinHealth's community values to a vulnerable population, our goal is a small, local, specialized program focused on providing practical support in a caring environment where children ages 12-17 can learn to cope with stresses, manage difficult emotions, and form healthy relationships.



*"Kids in our community are struggling more than ever before. I see the challenges every day. Right now, there simply aren't enough care providers to serve them all. By creating an accessible Adolescent Behavioral Health IOP, we can begin to change the paradigm."*

*— Zachary Schwab,  
MD Medical Director,  
Child and Adolescent  
Psychiatry*

## A Safety Net for Vulnerable Young People

The Intensive Outpatient Program planned for MarinHealth will provide a very specific level of behavioral health care that must meet certain medical criteria. Referred by family members, community providers, schools, emergency departments, the County Crisis Stabilization Unit, medical or psychiatric facilities, or by self-referral, patients must be moderately to severely impaired in daily activities, work, learning, or interpersonal relationships, or a danger to themselves or others. Conditions treated will include mood and anxiety disorders — major depression, bipolar, ADHD, adjustment disorder, and PTSD.

In a safe and healing environment appropriate for patients aged 12-17, the program will provide structure and training in mental wellness skills and healthy coping strategies. Patients will learn skills from Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). Treatments will include individual therapy, family therapy, group sessions, and activities that allow participants to practice what they've learned. Care also incorporates audio/visual resources, sensory and tactile stimulation, art, and other expressive therapies.

The IOP care team, which will partner with community healthcare providers, will include an adolescent psychiatrist/director, licensed therapists, a nurse, medical assistants/front office coordinators, utilization review specialists, and a clinical supervisor. Families will be very much involved in their child's care, with opportunities to participate in therapy, treatment planning, case conferences, groups, and the discharge process. Overcoming a common obstacle to care, the program will include a transportation fund to ensure participation by patients who would otherwise be unable to attend.

### What can philanthropy do?

Community generosity will be critical to the completion of MarinHealth's Adolescent Behavioral Health IOP. With \$695,000 as our funding goal, philanthropy will support construction of the facility, which will include a large group room, consultation rooms for small-group discussions, a dining area, exam rooms, and dedicated offices for clinicians. Funds will also support the Adolescent Psychiatrist Medical Directorship, staff training in Dialectical Behavioral Therapy (DBT), marketing, equipment, and transportation options for patients in need. These investments in people, facilities, and supportive resources will provide the North Bay with something our community sorely needs and now lacks: accessible, affordable, age-appropriate outpatient mental health care for the young people who, with our support, will grow into healthy members of our North Bay community.

### At-a-Glance

#### Adolescent Behavioral Health IOP

- Serving young people ages 12-17
- Capacity to see 8-12 adolescents after school hours, Monday-Friday
- Program averages 3 hours per day, 3 days per week, for 12 weeks
- 65-75 teens per year
- Treatments include individual therapy, family therapy, group sessions, and supportive activities
- Available for ages 18-30 if needed to continue care

**To learn more or make a gift that creates a much-needed mental health safety net for young people and their families in the North Bay, please contact MarinHealth Foundation at 1-415-925-7770 or [Foundation@mymarinhealth.org](mailto:Foundation@mymarinhealth.org).**