



BAY AREA CLINICAL ASSOCIATES

Our mission is to revolutionize mental health services for children, adolescents, young adults and their families, regardless of socio-economic status.

Email: info@baca.org
Visit us at: www.baca.org



If you or someone you know would like to join the program, fill out an appointment request form on our website www.baca.org. It only takes 5 minutes!

OUR LOCATION

1175 Saratoga Ave., Suite 14
San Jose, CA 95129
Call us at: (408) 996-7950

INTENSIVE OUTPATIENT PROGRAM (IOP): SOCIAL SKILLS

Caring and Connecting



SOCIAL SKILLS INTENSIVE OUTPATIENT PROGRAM (IOP)

Social Skills IOP provides more intensive treatment than can be provided in a traditional outpatient setting in a structured, therapeutic and supportive environment.

WHO MAY BENEFIT?

Children (**10-14 years**) who are good candidates for IOP are those who struggle with communication skills and relationships, suffer from social isolation, have a decreased interest in social interactions, have trouble transitioning between activities, have difficulty with organization and planning, have distress by changing focus or actions and have difficulty making friends.

SCHEDULE

START DATE: TBD
3 DAYS A WEEK (TUES, WED, TH)
FROM 3:00PM–6:00PM

- Social Skills Group
- Physical Activity
- Minecraft Group
- Medication Assessment
- Individual & Family Therapy
- Parenting Skills
- Cognitive Behavioral Therapy (CBT)
- Coping & Communication Skills Group
- *Please note that this will be a rolling group

WHAT TO EXPECT?

- Our IOP is a 6-week treatment program:
- Opportunities for children to develop communication strategies and social skills; such as **managing emotional and behavioral responses** in a positive, structured and healthy manner.
- Children will learn tools that will help **develop independence**.
- Group Therapy to improve **positive thinking, self-regulation, peer and family relationships and social and life skills**.
- **Goal Setting and Routine** (for children) and regular goal reviews with parents to ensure progress.
- Physical activities that address **sensory awareness and input**.
- We consider the client and their family to be an essential part of the treatment team. **Parental involvement** is required for family therapy and parent-training skills group.
- Our IOP Team will **help communicate with your school** for your child's academic and behavioral needs.
- If appropriate, treatment will begin as soon as possible.