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FOR IMMEDIATE RELEASE

Foundations San Francisco Launches Intensive Outpatient Mental Health Program

San Francisco, CA – May 20, 2024 – Foundations San Francisco has officially launched its new Intensive Outpatient Program (IOP), offering individualized, evidence-based mental health services tailored to the specific needs and challenges of professional adults residing in the San Francisco metropolitan area. The opening of the program coincides with Mental Health Awareness Month, which takes place annually in May. Founded in 1949 by Mental Health America, Mental Health Awareness Month aims to bring awareness to the mental health challenges millions of Americans face daily. Although one in five adults in the United States experiences a mental health disorder, less than half received treatment in the last year. In California alone, 5,566,000 adults have a mental health condition. With its new outpatient mental health services, Foundations San Francisco aims to do its part in providing access to quality treatment in the state of California.

The facility's mental health program utilizes trauma-informed care in an intensive outpatient format to serve those seeking to improve their mental health through the most current and scientifically validated treatment options. With a staff of all master's level clinicians, the center treats a variety of mental health concerns, including depressed mood, anxiety, post-traumatic stress, anger, mania or mood swings. The program implements skill sets to manage mood, mindfulness and relaxation strategies, and interpersonal effectiveness approaches to support a more balanced and joyful life. The outpatient program takes place Monday, Tuesday and Thursday from 9:30 am to 12:30 pm, and consists of a morning focus group followed by a process group. Individual therapy sessions are provided weekly.

"Starting a mental health program is not just exciting, it is essential," said Annie Stafford, Executive Director of Foundations San Francisco. "The need for support and resources in the realm of mental health is more urgent than ever, and taking that first step can make a world of difference in the lives of those struggling with their mental well-being."

The Foundations San Francisco mental health treatment program includes a mix of evidence-based traditional and alternative therapies and treatments such as Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Medication-Assisted Treatment (MAT) and PTSD and trauma therapy. The program's goal is to foster connection while concurrently providing strategies and psychiatric support to reduce the severity of mental health symptoms.

About Foundations San Francisco

[Foundations San Francisco](#) is located just below Coit Tower, along the Embarcadero. The glorious view of the Bay helps to create a serene environment for healing and hope. Our pet-friendly office adds an additional layer of comfort and connectedness. We are not just a program, but also a home away from home. With three levels of care and two distinct programs, Foundations SF provides a full continuum of services for clients with substance use disorder and mental health conditions.

About Foundations Recovery Network

Foundations Recovery Network's mission is to lead the way in evidence-based, integrated treatment for co-occurring mental health and substance use disorders. Through our commitment to clinical excellence, we partner with and empower individuals on their recovery journey by providing individualized care that actively removes barriers and embraces diverse pathways to healing. For more information, visit www.foundationsrecoverynetwork.com.

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