

Optimum Performance Institute

(Young Adult Program)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational/
 Ages: 17 to 28
 Grades: 12th grade and beyond
 Enrollment: 6 per 3 bedroom apt.
 Duration: Flexible/
 Minimum of 6 months
 Founded: 2004



NATSAP

Member Since: 2005



Airport: Burbank or Los Angeles

JCAHO-accredited Optimum Performance Institute is a highly therapeutic program for young adults ages 17-18 who are willing to commit to finding a sense of balance in their life and their place as responsible members of society while they complete high school, college or university, gain employment skills and discover their place in the world.

For many, leaving home and transitioning to college or the work world is a daunting and overwhelming challenge whether they are leaving or trying to complete high school; leaving a highly structured boarding school, hospital, therapeutic boarding school or wilderness program.

Often they are high achievers but “thrust” into this new and real world alone, with few advocates, they are overwhelmed by isolation and lack of structure and support.

We believe it makes sense to receive help with this transition by offering individualized, customized educational and emotional support in an environment similar to one where they will eventually live – a metropolitan setting.

Participants come to us from throughout the world to engage in group and individual therapy, medication management, one-to-one life skills and substance abuse counseling when indicated, working with our Departments of Education, Career Development, Volunteer and Extracurricular Services.

Diagnoses range from Learning Disabilities, anxiety, depression, OCD, Asperger’s Syndrome, bipolar disorder, PTSD, Learning Disabilities, OCD, etc.

Roanne Program, a specialized program within OPI, is dedicated to rapid stabilization for those with complex disorders such as Borderline Traits, Borderline Personality Disorder and co-occurring conditions (PTSD, Eating Disorders, to substance abuse) (see www.roanneprogram.com).

OPI and Roanne Participants utilize the plethora of opportunities available in the greater Los Angeles area as they move through phases achieving greater levels of independence. On-going support continues in After Care and beyond as families establish new bridges of communication allowing for greater understanding and clarification of differences and shared values.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: JCAHO Accreditation

Professional Affiliations: NATSAP-Full Member