

Optimum Performance Institute

(Young Adult Program)

CONTACT	PROGRAM OUTLINE
Executive Contact: Jessica Breton, MA, LMFT Admissions Contact: Shannon Hagen and Michelle Dabach, MA, LMFT Email: jbreton@opiliving.com Phone: (888) 814-5985 Fax: (818) 610-3912 Address: 21781 Ventura Blvd #561 Woodland Hills, CA 91364 Website: www.optimumperformanceinstitute.com	Gender: Coeducational Ages: 17 - 28 Grades: 12/College Enrollment: 25 Duration: 1 to 3 months minimum/ 5 to 8 months average Founded: 2004
NATSAP Member Since: 2005	 Airport: Burbank, CA (BUR), Los Angeles, CA (LAX)

Optimum Performance Institute is a highly therapeutic program for young adults ages 17-28 willing to commit to finding a sense of balance and becoming responsible members of society while completing high school, college, or gaining employment skills and discovering their place in the world.

For many, leaving home and transitioning to college or the workforce is daunting. Most of our Participants have the capability of becoming successful and during the transition are often overwhelmed by a lack of structure and support. OPI provides these in an environment similar to one where they will eventually live – a metropolitan setting.

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

For over a decade OPI has focused on successfully helping “Failure to Launch” young adults through our highly individualized, integrated model of care. Additional diagnoses range from Learning Disabilities, anxiety, depression, OCD, Asperger’s Syndrome, bipolar disorder, to PTSD, etc.

OPI’s specialized Roanne Program is dedicated to rapid stabilization for those with complex disorders such as Borderline Personality Disorder, BPD traits, and co-occurring conditions (PTSD, Eating Disorders, to substance abuse) (see www.roanneprogram.com). For those not requiring the structure Roanne Program provides, an option to utilize our DBT groups in conjunction with the regular OPI programming in our OPI Hybrid treatment model exists.

OPI, OPI Hybrid, Roanne, and IOP 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 the After Care and Outpatient phases 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: Accredited by the Joint Commission on the Accreditation of Hospital Organizations (JCAHO)

Professional Affiliations: NATSAP-Young Adult Associate Member