

Optimum Performance Institute

(Young Adult Program)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational
 Ages: 17 to 25
 Grades: 12th grade and beyond
 Enrollment: 6 per townhouse
 Duration: Flexible
 Founded: 2004



Member Since: 2005



Airport: Burbank or Los Angeles

The Optimum Performance Institute is for young adults ages 17 – 25 who are willing to commit to finding a sense of balance in their life and their places as a responsible member of society either by completing high school, junior college or university or gaining employment skills.

For many of these young adults, leaving home and making the transition to college or the work world is a daunting and overwhelming challenge. This is true whether they are leaving or trying to compete high school; leaving a highly structured boarding school or a program such as a therapeutic boarding school or wilderness program.

Often these youngsters are high achievers but “thrust” into this new and real world alone, with few advocates, they are often overwhelmed by isolation and lack of structure and support. Some need support with their social skills and ability to interact with peers. Many find they are unable to build a positive sense of self or use skills they might have developed that could help them get good grades, achieve goals and succeed. Often they begin to fail and return to old, negative patterns and peer groups.

At OPI we believe it makes sense to receive help with this transition in the form of individualized, customized educational and emotional support in an environment similar to the one where they will eventually live – a metropolitan setting.

We believe that when young adults become part of a committed peer group— a new and supportive family of friends – they are able to confront the distractions and temptations that exist in the real world while taking advantage of all the exciting opportunities.

OPI participants live in beautiful apartment complexes in Woodland Hills, CA staffed with experienced Independent Living Specialists and professional counselors. Successful adults from the Los Angeles area serve as mentors. Together these skilled professionals work with Participants, helping to put together customized educational experiences and giving emotional support during the “down times” to ensure that each Participant continues working towards their goals.

OPI is unique because it offers: Boutique educational package customized for each Participant utilizing the universities and educational experiences in the Los Angeles area. Extensive therapeutic intervention designed to help internalize a commitment to long term goals, maintain focus, motivation, and cultivate the skills needed to integrate back into society. Our youth may present with varying diagnoses ranging from anxiety disorders, Asperger Syndrome, bipolar disorder, PTSD, depression, Learning Disabilities, OCD, to name a few. Because we are small we handle each case individually; comprehensive substance abuse treatment; experiencing shared adventure and bonding through travel opportunities; on-going support through aftercare with access to a network of peers, counselors and mentors; and assistance to help families establish a bridge of communication allowing for greater understanding, tolerance, and clarification of differences and shared values.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: JCAHO Accreditation

Professional Affiliations: NATSAP-Full Member