

OPI Living

Our goal is to help Participants begin anew in a supportive, highly therapeutic environment where education is re-experienced, self esteem is rebuilt based on real life accomplishments and patience, tolerance and compassion are cultivated.

OUR STEP-DOWN PHASES mirror the natural transition from young adult to adulthood.

Our Departments

Addiction Counseling: Participants meet regularly with their Addiction Counselor creating individualized treatment plans that may consist of community-based 12-step meetings and special OPI meetings and outings, depending upon the addiction. There is random urine drug testing.

Life Coaching: Strengthens independent living skills in the areas such as budgeting, time management, organization, health, nutrition, and goal planning.

Educational Department: Supports and guides participants on their academic journey and helps prepare them for long-term success. Participants attend classes, gain study skills and engage in student success workshops.

Career, Community Service and Volunteer Department: Covers all aspects of career exploration, the job search process, volunteerism, and monthly community service events.

Extracurricular Department: The sky is the limit Participants may engage in OPI bowling and basketball teams, go hiking, bouldering or even surfing. Jam sessions and “mic nights” are held in local music studios.



For more information
about OPI services,
visit www.OPILiving.com

Or reach us directly at
info@opiliving.com
888.558.0617 ph
818.610.3912 fax



*OPI is accredited by the Joint
Commission on the Accreditation
of Hospital Organizations (JCAHO)*



Support | Independence | Growth | Opportunity

www.OPILiving.com



we treat the
WHOLE PERSON
not just the diagnosis

Patience • Tolerance • Compassion

OPI Treats Men and Women Ages 17-28 Who Will:

- Commit to finding a sense of balance in their lives and their place as responsible members of society
- Benefit from highly individualized support whether they are transitioning from another program, having difficulty completing high school, college, or entering the work world

Our Highly Therapeutic Program Addresses Many Challenges

Learning Disabilities: OPI's Education Department is a "therapeutic bridge" helping re-engage Participants in the learning process. They may get special tutoring and study skills training, a high school diploma/GED, attend college or university, musician's, film or culinary schools, etc.

Anxiety, Depression, ADD/ADHD: Departments of Career, Volunteer and Extracurricular Activities help Participants engage in real life experiences that help Participants understand the roles anxiety and depression play in their ability to find happiness.

Asperger's Syndrome: Having friends and participating in the real world requires an ability to tolerate life's ambiguities. At OPI, they utilize individual and group psychotherapy, medication management and life coaching, and they begin trying new things.

Substance Abuse and other co-occurring conditions, such as eating disorders, PTSD, etc.

"Failure to Launch": A phenomenon creating great despair for families. When Young Adults can't achieve independence, self esteem plummets, mistrust increases on both sides.



Bipolar Disorder: Medications and therapy are essential but sometimes insufficient. Tools are needed to deal with the real life challenges including:

- Realistic decision-making and finding a focus
- Tolerating the ups/downs of persevering and completing longer-term goals in this competitive world

- OPI's highly individualized therapeutic plans help Participants:
 - Gain an understanding and appreciation of what Bipolar Disorder means for them
 - Recognize that perceived limitations i.e. taking medications doesn't mean they can't have a meaningful and full life

Borderline Personality Disorder

The Roanne Program for BPD is a specialized program within OPI. We help Participants break habituated attachments to the suffering of the past so they can skillfully address fears of the future.

30-Day Immersion Phase in Dialectical Behavior Therapy and Mindfulness Techniques helps internalize New Ways to Regulate Emotions.

30-Day Mobilization and Integration Phases: OPI Departments of Education, Career, Volunteer and Extracurricular Activities help Participants **integrate back into the real world. This is the process that makes DBT stick.**



DBT and Beyond: It Takes a Village
www.RoanneProgram.com

5 Reasons why, for nearly a decade, OPI has been ranked one of the most successful programs for treating Young Adults worldwide.

- 1. Credentials:**
Co-founded by Robert F. Fischer, MD, well-known psychiatrist with over 30 years of experience. Highly experienced staff of psychiatrists, therapists and clinicians. Advisory board of professionals from throughout the U.S.
- 2. Proven Therapies and Techniques:**
OPI is unique: Techniques such as Dynamic Psychotherapy, behavioral, cognitive and dialectic therapies can be augmented by brain wave training, yoga, meditation, and more.
- 3. Personalization:**
Highly staffed and individualized. Each Participant has a therapist/case manager who remains the point person for communication with family.
- 4. Team Approach:**
Participants receive extensive training from specialists in Departments of Education, Career Development, Volunteer, Extracurricular Activities, Life Coaching.
- 5. Location and Resources:**
They live in beautiful apartment complexes with swimming pools and workout rooms surrounded by a plethora of educational, recreational and mentorship resources in vibrant Woodland Hills, CA.

