

The Roanne Program, A Specialized Program within the Optimum Performance

Institute, Co-founded by Robert F. Fischer, M.D., psychiatrist, with nearly 35 years experience helping children, young adults, families.

Experience

Roanne Staff trained by Behavioral Tech LLC, founded by Marsha Linehan, Ph.D., founder of Dialectical Behavior Therapy.

Distinguished Clinicians

Anita Red, M.D.; Patricia Gieselman, MFT and DBT Supervisor; Marvin Belzer, PH.D., associate director of UCLA Mindfulness Awareness Research Center.

Philosophy

We utilize the best of Eastern and Western techniques for enhancing emotional development as we guide Young Adults toward finding clear direction, purpose and meaning to their lives.



Roanne Program

DBT and Beyond: It Takes a Village



For admission and inquiries, contact

OPI Living
(888) 558-0617
info@opiliving.com

Note: Insurance companies may cover only a limited portion of this comprehensive program.

For More Information, FAQ, and Testimonials from Parents and Participants, visit

www.RoanneProgram.com

www.OPILiving.com



Roanne Program

DBT and Beyond: It Takes a Village



At Last!

A Breakthrough Transition Program
That Works for Men and Women
17-28 With Borderline Traits,
Borderline Personality Disorder
and Co-Occurring Conditions

Roanne Program: Pioneering Convergence

The struggle to reach independence is an enormous challenge for men and women ages 17-28 with disorders of emotion regulation. Statistics show this is true even for those who have benefitted from excellent out-patient or program treatments in the past.

Their challenge is to break habituated attachments to the suffering of the past so they can skillfully address their fears of the future.

The earlier the intervention, the greater chance for independence!

The Roanne Program is part of the JCAHO-accredited Optimum Performance Institute with nearly a decade of experience helping young adults reach independence.

Roanne provides:

- Rapid stabilization
- Intensive training in Dialectical Behavioral Therapy and Mentalization Skills
- Highly trained clinical staff with a plethora of opportunities in the greater Los Angeles area to help participants discover personal passions and interests



30-Day Immersion Phase

Participants are immersed in Dialectical Behavior Therapy and Mindfulness Techniques, internalizing NEW WAYS TO REGULATE EMOTIONS and creating new, skillful habits.

Working with their individual therapist/case manager who remains the point person for the family, they begin:

- Core DBT Skills Training focusing on:
 - Distress Tolerance
 - Interpersonal Effectiveness
 - Emotion Regulation
 - Mindfulness Groups and Training
- Psychiatric evaluation/medication management
- Specialized treatment for co-occurring disorders: Post Traumatic Stress Disorder, Eating Disorder, Substance abuse, etc.
- Individual Life Skills Coaching and more

30-Day Integration Phases

This is what helps distinguish Roanne from all other programs.

Participants begin integrating back into ‘the real world,’ finding direction and success in academics and career goals. DBT, Mindfulness and Stabilization Skills are continually reinforced as they work with seasoned OPI Departments of Education, Career Development and Volunteer Services and Extra Curricular Activities.

This is the process that makes DBT stick: Roanne teaches participants to apply DBT in their real lives, move forward and become independent.

Roanne is one of the most respected programs in the nation for 5 reasons:

1. Credentials:

For 2 years in a row, the Roanne Program has been listed in Psychology Today's Best in Treatment Programs – and is the only program listed specifically designed for personality disorders.

2. Proven Therapies and Techniques:

Specialists highly trained in Dialectical Behavioral Therapy (DBT), Mindfulness Therapies and specialized Transformative Techniques.

3. Personalization:

Highly staffed and individualized. Each Participant is guided-supported throughout the entire program by the same therapist/case manager.

4. Team Approach:

Participants receive extensive training from our specialists in our Departments of Education, Career Development, Life Coaching, Extracurricular and Volunteer Activities.

5. Location and Resources:

Participants in the Roanne “Village” live in beautiful apartments with swimming pools and workout rooms in vibrant Woodland Hills, CA.

