

The OPI Difference

What makes OPI unique is its combination of strong clinical support alongside community integration.

Clinical Support

Every participant has their own case manager (therapist) who helps guide them toward an independent life. Depending on individual interests, a single day may consist of going to school or to a job, volunteering at an animal shelter or taking Taekwondo lessons. Among other activities, it also includes group and individual psychotherapy sessions, one-to-one life skills management training and medication management meetings with a psychiatrist.

Individualized Programming

Identifying and pursuing their own interests helps our participants see life's potential and begin to move forward. Through life coaching sessions and specialization, we help clients develop persistence and resilience: persistence to set and meet goals, and resilience to persevere when life gets hard.

Community Integration

Being located in LA gives our participants access to a vast array of community resources including a multitude of colleges, universities, music schools, acting programs, fashion and culinary institutes, employment opportunities, internships, and recreational and vocational opportunities.

Young Adults Finding Their True Potential

At OPI we work with men and women age 17-28 who deal with mental health challenges which stop them from seeing their true potential and path to independence. We offer specialized care, which can handle complex diagnoses including Borderline Personality Disorder.

For more information about OPI,
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OPI
OPTIMUM PERFORMANCE INSTITUTE

The overall OPI program is designed to provide the right level of structure and care needed for each participant. OPI's three uniquely structured program levels give us the ability to identify the best immediate solution and allow room for change and growth over time.

OPI Intensive

The most structured level of care at OPI, this program is for those who need solid guidance as they learn to navigate the real world.

- 1:2 staff-to-participant ratio
- Staff with participants 24/7 during the initial program phase
- Structured schedule M-F 9 am – 4 pm
- Individual therapy
- Individual psychiatry
- Group therapy
- DBT skill building
- Mindfulness skill building group through UCLA MARC
- Career, education and recreation counseling

OPI Standard

A less structured level of care at OPI, this program is for less complex individuals and those transitioning from OPI Intensive. OPI Standard provides structure while allowing participants more freedom and the ability to explore.

- 1:6 staff-to-participant ratio
- Staffed apartments evolving to unstaffed apartments
- Individual therapy
- Individual psychiatry
- Group therapy
- Individual life coaching
- Career, education and recreation counseling

OPI Outpatient

The least structured level of care at OPI, this program is for those who are truly on the path to lasting independence. Living independently, participants must manage their lives, money, jobs and education. OPI still provides check-ins and resources for successful transitions to independence.

- Independent lifestyle
- Individual therapy
- Individual psychiatry
- Group therapy
- Individual life coaching
- Career, education and recreation counseling



Making it work in the real world each and every day.

At OPI, we believe that you need to start at the finish line. If our ultimate goal is to live an independent life in the real world, then that starts now.

From day one, participants at OPI live in local apartment complexes in the heart of Los Angeles, California. They learn real-life skills like cooking, grocery shopping, time management, budgeting and managing personal cell phones and computers. They can date and socialize in a safe, supervised environment, allowing them to recognize and recover from mistakes and errors in judgment.

A Solid Clinical Approach

Participants do some tough work. At OPI we use a solid clinical model to break down the issues that have been holding our clients back from successful independent lives. Some issues are more complex than others, so we use a multi-disciplinary team that works with each young adult to better identify the primary issues, implement a plan of action and track progress.

Participants can then go into real-life situations to practice the skills they acquired in their individual and group clinical experiences. We help them search for paid or unpaid work opportunities that permit a greater sense of independence, self-esteem, responsibility, diversity and respect.

