



LA VENTANA
TREATMENT PROGRAMS



SANTA MONICA • THOUSAND OAKS
Adolescent Mental Health & Co-Occurring Disorders Treatment



La Ventana has developed a dual diagnosis treatment program that deeply validates the struggles of those seeking help. We understand psychological health concerns, substance use, and the need to collaboratively support the whole person on the journey to their best life. Mental health and co-occurring disorders treatment with La Ventana provides revolutionary multi-faceted approaches to healing for searching souls.

School should never be a barrier to treatment. We provide individualized, age-appropriate educational support and instruction. Our primary goal is to maintain progress on the student’s academic trajectory, whether remaining in school or preparing for a smooth transition back to their home school should a leave of absence be clinically indicated.



LEVELS OF CARE

Comprehensive Day Programs (PHP) • After School Outpatient Programs (IOP)

WE ARE IN NETWORK WITH MOST MAJOR INSURANCE PROVIDERS



Privately owned and operated, healing families since 2007

LAVENTANATREATMENT.COM | ADMISSIONS: (800) 560-8518

Adolescent Mental Health Treatment

The uncertainties and discomfort in seeking help are ever present in the depths of mental health struggles, especially for adolescents. La Ventana has developed a mental health treatment journey to recovery. The nuances of a person struggling with mental health concerns are often unrecognized by early care providers, family, and community members. With a variety of barriers to care, including stigma and limited access to supportive and quality care, people often look for solutions that put themselves or others at risk leading to co-occurring issues.

EVIDENCE-BASED THERAPIES

Within La Ventana's mental health treatment programs, clients can expect to be met with compassionate caregivers from early admission through discharge. Our staff are highly educated in the skills necessary to cultivate recovery. Treatment includes DBT, CBT, and ACT therapy. With a finely assembled group of care providers, centered on the client and ready to address the variety of needs and concerns, La Ventana ensures our clients have the best resources for recovery.

We work with a variety of mental health concerns including: Trauma, PTSD, Obsessive-Compulsive Disorder (OCD), Personality Issues, Anxiety Disorders, Depression, Mood Disorders, Dual Diagnosis, Gender and Sexual Identity Issues, Attachment Issues, Low Self Esteem, Relationship Difficulties, as well as other mental health and behavioral health related concerns.

EXPERIENTIAL THERAPY

Experiential therapy is key to reestablishing the lost connection between mind and body which characterizes mental health disorders. As clients move back into relationship with their physical selves the experiential therapies allow those who struggle with giving voice to their emotions a way to bring thoughts and feelings to the surface.

We utilize a variety of offerings in our work with mental health treatment, including:

- Restorative Yoga
- Art Therapy
- Meditation
- Family Therapy
- Music Therapy
- Family Sculpting

