



La Ventana Adolescent Primary Mental Health & Co-Occurring Disorders Program

Address: 1414 E. Thousand Oaks Blvd. Suite 103, Thousand Oaks, CA 91362

Phone: (805) 644-5745 Admissions: (833) 239-3552 Contact: Sharon Volner, LMFT

IOP

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IOP	4:00PM – 5:00PM	Teen Esteem Building Self-Worth & Confidence	Process Group	Stress Management & Relaxation Techniques	Process Group	Distress Tolerance (DBT)	Life Story Group (Alumni)
IOP	5:00PM – 6:00PM	Mindfulness & Guided Meditation	Connection & Inspiration Through Music	Smart Social Media	Creative & Expressive Arts	Trauma Informed Restorative Yoga	Mind Over Mood Know Your Brain (CBT)
IOP	6:00PM – 7:15PM	Healthy Relationships • Boundaries • Forgiveness • Resentments	Healthy Sexuality & Gender Identity	Creative Writing Gratitude & Purpose Greater Than Yourself	Multi-Family Group	Psycho-Education Co-Occurring Disorders	Family Dynamics Interactional Patterns



PHP Program Schedule:

12:30PM – 7:15PM

IOP Program Schedule:

AFTERNOON: 12:30PM – 4:00PM

EVENING: 4:00PM – 7:15PM

Community Groups:

- Where Support Finds Support
1st & 3rd Thursday of Every Month
- Multi-Family Group
Thursday 6:00PM – 7:15PM

La Ventana Treatment Programs Mental Health Track

Psychodrama/Social Skills Building: Clients engage in acting out aspects of their lives from personal experience or a play or movie. Clients are encouraged and supported by staff and peers to practice social skill development in a safe and nurturing environment.

Goal Setting: Clients are guided to set positive intentions for the week and track tangible goals they have set up as they entered treatment and adjust weekly.

Psycho-education Group: Clients use this group to check in with what they are experiencing at this point in time. They share their struggles and successes in recovery and receive feedback from their peers and group facilitator. They read and discuss articles related to mental health as well as watch and discuss educational videos.

Process Group: Clients are guided through a check in group on how they are feeling emotionally, physically and psychologically. Clients discuss how they have been managing mental health, state five things they are grateful for, and collaborate on what coping strategies they will utilize to manage mental health symptoms during the week.

Meditation Group: Clients are taught how to quiet their thoughts, become still, present, and are supported through a guided meditation and visualization to bring harmony and mindfulness to their morning.

Cognitive Behavioral Therapy Groups (CBT): Clients are educated on Cognitive Behavior Therapy (an evidenced based treatment for anxiety, depression and mood disorders) and collaborate with therapist to learn ways to analyze the link between thoughts, feelings, and behaviors.

**Change Your Thoughts
Change Your Feelings:**
Clients are supported to analyze and stop their critical inner voice that can lead to depression, low self esteem, and anxiety. They are educated on how thoughts of the future (or future tripping) can lead to high anxiety and thoughts of the past (rumination) are linked to depression.

Gentle Yoga: Clients are taught a gentle, restorative yoga practice to reduce stress, aide in relaxation breathing, and soothe the senses.

Cinematherapy and Chill: A wind-down from a long week of skills building and personal discovery. Clients assist staff in choosing an appropriate documentary on Netflix relevant to the treatment process. Therapist will discuss weekend planning and DBT skills to be used.

Music Group: Uses music to address the physical, emotional, cognitive and social need of an individual. Can provide an outlet for non-threatening self-expression led by a licensed music therapist.

Dialectical Behavior Therapy (DBT): DBT is an evidenced - based cognitive behavioral treatment developed by Marsha Linehan, Ph.D in order to treat a wide range of disorders such as substance dependence, depression, trauma and eating disorders. It has four core components including mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness.

Creative Arts: In art therapy, the creative process is used to facilitate self-awareness and personal growth and aid clients to address problematic areas in their life through creative expression.

Building Healthy Self-Esteem: Clients are aided to identify & analyze unhealthy messages learned in childhood and are supported by therapist to come up with new empowering, strong messages to boost self esteem and positivity.

Recreational Therapy: Clients are guided through movement of body using martial arts and other modalities to relieve anger, stress, anxiety and sadness. Teaching clients different ways to heal the body and develop new coping skills.

Experiential Therapy: Clients are encouraged to use creative tools such as drama, art, poetry and role-playing to re-enact and re-experience things from past as well as recent stressors and develop new ways to deal with them in more effective and healthier ways.

Relapse Prevention: Clients are aided to identify and track symptoms that may lead to depression, anxiety, or mood instability. Clients are educated on how important the mind body connection is and the importance of awareness in achieving mental wellness.