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## **Roanne Program and Optimum Performance Institute named BEST IN TREATMENT by Psychology Today**

The current January/February issue of *Psychology Today* magazine includes the [Optimum Performance Institute](#) and the [Roanne Program](#) among the 40 programs from throughout the United States featured in its annual “Best in Treatment” program directory guide.

The Roanne Program, appearing on the national list two years running now, is the only program specializing in [Borderline Personality Disorder](#) named Best in Treatment by *Psychology Today*.

According to the magazine, the annually updated directory was created “to help individuals, families and therapists become more aware of (therapeutic) options available to them.” The 2013 guide published at a critical time when the state of our mental health system is a topic receiving national attention, and helpful programs and resources like those included are needed now more than ever to support today’s struggling youth.

“We are very excited about being included in this year’s directory,” said Robert F. Fischer, M.D., co-founder and Executive Director of OPI Living Programs for young men and women ages 17-28 which includes the Optimum Performance Institute and the Roanne Program as well as their newly launched [Intensive Outpatient Program](#). “*Psychology Today* magazine makes a valuable contribution to the important efforts being made by many people to help improve mental health conditions in the nation today.”

OPI was distinguished in the guide for, “combining intensive therapy with real world accomplishment,” through their use of effective multifaceted approaches combining clinical therapy with support from their Departments of Educational Services, Career Development, Volunteer Services, Life Coaching Services and Extra Curricular Activities to establish real life goals and activities together with custom treatment plans for program participants.

A distinguishing feature mentioned for the Roanne Program is that the program accepts both males as well as females, ages 17-28, suffering from Borderline Personality Disorder, Borderline Traits and [BPD with co-occurring conditions](#). The Roanne Program is one of the few residential programs in the world specializing in the [treatment of men with BPD](#), with complete access to all other OPI program resources, making the Roanne Program the program of choice for many referring therapists and parents researching notable programs to send their children to.

Other noteworthy factors for all OPI Living Programs include the acceptance into programs for young adults as young as 17 years of age, and all programs are tailor-made around participant needs with what proves to be successful for each individual. using a number of

proven treatment models and clinical services including Individual Psychotherapy, Psychodynamically oriented group counseling sessions, Dialectical Behavior Therapy (DBT), among several others.

OPI Living Programs were created to provide effective, innovative and therapeutic treatment for young adults from all around the world who are challenged by a number of different [mental and emotional health diagnoses](#). Programs are aimed at helping participating young adults discover their own identities and find their niche in our competitive and rapidly changing world with its unprecedented complexity, and to achieve independence and work toward reaching goals in education, job skills and have improved social interactions.

With a convenient treatment facility location in Woodland Hills, California, OPI Living Programs are situated among tremendous Los Angeles area educational and activity resources that allow these young adults to find nearby opportunities they can truly get excited about so they can expand their horizons, try new approaches to things and break the cycle of internal and external alienation and suffering, while living in a supportive and caring community environment. This excitement is essential for breaking the chains of isolation and allows them to share a joyous part of themselves, which, when reflected back, helps create hope for the future.

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OPI Living Program clinicians and staff alike stand by a shared core belief, which is, “We Treat the WHOLE PERSON not just the diagnosis.” Visit the [OPI Living Diagnoses](#) section to read more about which diagnoses are supported and treated by OPI Living Programs.