

Nestled in the scenic valley of Thousand Oaks, California, our gender specific, residential program provides specialized mental health treatment for young women. Interval teens are supported by dedicated staff 24/7, in a home-like setting during this time of healing.

Our adolescent program focuses on treatment for:

- Anxiety Disorders
- Depressive Disorders
- Bipolar & Other Mood Disorders
- Obsessive Compulsive Disorders
- Trauma & Stress Related Disorders
- Gender Identity Issues
- Impulse Control
- Somatic Symptoms

Symptoms include:

- Suicidal thoughts & behaviors
- Self-harm (cutting, burning, skin picking...)
- Impulsivity
- Interpersonal challenges



Your teen's treatment is essential and we will advocate for your family's needs.

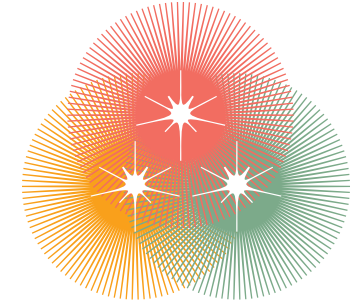
In Network With Most Major Insurance Providers



Connect with us
(800) 560-8518
intervalteen.com



Interval is a distinct adolescent division of La Ventana Treatment Programs, renowned for delivering top-tier mental health and substance use treatment since 2007.



INTERVAL

BY LA VENTANA TREATMENT PROGRAMS



Teen Residential Mental Health Treatment

FOR YOUNG WOMEN AGES 13-17

An interval is defined as: an intervening time or space; a pause or break in activity. This is your space and we invite you to pause with us.

PAUSE

Honor where you are. Give yourself space. Just BE.

REFLECT

Acknowledge the impact. Gain Insight. Be present on your journey.

RECONNECT

Shift. Seek to understand. Repair and strengthen. Heal.

RENEW

Rediscover hope. Emerge. Soar.

Our program is designed to support adolescents and reconnect families. We utilize a multi-faceted approach to explore and address the needs of each resident, supporting the whole-person on their healing journey. We provide a comfortable and safe setting for stabilization, and specialized therapeutic support to enhance the ability of teens and their caregivers to create and live healthier lives.

At Interval, we foster a culture that promotes continuous growth and development. Our teen residential mental health facility is designed to and support the emotional well-being of adolescent young women.

Family Involvement

Every Interval family participates in weekly therapy, family programming, and skill building. Involvement is the foundation of our treatment process and family reconnection.

Academic Program

Our Education Director plays a crucial role in creating an academic environment that supports students with their individual education goals while in treatment.

Experiential Activities

Physical activity and outdoor experiences are integral to treatment. Activities promote wellness, teamwork, and develop healthy hobbies. Residents have enjoyed yoga, equine therapy, kayaking, martial arts, and music lab.

Transition Planning

As the program ends, a well-structured transition plan is developed collaboratively to help teenagers integrate back into their home, school, and community environments. This may involve ongoing outpatient therapy, continued education, and support services.



Mindfulness

Our program introduces and encourages meditation techniques, the art of stillness, and the capacity to remain fully present. We guide and support our residents in crafting practices that can seamlessly integrate into their everyday lives beyond the treatment setting.

Program Highlights

Young women age 13-17

Our DBT-informed and relationship focused treatment promotes overall emotional well-being.

THERAPY

Group | Individual | Family

SKILLS TRAINING

Individual | Caregiver Support