



Comprehensive Behavioral Health Treatment  
WHEN THERE IS A **WHY**, THERE IS A **WAY**

[montarebehavioralhealth.com](http://montarebehavioralhealth.com)

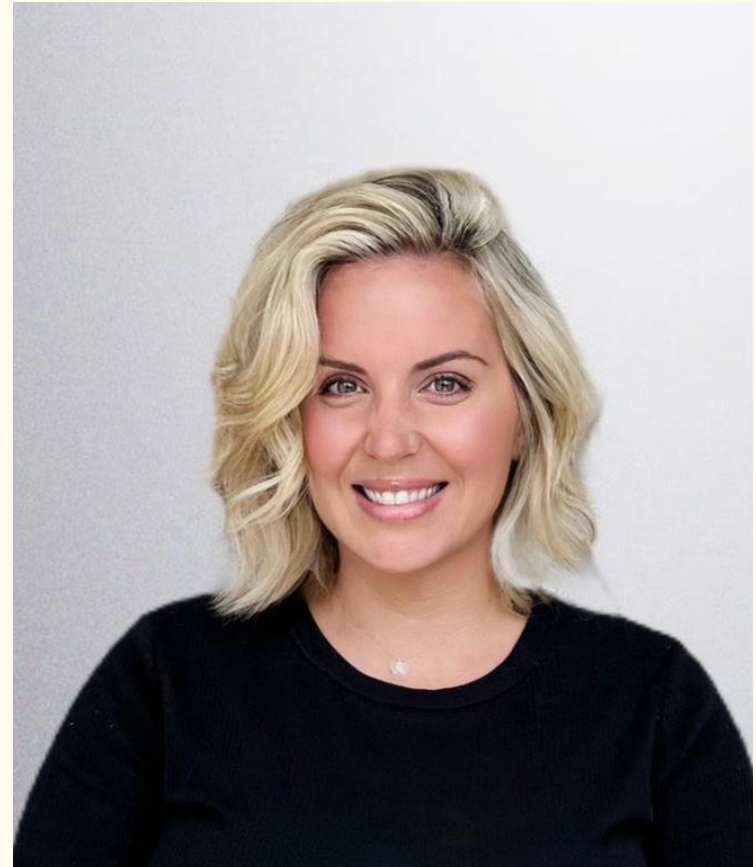
# Stephanie Rosten

VP of Admissions  
& Community Engagement

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# Clinical Leadership



**Dr. Denise Ojarigi**

PsyD

Chief Operating Officer



**Dr. Tiffany Dzioba**

PsyD

Chief Clinical Officer



**Brad Zehring**

DO, Psychiatrist

Medical Director



## Resilient Star Veteran Program (RSVP)



# Resiliency Takes Time

## Trauma Informed Care

We offer a full continuum of care, from mental health residential to outpatient services. In addition we provide a highly structured transitional living environment for veterans. Each veterans is unique as is the program. Our individualized treatment plans are designed by a veteran trained clinical team and staff.

## Customized Treatment

- PTSD, Trauma, MST, Postpartum Depression
- Bipolar Disorder
- Codependency
- Schizophrenia & Schizoaffective Disorder
- Mood & Thought Disorders
- Attention Deficit/Hyperactivity Disorder (ADHD)
- Borderline Personality Disorder
- Obsessive Compulsive Disorder (OCD) Sex Addiction.
- TBI

## Modalities Include

- Individual Therapy 3x/week
- Psychiatry 1x/week
- Medication Management
- EMDR
- CBT & DBT
- Somatic Experience
- TMS Therapy
- Neurofeedback
- SPRAVATO® Treatment
- Group Therapy
- Family Therapy
- Holistic Healing (Yoga, Breathwork, Meditation, Acupuncture, Sound Bath)

# We Go the Extra Mile

Supporting Veterans Throughout Their Entire Journey

## One Size Does Not Fit All

Our customize programs give us the ability to place veterans to achieve maximum lasting results. Placement depends upon the level of acuity and clinical assessment. We involve the Veterans Services in the decision making process.

## Support Veterans to Navigate Treatment

We support veterans throughout their journey with weekly case management in addition to clinical support. We educate, train, and support staff to create a safe environment for veterans to heal. Many of our staff members are Veterans.

## VA Appointments

Our onsite case managers work directly with the Veterans to schedule all VA appointments and assist with transport to and from their appointments.



# Intake Process



## First Contact

Contact Stephanie via telephone, email, or fax regarding veteran needs. Stephanie will let you know bed space availability and provide NPI number for placement.

## Assessment

Assessment coordinator will conduct an assessment with the Veteran. If the intake is an emergency the background information can be obtained from the case manager or community care.

## Transportation

Our goal is to make the intake process as smooth as possible. We will provide transport to and from the program. We can also provide a transportation companion if needed.

## VA Contact

Stephanie will alert the VA of when the Veteran has admitted with the updated date and time. The VA can reach out to Stephanie at anytime for questions or concerns regarding veterans in our care.



# Montare - Center for Healing



Our Center for Healing is our six bed all female residential program.

This location specializes in treating women suffering from PTSD, CPTSD, and military sexual trauma.





# Montare - At the Canyon I & II



The Canyon I & II services our highest acuity Veterans.

The Canyon I is a six bed all female house and Canyon II is an all male house.

# Montare - At the Valley I , II, III



The valley offers two six bed all male veteran programs. These locations offer private rooms with private restrooms.

Also, a six bed MHRC that assists Veterans with high medical needs. 24/7 RN's onsite

# Montare Tucson, AZ



Montare Tucson is a 10 bed primary mental health residential program. Wheelchair accessible with 24/7 RN's.



renewal

HEALTH GROUP

# **Substance Abuse Programs**

# Addiction Treatment Center



## Veterans Houses, Encino CA

Veteran rehabilitation programs we provide include:

- Medical-assisted treatment detox (MAT)
- Inpatient rehabilitation with individual therapies that focus on discovering and treating underlying trauma.
- Outpatient rehabilitation
- Cognitive-behavioral therapy and Dialectical-behavioral therapy
- EMDR and Neurofeedback
- Family therapy
- Relapse prevention education



- Dual diagnosis treatment for those struggling with addiction and a pre-existing mental health disorder, such as anxiety, depression, PTSD, OCD, sexual trauma, or abuse.
- Continuing care, post-rehab, to ensure long-term recovery is achieved.
- Private room with private restrooms.



# Addiction Treatment Center

Veterans Houses,

Palm Desert, CA

Secluded ranch style treatment program. Equine therapy is included in the treatment process.

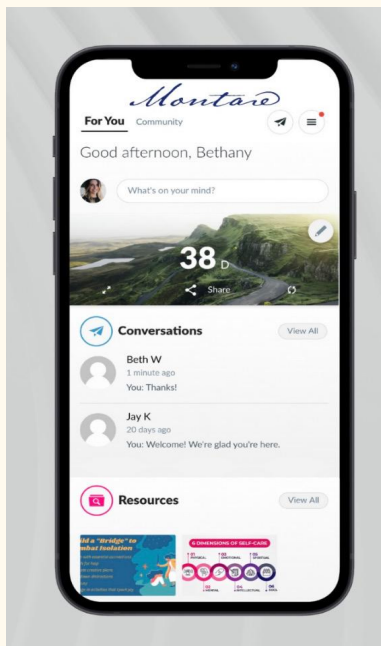
# Outpatient Treatment and Transitional Living Centers

Los Angeles



# Continuing Care

Alumni Support Monthly Activities and  
Alumni App



## Alumni Support

From the very first call to the veteran entering our beloved alumni community, we make the process of getting help easier than ever. Our Montare alumni community is a private place where any alumni from our program can stay connected with weekly support groups and monthly events.





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To refer a veteran, contact:

**Stephanie Rosten**

VP of Admissions & Community Engagement

Phone: 818.299.3602

Email: [Stephanie.Rosten@montarebh.com](mailto:Stephanie.Rosten@montarebh.com)

