

How can families help?

Our family involvement is unique. Working together we alleviate the frustration and isolation families may experience. An emphasis on structured agreements among clients, family and staff provides a safe path for recovery and greater self-reliance. We also offer family support groups.



Our Staff

La Selva's multi-disciplined, professional staff brings years of expertise and a unique perspective to their work. By working closely with clients, the staff sees a broader view of each person's assets and challenges.

La Selva's high staff-to-client ratio creates stability and results. The staff includes Psychiatrists, Psychologists, Social Workers, Rehabilitation Specialists, and Marriage and Family Therapists.

Alumni Services

Alumni Services include group and individual counseling and social activities available at the Discovery Day Program, also in Palo Alto.

Residential Treatment

652 Forest Ave.
Palo Alto, CA 94301
650-323-1401

Supportive Housing

835 Middlefield
Palo Alto, CA 94301

Outpatient Services

Discovery Day Program
206 California Ave.
Palo Alto, CA 94306
650-617-1759

ECHO Apartments

567 Forest Ave.
Palo Alto, CA 94301

For more information, contact
Jim Millsap, Executive Director
650-617-1759

Or visit our website at:
www.thelaselvagroup.com



LA SELVA GROUP

Premier mental health services



OUR SERVICES:

Residential Treatment

—
Outpatient

—
Supportive Housing

—
Discovery Day Program Services



www.thelaselvagroup.com



"We firmly believe all people have the ability to improve the quality of their lives, no matter what their circumstances. Motivation and insight, although helpful, are not initially required to begin the change process."

Paul Taylor

CEO of Momentum for Mental Health

Welcome to La Selva

La Selva is a proven and innovative adult, psychiatric, residential and outpatient treatment program. Located near Stanford University in the heart of Palo Alto, California, the program offers care in attractive community based settings. La Selva is one of a continuation of community-based services for mental health clients and their families offered by Momentum for Mental Health, a private non-profit organization based in Silicon Valley.



Our Services

La Selva's comprehensive services encourage active client participation and provide individual attention to meet each person's special needs.

The program includes:

- Residential Treatment Program
- Outpatient Services
- Discovery Day Program
- Supportive Housing

The La Selva Group exists to help individuals achieve mental and emotional health, discover and reach their potential and fully participate in life.

Residential Treatment Program

Licensed by the State of California (License #435200383) and certified by the State Department of Mental Health, La Selva Residential Treatment program provides effective, individualized care and 24-hour supervision in a comfortable, homelike setting. This creative living experience develops and encourages everyone's strengths.

Residential Services include:

- Individual, group and family counseling
- Psycho-educational day program
- Medication monitoring by psychiatrist and staff
- Option to continue with own psychiatrist or use physician services from Momentum
- Dual diagnosis program
- Educational, vocational, recreational and social experience
- Discharge planning
- Family support groups
- After care and outpatient opportunities
- Extended Counseling & Housing Opportunity (ECHO) Program. Located one block from La Selva Residence, the ECHO apartments offer an alternative residence after a stay at La Selva.



Outpatient Services

Outpatient services include Discovery Day Program, assessment and treatment planning case management, counseling to improve functioning, consultation with other support services and links to program and resources within Momentum or to other providers when needed. Some clients elect to utilize outpatient services following discharge from La Selva Residential Treatment Program. Outpatient services also include a Dual Recovery program for those struggling with sobriety. Those clients may live in a sober living environment within our supported Housing Program.

Discovery Day Program

La Selva Discovery Day Program is a structured, psycho-educational treatment and social activity program to assist clients in enhancing life management skills and achieving greater independence. Psychiatric services are available. Some clients elect to utilize the Discovery Day Program services following discharge from La Selva Residential Treatment program. It is located on nearby California Avenue in Palo Alto.

Supportive Housing

The La Selva Group offers supportive housing at two locations. The Middlefield House provides semi-independent living at a beautiful house with staff on site on a daily basis. All meals are provided and residents participate in our Discovery Day Program.



The second site is our ECHO Apartments. Residents there live independently and stay connected to the La Selva community by choosing one of the various levels of care in our Outpatient Program. Both supportive housing sites are located within two blocks from our Residential Program.

What kind of results are achieved?

Upon graduating from La Selva Residential Treatment Program, 85 percent of the clients move to more independent living situations.