

Lifestyle Redesign[®]

for

Mental Health



Building better lives through
LIFESTYLE REDESIGN[®]

Testimonials:

“I learned an enormous amount of life-changing information in an atmosphere of acceptance, humor, and professionalism.”

“I was surprised that by making small changes consistently I could achieve big results.”

“The changes and improvements made have drastically reduced anxiety, stress, and emotional swings. My life is much more full, calmer, and manageable! No more anxiety attacks! I’m very grateful.”

USC Occupational Therapy Faculty Practice

Tel: 323-442-3340 | Fax: 323-442-3351

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USC Chan Division of Occupational
Science and Occupational Therapy
Faculty Practice

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What is Lifestyle Redesign®?

Our occupational therapists use Lifestyle Redesign® to help people better manage their lives and create health-promoting habits and routines.

How much time will this take? I'm so busy already...

Sessions are typically held for 30-60 minutes, one time per week. However, every person is different, so ask your OT about what frequency of sessions will work best for you.

How much will this cost?

We can do a complimentary insurance benefits check to tell you if OT sessions are covered by your plan, and if any co-pays or co-insurances apply. You may need a referral.

Private pay options are also available.

We can help you with:

- * Implementing structure into daily routines
- * Habit reformation
- * Stress management
- * Anxiety management
- * Depression or mood management
- * Learning relaxation techniques
- * Decreasing substance abuse
- * Time management
- * Organization
- * Setting realistic goals and expectations
- * Vocational exploration
- * Lifestyle balance
- * Meaningful activity engagement to improve emotional health



So how do I sign up?

1

Phone

323-442-3340

2

Email

otfp@med.usc.edu

3

In-Person

Health Sciences Campus

1640 Marengo Street, Suite 500

Los Angeles, CA 90033

University Park Campus

Engemann Student Health Center

1031 W. 34th Street, Suite 452

Los Angeles, CA 90089

Telehealth

Sessions also available online.

Please inquire if interested.

**For more information, visit our website:
chan.usc.edu/otfp**