Institutes of Health
Multi-Specialty Clinics

Institutes of Health Anaheim Grand Opening Recap

Thank You for Joining Us on Our Journey



Institutes of Health's expansion in Anaheim marks a bold step forward in addressing the overlapping crises of work-related injuries involving delayed recovery, and return to work challenges, particularly those related to brain injuries, chronic pain, PTSD and substance use disorders. These conditions are especially common among California's front-line professionals and injured workers.

IOH's Anaheim clinic now serves as a specialized hub for those who have suffered life-altering physical and psychological injuries in the line of duty – firefighters, law enforcement officers, EMTs, military veterans, and essential workers navigating the complex California Workers' Compensation system.



Message from the CEO

The Anaheim clinic is not just another facility – it's a lifeline. As we work with increasing numbers of municipalities, public agencies and the private sector, our focus is on expanding access to care that restores dignity, functionality, and long-term resilience to those who need it most.

Dr. Tomer Anbar
Founder and CEO
Institutes of Health

We now possess the science, the structure, and the evidence.

Our Transdisciplinary Biopsychosocial Therapeutic Community services, or TBTC model, routinely demonstrates, that even severe and complex cases of PTSD and related comorbidities can be impacted and even systematically reversed. This is not theory – it is practice, already changing lives.

Across California, injured workers suffering from the intersection of post-traumatic stress, brain injuries, chronic pain, substance use disorders, severe depression, and sleep dysfunction are experiencing measurable recovery and restored human function. These are not isolated successes, but the result of a systematic, replicable reversal of suffering and disability, validated by partner stakeholder research.

This is the future of trauma care – not managing fragmented symptoms, but reversing the underlying cascade of injury and restoring lives.

Celebrating Innovation and Impact: Legislative Tributes to Institutes of Health



▲ The opening of Institutes of Health - Anaheim is recognized by representatives from the Office of Assemblymember Phillip Chen, California State Assembly, Office of State Senator Tom Umberg and Office of Congressman Lou Correa as they join Institutes of Health CEO Dr. Tomer Anbar at the Ribbon Cutting Ceremony.

On behalf of the California State Senate, I am proud to award this certificate of recognition to the Institutes of Health in honor of their ribbon cutting ceremony. For years, Institutes of Health has transformed advanced medical care across Southern California, utilizing innovative and proven approaches to treat patients. We are proud that they have chosen to make Anaheim their latest home and congratulate them on this momentous occasion!

Senator Thomas J. Umberg
34th Senate District of California | State of California Senate



"Not all job-related injuries are visible or linear," explains Dr. Tomer Anbar. "Traditional care often fails to recognize the hidden toll of PTSD or post-concussive symptoms that can sabotage a person's recovery. By treating the underlying causes of disability, we're able to break cycles of despair and deliver lasting results."

I join with Congress to recognize your high quality and patient-center health care services offered through your Anaheim office.

J. Luiz Correa | Member of Congress
United States Congress | House of Representatives

On behalf of the California State Assembly, Congratulations on your grand opening and ribbon cutting ceremony! Thank you for your commitment to providing quality, efficient, and patient-centered care to those in our community. We commend your dedication to improving the health & well-being of patients & families through innovation and the pursuit of excellence. Best wishes for your continued success!

Assemblyman Phillip Chen, Ed.D
59th District | California Legislature Assembly



▲ IOH's Residential Detox and Trauma Recovery Center is uniquely embedded within the greater IOH clinical infrastructure, ensuring seamless access to a full spectrum of specialty care.

IOH's Residential Detox and Trauma Recovery Center

is uniquely embedded within the greater IOH clinical infrastructure, ensuring seamless access to a comprehensive range of specialty care including neurology, psychiatry, pain management, physical medicine and rehabilitation, clinical and neuropsychology, addiction medicine, occupational therapy, and speech and language pathology, among other disciplines.



Master Chef and educator Denise Roa explains the critical role that clinical and anti-inflammatory nutrition plays in prevention and recovery of complex conditions amid IOH Anaheim's teaching kitchen.

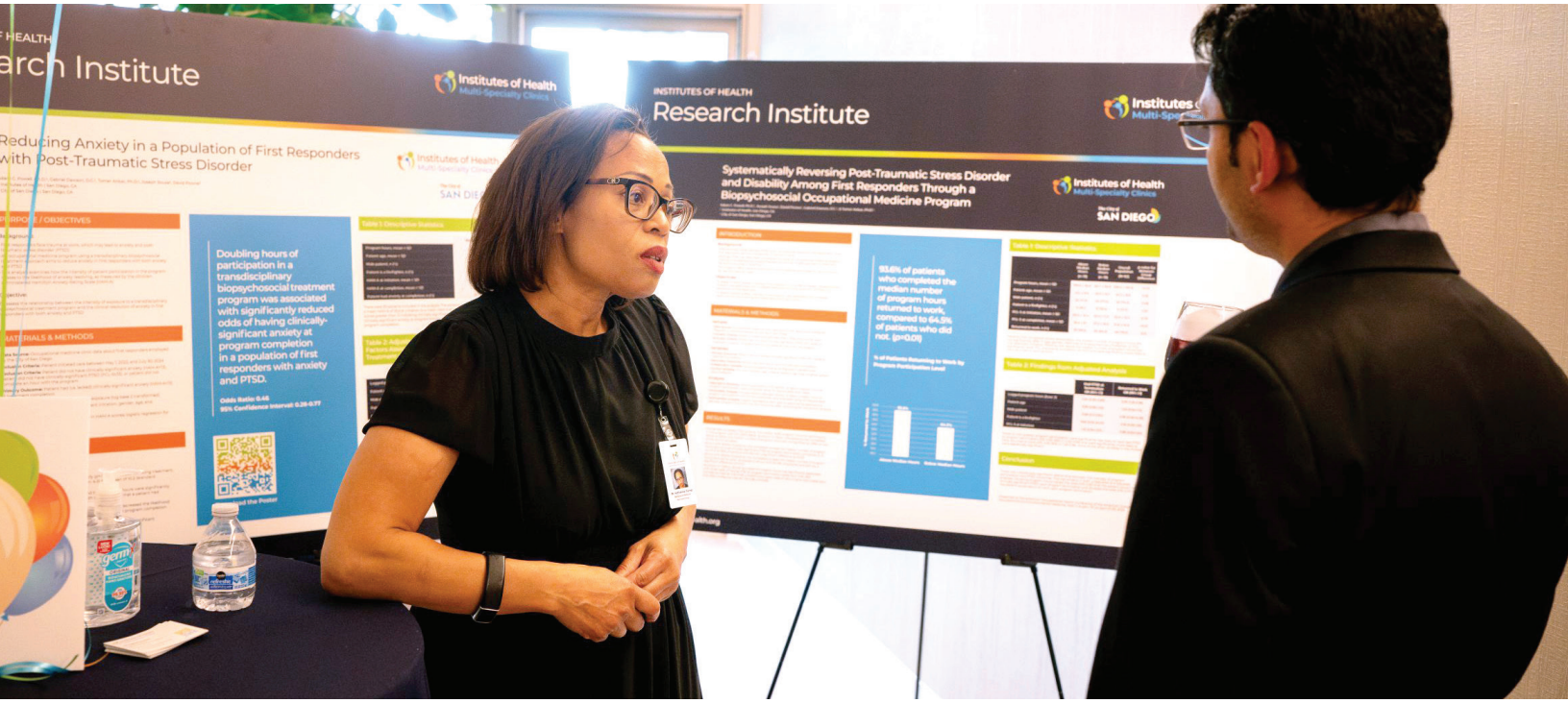
Nutrition is often ignored in trauma treatment

but it is central to recovery. Anti-inflammatory foods and healthy nutrition are not just a "lifestyle add-on." They are a core therapeutic domain that can support healing and enhance long-term recovery.



▲ Guests enjoy healthy alternatives while learning about the critical role of clinical nutrition.

> ***Where inflammation once carved silence into the body's symphony, food becomes the song of restoration. Every color, every compound, every sacred molecule whispers instructions to the brain, the gut, the soul: Repair. Remember. Rebuild. In this feast, biochemistry meets grace, and healing begins.***



▲ Dr. Katherine Turner, Director of IOH Academy, and Dr. Darshan Patel, Medical Director of MEDEX, discuss recent research findings.

Research conducted by City of San Diego and Institutes of Health, presented April 2025, American College of Occupational and Environmental Medicine (ACOEM) noted the following:

Among City of San Diego Fire-Rescue first responders who participated in IOH's PTSD intensive outpatient program:

- **93%** no longer met diagnostic criteria for PTSD at discharge
- **93%** returned to work



IOH Anaheim is conveniently located at 1900 S. State College Blvd., Suite 100 and is adjacent to Angel Stadium.

Our mission is to restore lives, not just manage symptoms. This is about honoring the sacrifices of those who serve and ensuring they have access to world-class care that truly works.

To learn more, enjoy a virtual tour of our IOH Anaheim 20,000 square foot state-of-the-art facility Grand Opening. View the 2-minute video.

We Invite You to Continue with Us on Our Journey.

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