

The Pasadena Villa Outpatient Treatment network provides treatment for adults, 18 years or older, struggling with various mental health conditions. The levels of care offered include partial hospitalization, intensive outpatient, and virtual intensive outpatient programming.

Levels of Care

Partial Hospitalization Program (PHP)

PHP meets in person five days a week for six hours per day.

Intensive Outpatient Program (IOP)

IOP meets in person three days a week for three hours a day.

Virtual Intensive Outpatient Program (V-IOP)

Our program provides the structured care necessary for meaningful improvement. This virtual level of care is ideal for individuals who need flexible, accessible treatment that fits around work, school, or limited ability to travel or attend in-person programming. Online therapy for mental health conditions is proven to be as effective as in-person treatment if you choose the right program with a strong clinical team.
-Total duration: 7.5 weeks (29 clinical days)
-Multiple Groups Offered: 1:00 PM to 4:00 PM EST (M-F) and 5:00 PM to 8:00 PM EST (M-Th)

What We Treat

- Anxiety Disorders
- Bipolar Disorder
- Major Depressive Disorders
- Mood Disorders
- Personality Disorders
- Post-Traumatic Stress Disorder (PTSD)

How We Treat

Our program is firmly rooted in evidence-based treatment methods with treatment plans specific to each client's needs. In tandem with our Social Integration Model™, which enables clients to put skills learned into practice with the support of their therapist, our clinical team uses multiple therapeutic modalities including:

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Expressive Art Therapy
- Family Therapy
- Individual Therapy
- Narradrama
- Weekly Trauma-Informed Mindful Movement Yoga Group

Payment Options

Pasadena Villa Outpatient treatment centers offer a variety of payment options including in-network, out-of-network, and private-pay rates that may vary by state or location. Please contact us at 980.431.5449 to learn more about the financial and insurance options available.

Pasadena Villa Outpatient North Charlotte provides intensive day treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help, call 980.431.5449..

All calls are 100% confidential.

Pasadena Villa[®]
OUTPATIENT North Charlotte



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Commission
Accredited

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Pasadena Villa Outpatient North Charlotte is a proud part of the Odyssey Outpatient Network.