

# Pasadena Villa®

## OUTPATIENT Raleigh

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 to five days a week for three hours a day.

#### Virtual IOP Program (V-IOP)

Virtual IOP is ideal for individual who need flexible treatment that fits around work, school, or limited availability to travel to attend in-person treatment.

#### Multiple Groups Offered:

1pm-4pm 5x per week (M-F)  
5pm-8pm (M-TH)

### What We Treat

- Mood Disorders
- Personality Disorders
- Psychotic Disorders

### 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:

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Expressive Art Therapy
- Music Therapy
- Somatic Psychotherapies
- Therapeutic Yoga
- Family Therapy
- Individual Therapy
- Animal-Assisted Therapy

### Payment Options

We 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 919.351.6603 to learn more about the financial and insurance options available.

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

For more information on how we can help, call [919.351.6603](tel:919.351.6603).

All calls are 100% confidential.

*Pasadena Villa*<sup>®</sup>  
OUTPATIENT Raleigh



Joint  
Commission  
Accredited

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