

The Growth Group

Developmentally-Informed Outpatient
Care for Young Adults in Transition

Young adulthood presents unique clinical and developmental challenges. When mental health concerns intersect with life transitions, structured, age-appropriate treatment can help prevent escalation by supporting:



**SKILL
DEVELOPMENT**



**EMOTIONAL
REGULATION**



**PEER
CONNECTION**



**REAL-WORLD
APPLICATION**

The Growth Group at Pasadena Villa Outpatient Charlotte provides evidence-based programming designed specifically for individuals who need more support than weekly therapy, but don't require residential care.

Who We Serve

Young adults experiencing mental health challenges while navigating life transitions, including **college, career, relationships, independence, or recovery.**

What Makes *The Growth Group* Different?

- Licensed clinicians experienced in young adult mental health
- Small group sizes to support individualized care
- Evidence-based, developmentally-informed interventions
- Peer support that reduces isolation and builds accountability
- Family therapy integrated to support continuity and outcomes

Partial Hospitalization Program (PHP)

Monday–Friday | 9:00am–3:00pm

Intensive Outpatient Program (IOP)

Monday–Friday | 9:00am–12:00pm

Psychiatric Support

Medication management is provided as needed by **Dr. Katie Chambers, MD**
Board-Certified Psychiatrist

Why Refer to Pasadena Villa Outpatient Charlotte?

- Clinically appropriate care for young adults
- Structured programming that supports stability, growth, and functioning
- Seamless collaboration with families and existing providers
- Focused on stability, skill-building, and sustained progress

Explore Program Fit or Make a Referral

Pasadena Villa Outpatient Charlotte

PasadenaVillaOutpatient.com/charlotte

