

Mental health treatment that fits your life.

Getting the support you need shouldn't mean putting the rest of your life on hold. Pasadena Villa Outpatient Quad Cities provides structured outpatient mental health and substance use treatment for adults, with daytime and evening options designed to work around work, school, and family.

What We Treat

- Anxiety disorders
- Bipolar + related disorders
- Depressive disorders
- Personality disorders
- PTSD + trauma
- Co-occurring substance use disorders

Levels of Care

Three levels of structured outpatient care are available, with the admissions team helping each client find the right fit.

- **Partial Hospitalization (PHP)** – Full-day treatment, five days a week, while clients live at home.
- **Intensive Outpatient (IOP)** – Structured treatment several days a week, with time for work or school.
- **Evening IOP** – IOP treatment on an evening schedule, for clients who can't step away during the day.

How We Treat

Proven, evidence-based therapies build an individualized treatment plan around each client's needs.

- Cognitive behavioral therapy
- Dialectical behavior therapy
- Experiential + expressive therapies
- Family therapy
- Group therapy
- Individual therapy
- Relapse prevention

Through the Social Integration Model™, clients practice new skills in real time alongside their therapist, building the confidence to apply them in everyday life.

Insurance + Payment

In-network with many major insurance providers, with out-of-network benefits and private pay also accepted.

The admissions team will verify coverage and walk clients through all available options. Medicare and Medicaid are not accepted.

Getting Started

Call **563.723.4401** or scan the QR code to connect with the admissions team. Every conversation is confidential, with no obligation.



Scan to Learn More

Pasadena Villa Outpatient Quad Cities

*Structured day and evening mental health and
co-occurring substance use treatment for adults.*

Call Today | **563.723.4401**

Confidential. No obligation.



Joint
Commission
Accredited

Pasadena Villa Outpatient Quad Cities

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PasadenaVillaOutpatient.com/locations/Quad-Cities

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