



Pasadena Villa®

OUTPATIENT

Charlotte

WHO WE ARE

Located in Charlotte, NC, Pasadena Villa Outpatient specializes in treating adults (18 years or older) struggling with mental health issues.

We place a strong emphasis on building and practicing coping skills, life skills, and self-management strategies in real-time to promote independence and build a life worth living.

As part of the Pasadena Villa Psychiatric Treatment Network, we believe everyone can learn, grow, and recover. At Pasadena Villa, we have the responsibility to do whatever possible to prepare people for life after treatment.

WHAT WE TREAT

- Mood Disorders
- Personality Disorders
- Psychotic Disorders
- Co-occurring Autism Spectrum Disorder
- Co-occurring Substance Use

LEVELS OF CARE

Intensive Outpatient Program (IOP)

IOP is designed to help individuals who are experiencing an increase in distressing symptoms and behaviors or are not progressing in traditional outpatient services. The extra treatment and support foster meaningful improvement and create a solid foundation before transitioning to community treatment. IOP meets 3 to 5 days a week for 3 hours a day.

Partial Hospitalization Program (PHP)

PHP serves as a preventive program to hospitalization, as well as a solid bridge for those stepping down from hospitalizations or residential treatment programs. PHP meets 5 days a week, Monday through Friday, from 9:00 am to 3:00 pm.



OUR PROGRAM

Customized Treatment

- Tailored psychotherapy groups week to week to ensure they address the clients needs.
- Group-based with individual psychotherapy, family sessions, and medication management as indicated by the treatment plan.
- We are a LGBTQ+ affirming environment.

Compassionate Care

Licensed clinicians with certifications in evidence-based modalities provide a whole person approach using:

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Expressive Art Therapy
- Narradrama
- Therapeutic Yoga

Collaborative Environment

- Seasoned psychiatrists oversee treatment, conduct psychiatric evaluations, and offer medical consultation.
- Collaboration with community providers that serve as an extension of the client's treatment team.

HOW DO I GET STARTED?

Call us at 704.396.5080 to schedule a free 30-minute screening with one of our clinicians to determine eligibility and the appropriate level of care. Screenings can often be scheduled on the same day.

CAN I AFFORD TREATMENT?

Pasadena Villa Outpatient is in-network with Blue Cross/Blue Shield including the BCBS State Health Plan and BCBS plans from across the nation, as well as Cigna Health Plans. We also accept out-of-network benefits from other major insurance companies. For those preferring to pay for treatment directly, we offer a private pay rate. Call us at 704.396.5080 to discuss financial and insurance options.



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

For more information on how we can help,
call **704.396.5080**.

Pasadena Villa®

Psychiatric Treatment Network



JOINT
COMMISSION
ACCREDITED

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ODYSSEY
OUTPATIENT NETWORK

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