



Pasadena Villa®
OUTPATIENT

McLean

WHO WE ARE

Located in McLean, VA, 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.

WHAT WE TREAT

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

LEVELS OF CARE

Intensive Outpatient Program (IOP)

Designed to help individuals experiencing an increase in distressing symptoms and behaviors or are not progressing in traditional outpatient services, IOP offers psychotherapeutic programming that is less intensive than a PHP program and creates a solid foundation before transitioning to community treatment. IOP meets 3 days a week, 3 hours per day.

Partial Hospitalization Program (PHP)

PHP serves as a preventive program to hospitalization or as a solid bridge for those stepping down from hospitalizations or residential treatment programs. Offering access to intensive psychotherapeutic treatment and support, clients are able to participate in a structured therapeutic program during the day while living at home and enjoying their community in the evenings. PHP meets 5 days a week for 6 hours a day.



OUR PROGRAM

Customized Treatment

- Tailored psychotherapy groups meet week to week to ensure they address the client's needs.
- Group-based with individual psychotherapy, family sessions, and medication management as indicated by the treatment plan.
- Virtual and in-person treatment options are available.
- We are a LGBTQ+ affirming environment.

Collaborative Environment

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

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
- Cinema Therapy
- Somatic Psychotherapies
- Movement Therapy

HOW DO I GET STARTED?

Call us at 703.215.3471 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 offers a variety of payment options, including in-network, out-of-network, and private pay rates. Call us at 703.215.3471 to discuss financial and insurance options.



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

For more information on how we can help,
call **703.215.3471**.

Pasadena Villa®

Psychiatric Treatment Network



JOINT
COMMISSION
ACCREDITED

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pasadenavillaoutpatient.com



ODYSSEY
OUTPATIENT NETWORK

Pasadena Villa Outpatient – McLean is a proud part of the Odyssey Outpatient Network