



*Pasadena Villa*®

OUTPATIENT

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*Nashville*

## WHO WE ARE

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Located in Nashville, Pasadena Villa Outpatient specializes in treating adults (18 years or older) struggling with behavioral health and co-occurring conditions.

We place a strong emphasis on building and practicing the skills and self-management strategies in real-time that enable clients to build a life aligned with their values and achieve long-term recovery.

## WHAT WE TREAT

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- Major Depressive Disorders
- Anxiety Disorders
- Bipolar Disorder
- Post-Traumatic Stress Disorder
- Personality Disorders
- Psychotic Disorders
- Co-occurring Autism Spectrum Disorder
- Co-occurring Substance Use Disorder
- Co-occurring Eating Disorders

## LEVELS OF CARE

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### Partial Hospitalization Program (PHP)

PHP serves as a program that can help prevent hospitalization, as well as function as a solid bridge for those stepping down from hospitalizations or residential treatment programs. PHP meets in-person 5 days a week for 6 hours a day.

### 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 in person or virtually 3 to 5 days a week for 3 hours a day.





## OUR PROGRAM

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### Customized Treatment

- Psychotherapy groups are tailored week to week to ensure they address each client's needs.
- Group-based treatment is combined with individual psychotherapy, family sessions, and medication management as indicated by the treatment plan and level of care.
- We are a LGBTQ+ affirming environment.

### Collaborative Environment

- Experienced clinicians provide multidisciplinary treatment utilizing medical, psychological, and psychiatric interventions.
- Collaboration with community providers that serve as an extension of the client's treatment team.

### Compassionate Care

Our licensed clinicians utilize a trauma-informed approach and evidence-based therapies to provide a whole-person approach. Modalities may include:

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Experiential and Expressive Therapies
- Social Integration™ Outings

### HOW DO I GET STARTED?

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Call us at **615-551-4358** 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.

### PAYING FOR TREATMENT

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Pasadena Villa Outpatient offers a variety of payment options. Call us at **615-551-4358** to discuss financial and insurance options.



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

For more information on how we can help,  
call **615.551.4358**.

*Pasadena Villa*<sup>®</sup>

*Psychiatric Treatment Network*



JOINT  
COMMISSION  
ACCREDITED

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**ODYSSEY**  
OUTPATIENT NETWORK

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