

*Pasadena Villa*<sup>®</sup>

OUTPATIENT

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*Richmond*



## WHO WE ARE

Located in Glen Allen, VA, Pasadena Villa Outpatient - Richmond specializes in treating adults (18 years or older) of all genders who have anxiety disorders, bipolar disorder, depressive disorders, post-traumatic stress disorder (PTSD), personality disorders, and co-occurring autism spectrum disorder (ASD).

We don't take a one-size-fits-all approach to treatment. We curate treatment plans unique to the specific diagnosis and the unique needs of each individual client. Committed to providing compassionate, comprehensive, and high-quality individualized psychiatric and psychotherapeutic care, we treat adults who suffer from severe and persistent mental illness while maximizing social functioning in the real world.

## WHAT WE TREAT

At Pasadena Villa Outpatient - Richmond, we treat clients with mental health disorders, including:

- Anxiety Disorders
- Bipolar Disorder
- Major Depressive Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Personality Disorders
- Co-occurring Autism Spectrum Disorder (ASD)

## LEVELS OF CARE

### PARTIAL HOSPITALIZATION PROGRAM (PHP)

Our PHP is the most comprehensive outpatient program available, providing intensive psychotherapeutic treatment and support in a less restrictive setting than inpatient care. The program aims to prevent hospitalization and provide a solid bridge for clients stepping down from hospitalization or residential treatment. In PHP, clients attend programming five days a week for a minimum of five hours per day.

### INTENSIVE OUTPATIENT PROGRAM (IOP)

Our IOP helps clients who are experiencing an increase in distressing symptoms and behaviors or are not progressing in traditional outpatient services. The additional support provided fosters meaningful improvement and prepares clients to transition back to standard outpatient treatment. IOP meets three to five days a week for three hours a day.



## OUR PROGRAM

### CUSTOMIZED TREATMENT

- We provide customized care designed to meet each client's individual needs and unique goals.
- Our board-certified psychiatrists, licensed clinical social workers, registered art therapists, and licensed professional counselors partner with clients and their families to design treatment plans that ensure sustained recovery.

### COMPASSIONATE CARE

Licensed clinicians with certifications in evidence-based modalities provide a whole-person approach to help clients progress from clinical care towards independent self-care using:

- Group-based therapy
- Individual psychotherapy
- Family sessions

### COLLABORATIVE ENVIRONMENT

Our experienced psychiatrists oversee all treatment, conduct psychiatric evaluations,

provide medication management, and consult with each client's prescriber, psychotherapist, other community providers, significant others, and family members as needed. This collaboration ensures seamless continuity of care as clients they transition into and out of our program.

## HOW TO GET STARTED

Call us at 804.636.3847 to schedule a free (and completely confidential) 30-minute assessment with one of our clinicians to determine eligibility and the appropriate level of care.

## PAYMENT OPTIONS

We offer many payment options including private pay, as well as in-network and out-of-network benefits. Our Admissions Team works with each client to find what works best to make our world-class treatment available to them. Call us at 804.636.3847 to discuss financial and insurance options.



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

For more information on how we can help,  
call **804.636.3847**.

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COMMISSION  
ACCREDITED

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Pasadena Villa Outpatient - Richmond is a proud part of the Odyssey Outpatient Network.