

Pasadena Villa[®]
OUTPATIENT

Woodland Hills



WHO WE ARE

Located in Los Angeles, Pasadena Villa Outpatient – Woodland Hills specializes in treating adults, 18 years and older, who have mood disorders, personality disorders, psychotic disorders, and co-occurring autism spectrum disorder (ASD).

At Woodland Hills, we utilize the most current evidence-based treatment modalities and create individualized treatment plans for each client. We are committed to providing compassionate, comprehensive, and high-quality individualized psychiatric and psychotherapeutic care for adults who suffer from severe and persistent mental illness while maximizing social functioning in the real world.

WHAT WE TREAT

- Anxiety Disorders
- Bipolar Disorder
- Depressive Disorders
- Emotional Dysregulation
- Personality Disorders including Borderline Personality Disorder (BPD)
- Post-Traumatic Stress Disorder (PTSD)
- Self-harm
- Suicidal Ideation
- Co-occurring Autism Spectrum Disorder (ASD)

LEVELS OF CARE

PARTIAL HOSPITALIZATION PROGRAM (PHP)

Our PHP includes intensive psychotherapeutic treatment and support in a less restrictive setting than inpatient

care. Clients can participate in a structured therapeutic program during the day while living at home and enjoying their community in the evenings. The goal is to establish a foundation for long-term recovery. Our PHP is appropriate for those who may have one or more of the following symptoms: withdrawal from normal activities; behavioral problems; depression; anxiety; suffering from pervasive, psychiatric disorders; at risk of being a danger to themselves; or at risk of being violent toward others.

INTENSIVE OUTPATIENT PROGRAM (IOP)

Providing a higher level of support, our IOP is designed to help individuals who are experiencing an increase in distressing symptoms and behaviors or who aren't progressing in traditional outpatient services. The extra treatment and support foster meaningful improvement and create a solid foundation for clients before they transition to community treatment.

VIRTUAL INTENSIVE OUTPATIENT PROGRAM (V-IOP)

A convenient and COVID-safe option, our V-IOP mirrors the experience and support of our in-person treatment. The program helps clients establish a solid foundation before they transition to traditional outpatient.



OUR PROGRAM

CUSTOMIZED TREATMENT

- Specifically curated psychotherapy groups meet weekly to ensure they address each client's needs.
- Treatment options include group-based therapy with individual psychotherapy, family sessions, and medication management as indicated by the treatment plans.

CLINICALLY EXCELLENT CARE

Licensed clinicians with certifications in evidence-based methods utilize a whole-person approach that includes the following therapies:

- Cinema Therapy
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Expressive Art Therapy
- Movement Therapy
- Somatic Psychotherapies

COLLABORATIVE ENVIRONMENT

- Board-certified psychiatrists oversee treatment, conduct psychiatric evaluations, and offer medical consultations.
- Through privileged clinical partnerships, community providers continue to serve as an extension of each client's treatment team.

HOW DO I GET STARTED?

Call us at 818.351.7330 to schedule a free 30-minute assessment with one of our clinicians to determine eligibility and the appropriate level of care. Assessments can often be scheduled on the same day.

PAYMENT OPTIONS

Pasadena Villa Outpatient – Woodland Hills accepts out-of-network benefits from major insurance companies. For clients who prefer to pay for treatment directly, we offer a private-pay rate.

Note: We do not accept Medicare or Medicaid.



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

For more information on how we can help,
call **818.351.7330**.

All calls are 100% confidential.

Pasadena Villa®
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COMMISSION
ACCREDITED

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