

*Pasadena Villa*®

OUTPATIENT

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*Chapel Hill*



## WHO WE ARE

Located just minutes from the University of North Carolina and Duke University, Pasadena Villa Outpatient - Chapel Hill specializes in treating adults, 18 years and older, who struggle with various mental illnesses, including but not limited to depression, anxiety, bipolar disorder, psychotic disorders, and co-occurring autism spectrum disorder (ASD).

We place a strong emphasis on learning and practicing coping skills, life skills, and self-management strategies to address here-and-now difficulties and help clients build a life worth living. At Pasadena Villa Outpatient - Chapel Hill, we believe everyone can learn, grow, and recover, so we do everything we can to prepare our clients for life after treatment.

## WHAT WE TREAT

We specialize in treating complex mental health conditions and co-occurring disorders. The multimodality approach involving group, individual, and family therapy along with psychiatric services allows our clinical team to effectively understand and address challenging behavioral issues. Often, it's the combination of multiple mental health conditions, co-occurring autism spectrum disorder (ASD), or a co-occurring substance use disorder that hinders progress with traditional services. At Pasadena Villa Outpatient - Chapel Hill, we treat:

- Anxiety Disorders
- Bipolar Disorder
- Depressive Disorders
- Personality Disorders including Borderline Personality Disorder (BPD)
- Psychotic Disorders
- Co-Occurring Autism Spectrum Disorder (ASD)
- Co-Occurring Substance Use Disorder

## LEVELS OF CARE

### 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. In our PHP, clients attend programming five days a week for six hours per 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. Our IOP meets three to five days a week for three hours per day.

### VIRTUAL LEVELS OF CARE

#### Day Virtual Intensive Outpatient Program (V-IOP):

Our day V-IOP is a convenient and COVID-safe option that allows participants to join programming virtually, which meets three hours per day and three times per week.

**Evening V-IOP:** Provided throughout the state of North Carolina, our evening V-IOP is an eight-week virtual program offered only in the evenings on Mondays, Wednesdays, and Thursdays from 5:00 pm to 8:00 pm EST.



## OUR PROGRAM

### CUSTOMIZED TREATMENT

At Pasadena Villa Outpatient - Chapel Hill, we provide customized care that's designed to meet each client's specific needs and unique goals. We understand that people are not their diagnosis; they're a combination of all that's happened in their lives and their future journeys. Because of this, our clinical team of 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 provide a successful pathway to recovery.

### COMPASSIONATE CARE

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

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Expressive Art Therapy
- Movement Therapy
- Somatic Psychotherapies

### COLLABORATIVE ENVIRONMENT

Our experienced psychiatrists oversee all treatment, conduct psychiatric evaluations, and provide careful medication management as needed. They also communicate with the community prescriber ensuring medication changes fit within their treatment plan. Additionally, we value and foster collaboration with community providers as we serve as an extension of each client's treatment team. The two-way communication ensures clients receive seamless continuity of care as they transition into and out of our program.

### HOW DO I GET STARTED?

Call us at 984.646.6559 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.

### PAYMENT OPTIONS

Pasadena Villa Outpatient - Chapel Hill currently offers private-pay rates. Call us at 984.646.6559 to discuss financial options. Please note that we do not accept Medicare or Medicaid.



Pasadena Villa Outpatient — Chapel Hill provides intensive outpatient treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help,  
call **984.646.6559**.

**All calls are 100% confidential.**

*Pasadena Villa*®  
OUTPATIENT Chapel Hill



JOINT  
COMMISSION  
ACCREDITED

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