

*Pasadena Villa*®

OUTPATIENT

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*Knoxville*



## WHO WE ARE

Located in East Tennessee, with convenient access from all major highways, Pasadena Villa Outpatient - Knoxville specializes in treating adults, 18 years and older, who have symptoms of mood disorders, personality disorders, or symptoms of psychosis, as well as symptoms consistent with a neurodivergent diagnosis.

At Knoxville Outpatient, we utilize the most current, evidenced-based treatment modalities. We encourage autonomy in recovery by having each client work closely with clinicians on creating an individualized treatment plan based on their personal goals for success. We're committed to providing compassionate and comprehensive high-quality care for adults experiencing clinically significant distress, working toward maximizing each individual's ability to function outside of the treatment environment.

## WHAT WE TREAT

- Anxiety Disorders
- Bipolar Disorders
- Depressive Disorders
- Emotional Dysregulation
- Personality Disorders
- Post-Traumatic Stress Disorder (PTSD)
- Individuals with any of the above diagnoses with a co-occurring neurodivergent diagnosis such as Autism Spectrum

## LEVELS OF CARE

### PARTIAL HOSPITALIZATION PROGRAM (PHP)

In a less restrictive environment than inpatient care, our PHP provides structured therapeutic programming throughout the day, allowing clients to remain in their home and community during the evening and weekend hours. With a goal of establishing a foundation for long-term recovery, our PHP is appropriate for clients experiencing the any of the following symptoms: withdrawal from normal activities; behavioral concerns; depression; anxiety; suffering from pervasive, psychiatric disorders; or at risk of being a danger to themselves.

### INTENSIVE OUTPATIENT PROGRAM (IOP)

Our IOP is intentionally designed to aid individuals who are experiencing an increase in symptoms or behaviors and who are not finding success in traditional outpatient settings. A less intensive level of care than PHP, IOP is designed to create a trusting environment where clients can develop a solid foundation of therapeutic knowledge, while also keeping a schedule that allows for continued work, school, or other community activities.



## OUR PROGRAM

### CUSTOMIZED TREATMENT

- Specifically curated psychotherapy groups meet daily 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 but is not limited to the following modalities:

- Acceptance and Commitment Therapy (ACT)
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Experiential and Expressive Therapies including Movement Therapy

### 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 865.205.8040 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 - Knoxville 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 – Knoxville provides intensive outpatient treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help,  
call **865.205.8040**.

**All calls are 100% confidential.**

*Pasadena Villa*®  
OUTPATIENT Knoxville



JOINT  
COMMISSION  
ACCREDITED

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