

Pasadena Villa[®]

OUTPATIENT

Norfolk



WHO WE ARE

Located in Norfolk, Virginia, Pasadena Villa Outpatient - Norfolk specializes in treating adults (18 years or older) who have anxiety disorders, bipolar disorder, major depressive disorders, personality disorders, and post-traumatic stress disorder (PTSD). We don't take a one-size-fits-all approach to treatment, but rather we curate treatment plans unique to the specific diagnosis and the unique needs of 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
- Major Depressive Disorders
- Personality Disorders
- Post-Traumatic Stress Disorder (PTSD)

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 support. 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)

Our V-IOP is a convenient and COVID-safe treatment option that mirrors the experience and support of our in-person option to foster meaningful improvement and create a solid foundation before transitioning back 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.
- Virtual and in-person treatment options are also available.



CLINICALLY EXCELLENT CARE

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

- 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 804.577.1896 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

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.



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

For more information on how we can help,
call **804.577.1896**.

All calls are 100% confidential.

Pasadena Villa®
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COMMISSION
ACCREDITED

Pasadena Villa Outpatient - Norfolk
5700 Lake Wright Drive, Suite 409
Norfolk, VA 23502

odysseyoutpatient.com/norfolk



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