# Pasadena Villa
## OUTPATIENT *Knoxville*

The Pasadena Villa Outpatient Treatment network provides treatment for adolescents and adults, 12 years or older, struggling with various mental illnesses. The levels of care offered include partial hospitalization and intensive outpatient programming.

## Levels of Care

**Partial Hospitalization Program (PHP) 18+**

PHP meets in person five days a week for six hours per day.

**Intensive Outpatient Program (IOP) 12+**

IOP meets in person three to five days per week for up to three hours per day.

## What We Treat

- Anxiety Disorders
- Bipolar Disorder
- Depressive Disorders
- Emotional Dysregulation
- Personality Disorders
- Post-Traumatic Stress Disorder (PTSD)

## How We Treat

Our program is firmly rooted in evidence-based treatment methods with treatment plans specific to each client's needs. In tandem with our Social Integration Model™, which enables clients to put skills learned into practice with the support of their therapist, our clinical team uses multiple therapeutic modalities including:

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

## Payment Options

We offer a variety of payment options including in-network, out-of-network, and private-pay rates that may vary by state or location. Please contact us at 865.205.8040 to learn more about the financial and insurance options available.

Note: We do not accept Medicare or Medicaid.

Pasadena Villa Outpatient – Knoxville provides intensive day 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*® | **Joint Commission Accredited**
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odysseyoutpatient.com/knoxville

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OUTPATIENT NETWORK

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