

# Pasadena Villa<sup>®</sup>

## OUTPATIENT *Triad*

The Pasadena Villa Outpatient Treatment network provides treatment for adults, 18 years or older, struggling with various mental illnesses. The levels of care offered include partial hospitalization, intensive outpatient, and virtual intensive outpatient programming.

### Levels of Care

#### Partial Hospitalization Program (PHP)

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

#### Intensive Outpatient Program (IOP)

IOP meets in person three days a week for three hours a day.

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

V-IOP mirrors our in-person IOP and meets three to five days a week for three hours a day.

### What We Treat

- Anxiety Spectrum Disorders
- Bipolar Disorder
- Major Depressive Disorders
- Post Traumatic Stress Disorder
- Personality Disorders

### 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:

- Music Therapy
- Grounding and Meditation
- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Seeking Safety Therapy
- Emotional Freedom Techniques
- Family Therapy
- Individual 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 336.792.7413 to learn more about the financial and insurance options available.

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

For more information on how we can help, call **703.215.3471**.

All calls are 100% confidential.

*Pasadena Villa*<sup>®</sup>  
OUTPATIENT Triad



Joint  
Commission  
Accredited

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[odysseyoutpatient.com/triad](https://odysseyoutpatient.com/triad)



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