

# Pasadena Villa<sup>®</sup>

## OUTPATIENT *Norfolk*

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 three to five days a week for six hours per day.

#### Intensive Outpatient Program (IOP)

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

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

V-IOP is an evening program that meets virtually three days a week for three hours.

### What We Treat

- Anxiety Disorders
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Bipolar Disorder
- Depressive Disorders
- 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)
- Adjunct Therapies (Yoga, Art, Massage, Therapy Dog, etc.).
- Cognitive Behavioral Therapy (CBT)
- Cognitive Processing Therapy (CPT)
- Dialectical Behavioral Therapy (DBT)
- Experiential Therapies (\*PE and ERP as clinically indicated)

### 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 757.294.8147 to learn more about the financial and insurance options available.

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 [757.294.8147](tel:757.294.8147).

All calls are 100% confidential.

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



Joint  
Commission  
Accredited

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