

# Pasadena Villa<sup>®</sup>

OUTPATIENT *Des Moines*

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 and 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 to five days a week for three hours a day.

## What We Treat

- Anxiety Disorder
- Major Depressive Disorders
- Mood Disorders
- Bipolar Disorder
- Post-Traumatic Stress Disorder (PTSD)
- Personality Disorders
- Psychotic 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:

- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Family Therapy
- Group Therapy
- Individual Therapy
- Expressive Therapy

## Payment Options

Pasadena Villa Outpatient treatment centers 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 515.505.7431 to learn more about the financial and insurance options available.

Pasadena Villa Outpatient — Des Moines provides intensive day treatment to foster recovery and empower individuals to transform their lives.

For more information on how we can help, call [515.505.7431](tel:515.505.7431)

All calls are 100% confidential.

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OUTPATIENT Des Moines



Joint  
Commission  
Accredited

Pasadena Villa Outpatient — Des Moines  
4500 Westown Parkway, Suite 120  
Des Moines, IA 50266

[odysseyoutpatient.com/des-moines](https://odysseyoutpatient.com/des-moines)



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