

HOW DO I GET STARTED?

Our licensed therapists partner with clients and families to understand what current and past psychiatric issues are causing concern.

They assess and recommend what clinical supports can help the situation to build a more fulfilling future.

The recommendations may include our Partial Hospitalization Program or Intensive Outpatient Programs and also may include referrals to quality outpatient therapists within the community.

CAN I AFFORD TO START TREATMENT?

Pasadena Villa Outpatient Center is a private program and can work with most out-of-network plans to assist with the cost of care. For those preferring to pay for treatment directly, we have systems to support this choice also.

We believe everyone can learn, grow, and recover. Pasadena Villa Outpatient Center – Raleigh provides an intensive psychiatric treatment plan that allows individuals to preserve their dignity as they find new ways to enjoy life's journey.

For more information on how we can help you, please call 877.845.5235.

Pasadena Villa[®]
OUTPATIENT CENTER

Raleigh

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WHO WE ARE

Located in Cary, NC, Pasadena Villa Outpatient Center – Raleigh specializes in treating adults (18 years or older) who struggle with various mental illnesses including but not limited to depression, anxiety, bipolar disorder, schizoaffective disorders and adults on the autistic spectrum. Regardless of age, if our services are a good fit for you, we can help.

Our treatment programs provide a supportive environment to discover ways to recognize and manage psychiatric symptoms. We place a strong emphasis on building and practicing new self-management strategies, in real-time to promote independence and autonomy.

LEVELS OF CARE

Partial Hospitalization Program

Our Partial Hospitalization Program [PHP] meets five days a week, Monday through Friday. PHP is the most intensive outpatient level of care. It serves as a preventive program to hospitalization if the psychiatric condition is identified early enough and a solid bridge that helps people step down out of hospitalizations or residential treatment programs.

Intensive Outpatient Program

Our Intensive Outpatient Program [IOP] meets for three hours or more three days a week. IOP allows individuals who are experiencing emerging mental health issues to gain a solid foundation before stepping down into traditional outpatient services or provide the added support when current treatment is not frequent enough to foster meaningful improvement.

Our programs have access to psychiatric assessment and oversight as required and needed.

The program features diverse treatment interventions facilitated by certified, licensed therapists and range from process group therapies, experiential therapeutic activities, art therapy and social integration activities. Our psychotherapy groups are grounded in cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT). We match treatment interventions and tailor them to the clinical needs of our clients and families.



At Pasadena Villa Outpatient Center – Raleigh, we have created an environment that is focused on your unique goals. Our professionals are dedicated to helping you create a life worth living based on your personal value. Most clinical settings are sterile; however, we pride ourselves on providing warmth and comfort to enable optimal progress in treatment. We understand that people are not a diagnosis, people are a mixture of all that has happened and their future journeys.

