

The Stables

Autism Program

at Pasadena Villa®

Program Overview

Who We Are

The Stables Autism Program, part of the Pasadena Villa Network, helps individuals gain self-awareness, acceptance, inner strength, and life strategies to live a more independent life. Our evidence-based clinical therapies focus on skill-building in four primary categories:

- Goal setting
- Executive functioning skills
- Emotion regulation skills
- Social skills

Our multidisciplinary treatment team helps each person set and achieve their individual goals at their own pace. Set in the Great Smoky Mountains, our tranquil, home-like setting enables participants to comfortably explore the vast possibilities that an independent life can have for people on the autism spectrum.

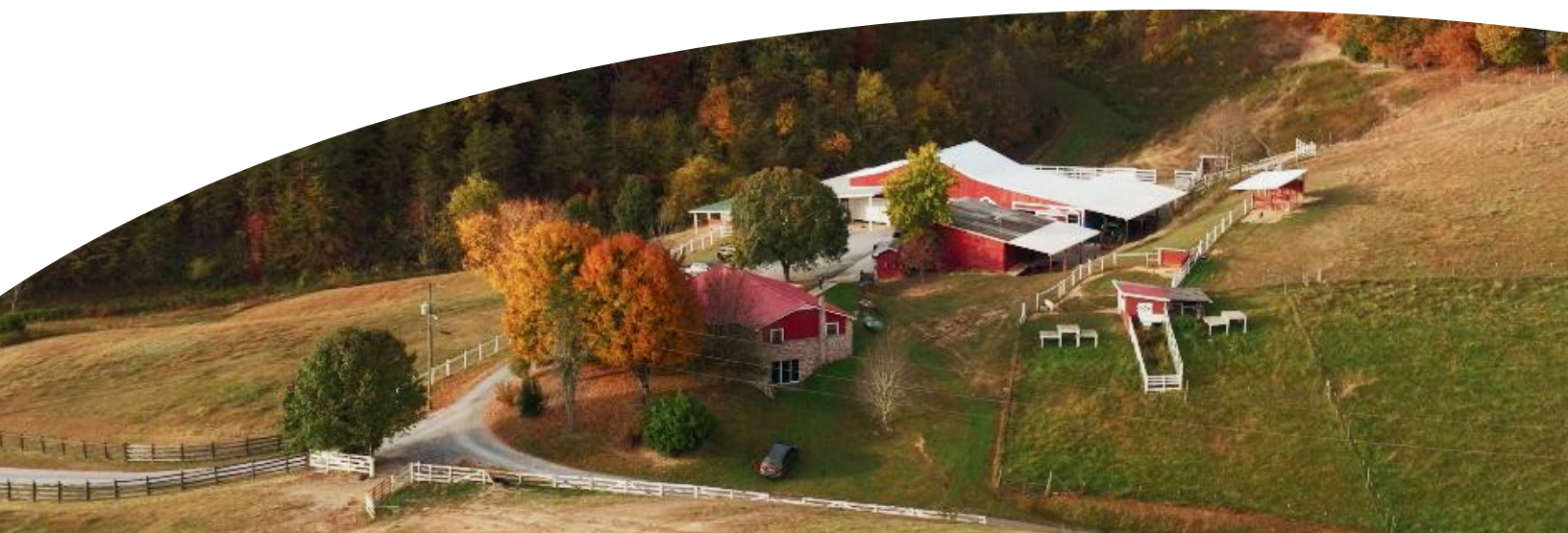
Who We Treat

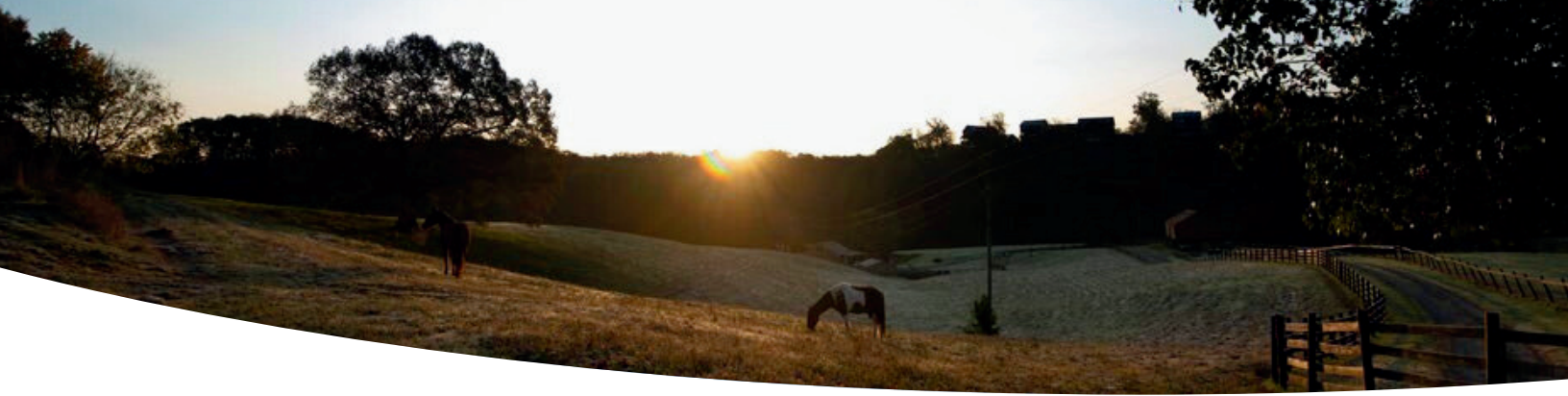
The Stables Autism Program treats adults of all genders (18 and older) who have autism spectrum disorder (ASD) and have not achieved or sustained the level of social, academic, occupational, employment, and family function desired.

What Makes Pasadena Villa Different?

At Pasadena Villa, we understand it can be challenging to find a treatment center to meet the unique needs of those with autism spectrum disorder (ASD). We work with each client and their loved ones to customize a treatment plan that meets their specific needs.

- 25-Years of clinical excellence
- Evidence-based treatment
- Social Integration Model™
- Nature-based therapy & animal-assisted therapy (AAT)





Our Methods

Pasadena Villa built the Stables Autism Program to provide quality care in a beautiful and serene environment that leverages the robust clinical resources available at the nearby Pasadena Villa Smoky Mountain Lodge facility.

Our clinicians and therapists utilize a diverse set of treatment methods and groups based on each client's individual needs, including, but not limited to the methods listed below.

- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Experiential therapy
- Family systems approach
- Individual therapy
- Mindfulness activities
- Motivational interviewing
- Nature-based therapy and animal-assisted therapy (AAT)
- Social Integration Model™
- Vocational skill development and employment
- Art & music therapy
- Multi-sensory elements & experience

Admissions & Referral Process

The first step is to call our admissions team at 866.629.3518. Admission to the program depends on the needs of each individual and their family. Clients must meet the following criteria to be eligible for the program:

1. Recent deterioration of functioning at work, in school, in social interactions with others, or a lack of self-care.
2. Reasonable potential for the individual to return to a baseline level of functioning and/or improvement.
3. Capability of the individual to participate in programming and accomplish objectives.

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stablesautismprogram.com

The Stables Autism Program is a proud
part of Odyssey Behavioral Healthcare

Questions?
Call Admissions
at 866.629.3518