

About Us

Pasadena Villa is thrilled to announce the opening of our newest residential facility, Pasadena Villa The Grove. This facility expands our services to central Virginia and addresses the region's unmet need for mental health services. Our 56-bed treatment center is specifically designed for adults aged 18 and older with a range of psychiatric disorders.

Nestled in a serene residential community, The Grove offers a tranquil, modern environment designed to support healing and recovery. It features spacious, open-floor areas for communal gatherings, peaceful outdoor courtyards, spaces for quiet reflection, a fitness center, and expansive rooms dedicated to group therapy and activities.

What We Treat & How We Treat

At Pasadena Villa The Grove, we treat various mental health conditions using evidence-based approaches that are personalized to each individual's needs. We offer a range of treatment options in a safe environment that fosters health, recovery, and personal motivation. Our programs are based on our Social Integration Model, designed to prepare clients for life after treatment.

Conditions We Treat

- Anxiety disorders
- Bipolar disorder
- Depression
- Mood disorders
- Post-traumatic stress disorder (PTSD)
- Trauma
- Schizophrenia and other psychotic disorders
- Thought disorders
- Co-occurring autism spectrum disorder (ASD)
- Co-occurring substance use disorder (SUD)

Therapies We Use

- Acceptance and commitment therapy (ACT)
- Brainspotting therapy
- Cognitive behavioral therapy (CBT)
- Dialectical behavior therapy (DBT)
- Experiential therapy
- Individual & family therapy
- Medication evaluation and management
- Polyvagal therapy (PVT)
- Recreational therapy
- Seeking safety



Residential Treatment for Mental Health Disorders

Our residential treatment program provides clients with 24/7 supervision and support. Clients live onsite and have access to around-the-clock care and ongoing support. They also participate in personalized therapy and education. Individualized treatment plans are tailored to each client's specific needs to educate, motivate, and support wellness and long-term recovery.

Care Through Culinary™

Food is often overlooked as an important aspect of quality care. However, we have discovered that providing high-quality, thoughtfully prepared, fresh, and nutritious food directly influences how clients approach their treatment. Nourishing the mind and body is an integral part of our holistic approach to care, as it aids each person's journey toward recovery.



For us, culinary excellence means nourishing the mind and body with well-balanced meals, fostering connections with others during mealtimes, and savoring new and familiar tastes.



Pasadena Villa The Grove is proud to have The Joint Commission's Gold Seal of Approval, affirming our adherence and commitment to the highest quality standards for client safety and care.

Pasadena Villa®
The Grove

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Pasadena Villa The Grove is a
proud part of Odyssey Behavioral Healthcare.

Questions?
Call Admissions
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