

### About Us

Pasadena Villa The Grove is a 56-bed residential mental health treatment center in Locust Grove, Virginia, serving adults throughout the Washington, D.C. metro area, Northern Virginia, Richmond, and surrounding areas.

Set on a modern, thoughtfully designed campus, The Grove provides 24-hour structured psychiatric care for adults navigating complex mental health conditions. Our clinical team delivers individualized, evidence-based treatment through Pasadena Villa's proprietary Social Integration Model™ — a clinically grounded framework that moves beyond symptom stabilization to develop the social, emotional, and functional skills clients need to thrive after discharge.

### What We Treat + How We Treat

Our individualized treatment plans are built around each client's diagnosis, history, and goals — integrating evidence-based therapies through the Social Integration Model™ to prepare clients for lasting recovery.

### Conditions We Treat

- Anxiety disorders
- Bipolar disorder
- Depressive disorders
- Mood disorders
- Post-traumatic stress disorder
- Trauma
- Schizophrenia + other psychotic disorders
- Thought disorders
- Co-occurring disordered eating

### Therapies We Use

- Acceptance + commitment therapy
- Brainspotting therapy
- Cognitive behavioral therapy
- Dialectical behavior therapy
- Experiential therapy
- Individual + family therapy
- Medication evaluation + management
- Polyvagal therapy
- Recreational therapy
- Seeking Safety



## Level of Care | Residential Treatment

Our residential program provides 24-hour structured care and clinical support in a modern, therapeutic environment. Clients receive individualized treatment plans combining evidence-based therapies, psychiatric evaluation, and ongoing clinical assessment — all designed to promote stability and prepare for a confident return to everyday life.

- 24-hour clinical support
- Intensive individual and group therapy
- Recreational, art, and music therapy

## Care Through Culinary™

Nutrition is often overlooked in clinical care — but at The Grove, it's a core component of treatment. Our Care Through Culinary™ program recognizes the established connection between physical wellness and mental health outcomes, providing high-quality, thoughtfully prepared meals that nourish both mind and body.



For us, culinary excellence means well-balanced nutrition, meaningful connection during mealtimes, and the simple but powerful act of savoring something good.



Accredited by The Joint Commission, reflecting our commitment to clinical excellence and client safety.

*Pasadena Villa*®

*The Grove*

3017 Somerville Road | Locust Grove, VA 22508  
[PasadenaVilla.com/TheGrove](http://PasadenaVilla.com/TheGrove)

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

**Questions?**  
Call Admissions  
at 540.647.9079