

### About Us

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

Situated on a peaceful, modern campus, The Grove provides 24-hour structured psychiatric care for adults navigating complex mental health conditions and co-occurring disordered eating. The proprietary Social Integration Model™ guides every treatment plan, building the real-world skills and confidence each person needs for lasting independence beyond treatment.

### Conditions We Treat

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

### Therapies We Use

- Acceptance + commitment therapy
- Cognitive behavioral therapy
- Dialectical behavior therapy
- Experiential + recreational therapy
- Family therapy
- Individual + group therapy
- Medication evaluation + management
- Polyvagal 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™

At Pasadena Villa The Grove, food is part of the treatment. Care Through Culinary™ nourishes mind and body through well-balanced, thoughtfully prepared meals — building community, comfort, and connection as part of a whole-person approach to recovery. Shared dining experiences create a sense of belonging that extends beyond the table, reinforcing the social skills and daily routines that support lasting independence.



The Grove is accredited by The Joint Commission — the gold standard in behavioral health care quality. This recognition reflects our ongoing commitment to clinical excellence, client safety, and measurable outcomes.

*Pasadena Villa*®

**The Grove**

A proud part of Odyssey Behavioral Healthcare

Admissions | 540.647.9079

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[PasadenaVilla.com/TheGrove](https://PasadenaVilla.com/TheGrove)

