Pasadena Villa®

Psychiatric Residential Treatment
Network of Services
We Guide Clinically Complex Individuals Towards A Socially Fulfilling Life.

“For the first time yesterday in a long time, I felt hopeful for my daughter. The last few months have been beyond difficult for us. Ironically, we stood talking amidst and between desks, offices and visitors, and the LAST thing I felt was unwelcome. Instead, you conveyed warmth, caring and attention. As soon as we began walking the residence, I could feel some burden being lifted. The description of your program “came alive” through observing and experiencing the residents, as they interacted with each other. I knew my daughter would do well here. Thank you for all you’ve done to give me peace of mind in such a very short time.”

~ Elana, MD
Pasadena Villa’s Social Integration Model™

Our Social Integration Model is the gateway to passage towards a socially fulfilling life. Under our care, residents can experience relevant life situations in real time. Our primary goal is to facilitate the progress from clinical care towards independent self-care for each of our residents. To develop a customized treatment plan, we begin with a comprehensive assessment that includes consultation with prior care managers, doctors, therapists, and family members. Our experienced physicians provide careful medication management, closely monitoring the medication’s impact on behaviors and symptoms to make necessary adjustments.

With the opportunity to work with a wide variety of evidence-based therapeutic practices, residents consistently engage in developing life skills, health and nutrition acumen, and social competencies with a goal of integrating back into their life outside of treatment.

“All around professionalism. The social integration focus helps build relations with others and helps to transition comfortably.”

- Resident, Winter Park, FL

Pasadena Villa’s Social Integration Model™ intensely prepares clients for life after treatment by the introduction to, and hands-on involvement, in relevant, real life situations within the community in real time.

Relevant

Our clinicians are “Social Mentors,” a strong constant presence in a therapeutic environment continuously engaging with our residents in relevant situations. Through an effective therapeutic alliance with our clinicians, ongoing feedback, support and direction are provided to help guide the process and assist the resident in meeting their individualized treatment goals and regain control of their lives.

Real Time

Our licensed mental health professionals observe residents and instantly intervene, as appropriate, in real time. To achieve a higher level of functioning outside of treatment, the observations are incorporated into the client’s treatment plan so they can practice the application of those learned skills to any situation in the future.

Life Strategies

In a natural environment, our residents receive expert clinical care and guidance from our licensed staff in real life situations. Residents enjoy the many fun and rewarding experiences that life offers within the local community while practicing the life skills necessary to have a socially fulfilling future after treatment. Inside our facilities, we engage in real life activities, such as serving all meals at one large banquet table where residents model, practice, and learn proper social and communications skills and behavior.
This place has genuinely saved my life.

I came here a completely different person than I am today.

Now, I am confident in my abilities and I know that I will succeed.”

- Sam

The Table Is Set

Meals are served “family-style,” delivering much more than just nutrition to our residents. Meals are a trigger point for some but are a great opportunity to model positive behaviors and provide therapeutic interventions for those who may find this social interaction difficult.
What We Treat

We guide clinically complex individuals towards a socially fulfilling life.

We specialize in the following conditions:

- Depression
- Anxiety Disorders
- Schizophrenia and Schizoaffective Disorders
- Bipolar Disorder
- Autism Spectrum Disorder/Asperger’s
- Co-occurring Substance Abuse or Addiction
- Psychosis

Our Methods

We believe that we have a responsibility to do whatever possible to prepare our residents for life after treatment. Our program is firmly rooted in Pasadena Villa’s Social Integration Model™.

We are committed to providing the highest quality service to our residents in a physical environment promoting health/well-being, recovery, and personal motivation. Social integration allows residents to take part in social, cultural, and recreational activities within the community, providing them with real life experiences and coaching in real time. Our staff uses this time to observe and interact with residents in real life situations, helping to ensure that current treatment plans are accurate and effective.

Social Integration includes:

- Frequent outings to hone social skills
- Community Residential or Supportive Residential Homes
- Ability to volunteer, go to school or work while continuing treatment
- Integrated therapy within the community

We apply evidence-based treatment modalities more robustly within the social integration framework. Combining recreational, social, and life-skill activities with these therapeutic methods aid residents in assimilating into everyday life and regaining control of their lives.

Our treatment modalities include:

- DBT (Dialectical Behavioral Therapy)
- CBT (Cognitive Behavioral Therapy)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Psychiatric Medication Evaluation
- Individual Psychotherapy Sessions
- Family Therapy
- Recreational Therapy
- Art Therapy
- Animal Assisted Psychotherapy
Admissions Process

Seeking treatment is the first step on your recovery journey. We recognize the sensitive nature that surrounds the admission process, and the primary criteria we consider is the ability to benefit from the treatment methods we offer.

The first step for treatment is to call our admissions staff at 877.845.5235. During this call, we will work with you to obtain pertinent clinical and demographic information, and begin the assessment.

During the admission process, we may request additional records for clinical review to determine the most comprehensive treatment experience to meet your needs.

The most recent copies of records may include:

- Psychiatric evaluation
- History and physical
- Psycho-social history
- Clinical notes (if in a treatment program)
- List of current medications (dosage and frequency)
- Other clinical or educational records that may be useful

Once we have reviewed the clinical information and assessment, we can determine the appropriate level of care in our treatment environment.

Admissions Criteria:

- Each resident must admit themselves voluntarily
- Age 18 or older and diagnosed as having a primary mental health or psychiatric diagnosis
- Free of major medical conditions requiring ongoing 24-hour, seven days per week nursing services
- Initiates and participates in social interaction with staff supervision

Few places are able to create an active and inclusive atmosphere of both respect and compassion for adults with ongoing psychiatric, addiction, and social maladaptive behaviors. Pasadena Villa Network of Services has a proven and effective track record with families that I have referred for treatment. Staff are professional and their social milieu model works. I recommend the Villa Orlando and Smoky Mountain Lodge without hesitation."

- Dr. Mark Burdick, INTERNATIONAL CONSULTANT
The Villa Orlando

The Villa Orlando’s program is tailored to each resident based on their medical, therapeutic, nutritional, physical, and social needs. It is a place where you or your loved one can recover and progress in a vibrant, safe, and welcoming urban environment.

Many exciting social, cultural, and recreational activities in Central Florida allow for the full implementation of Pasadena Villa’s Social Integration Model™. Popular activities include rock climbing, golfing, canoeing, horseback riding, bowling, tubing, and shopping. Daily outings include group expeditions to many exciting locations like local theme parks, museums, beaches, and theaters.

Located minutes away, the Orlando International Airport (MCO), provides easy access from anywhere in the world. Orlando is known as the “Theme-Park Capital of the World,” and its rich cultural heritage offers countless opportunities for residents to experience a wide variety of support activities, facilitating resilience and independence.
Levels of Care

- **Intensive Residential Treatment** – Our most intensive level of care offers a high staff to resident ratio, 24-hour staffing, and a variety of individualized therapies, education, and support woven into Pasadena Villa's Social Integration Model™.

- **Community-Based Residential Treatment** – This less intensive level of care is ideal for those stepping down from intensive residential treatment or wanting to come into treatment and maintain their independence, and gain coaching and life skills.

- **Supportive Housing** – Our Supportive Housing services allow residents to participate in individualized therapeutic activities several times a week while living at their off-site residence.

- **Day Treatment** – Many people have progressed enough to live independently, but still need support. Day Treatment is more intensive than outpatient care but is less intensive than our community-based residential treatment.
Smoky Mountain Lodge

Offering a Serene Mountain Environment that is Perfect for a Peaceful Road to Recovery

Our dedicated, professional staff, resort-like amenities, and serene location at Smoky Mountain Lodge creates an ideal venue of healing at a pace that is best-suited for each of our residents.

Even though Smoky Mountain Lodge provides a private, quiet setting, there is still a lot to do, with a location full of opportunity for the full implementation of Pasadena Villa’s Social Integration Model™. With our proximity to the Great Smoky Mountain National Park, we can incorporate a wide variety of outdoor recreational activities into the programming. Close by are Dollywood and other attractions in the Pigeon Forge and Gatlinburg areas where social interaction consistently challenges our residents to improve their coping skills and resilience.

McGhee Tyson (TYS), Knoxville’s International Airport, is less than an hour away, providing easy access for clients and their family members.

Our network of services provides a full continuum designed specifically to move our clients from clinical care to independent, self-care. Our experienced clinical team is prepared to build a strong therapeutic alliance with you or your loved one to achieve that goal.

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The Smoky Mountain Lodge, our 48-bed, co-ed residential treatment facility located at the entrance of the Great Smoky Mountain National Park.
The Stables at Smoky Mountain Lodge

The Stables offer Exclusive Certified Animal-Assisted Therapy

The Stables is a hands-down favorite of our residents. Positioned on twenty-three acres of rolling hills and pastures with a wide range of therapy animals, there is something for every comfort level.

Interacting with horses, sheep, goats, dogs, cats and even exotic rabbits is a form of therapeutic intervention in which animals help residents to gain self-understanding and emotional growth. Animal assisted psychotherapy recognizes the bond between animals and humans and the potential for emotional healing to occur when a relationship is formed.

To provide a powerful and mutual healing experience, The Stables proudly utilizes rescue horses in our animal assisted therapy program. Promoting growth and learning in an individual’s life in a non-traditional venue is the focus at The Stables, where our residents have an active treatment experience that is relevant and in real time.
Pasadena Villa Outpatient Center – Raleigh specializes in treating adults who struggle with various mental illnesses, including but not limited to, depression, anxiety, bipolar disorder, schizoaffective disorders and adults on the autistic spectrum.

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.

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.

Levels of Care

- Partial Hospitalization Program [PHP]: Our Partial Hospitalization Program 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 from hospitalizations or residential treatment programs.

- Intensive Outpatient Program [IOP]: Our Intensive Outpatient Program 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.
“My son and I were constantly yo-yoing between assessments and stabilizations after he had his first psychotic break. These services were necessary but I wanted more for him.

At the Villa Orlando, my son received awesome clinical care and social mentorship to address his needs, but they also never lost sight of his future. We won’t settle. I won’t ever give up on my son’s future. Neither has the Villa Orlando.”

- Jessie

The Villa Orlando
216 Pasadena Place
Orlando, FL 32803

Smoky Mountain Lodge
3889 Wonderland Lane
Sevierville, TN 37862

Pasadena Villa Outpatient Center - Raleigh
206 High House Road, ste 200
Cary, NC 27513

Take the Next Step. Contact us.
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