



The Stables

Autism Program

WHO WE ARE

The Stables Autism Program accepts adults of all genders (age 18 and older) who are on the spectrum and haven't yet achieved or sustained the level of independence, social, academic, occupational, employment, and family functioning desired.

Set in a tranquil environment, the program prepares individuals with the social and practical skills to live a more independent life through experiences with nature, animals, and other residents. We address unmanaged mental health symptoms with evidence-based practices and interventions.

Our four levels of treatment allow clients to follow individual treatment plans that accomplish their goals and address unique challenges.

LEVEL 1 **Assessment, Stabilization, & Orientation**

LEVEL 2 **Assimilation & Application**

LEVEL 3 **Action & Integration**

LEVEL 4 **Maintenance & Modeling**



OUR METHODS

Built on a solution-focused and family systems model, our program is firmly rooted in evidence-based treatment methods. In tandem with our **Social Integration Model™**, which enables clients to put skills learned into practice with the support of their therapist, our clinical team uses multiple therapeutic modalities including:

- **DBT** (Dialectical Behavior Therapy)
- **CBT** (Cognitive Behavioral Therapy)
- **EMDR** (Eye Movement Desensitization & Reprocessing)
- **CPT** (Cognitive Processing Therapy)
- **Animal Assisted Psychotherapy**
- **Experiential Therapy**
- **Social Integration**
- **Motivational Interviewing**
- **Collaborative Problem Solving**
- **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. Prior diagnosis of Autism Spectrum Disorder (ASD).
2. Recent deterioration of functioning in real-world social functioning, work, school, social interactions with others, or self-care.
3. Reasonable potential for the individual to return to a baseline level of functioning and/or improvement.
4. Capability of the individual to participate in programming and accomplish objectives.

The Stables Autism Program is a private pay program.

For more information about The Stables Autism Program,
call **866.629.3518**.

Pasadena Villa[®]

Psychiatric Treatment Network



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The Stables Autism Program is part of the Pasadena Villa
Psychiatric Treatment Network.

For more information about Pasadena Villa and our Residential
or Outpatient Locations, visit PasadenaVilla.com.

stableautismprogram.com



The Stables Autism Program is a proud
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