

# VIRTUAL CARE

## for Mood and Anxiety Disorders and Eating Disorders



## World-Class Behavioral Health Care From the Comfort of Home

Pathlight Mood and Anxiety Center and Eating Recovery Center are a leading national mental health care system dedicated to treating primary mood, anxiety and trauma-related disorders and eating disorders, with Inpatient, Residential, Intensive Outpatient (IOP) treatment and Partial Hospitalization (PHP) in centers across the country.

Offering specialized, multidisciplinary programs at multiple higher levels of care for children, teens and adults, our intensive treatment approach is designed to end the cycle of crisis care. Patients develop the skills they need to successfully manage their condition following treatment (with outpatient provider support).

As long-standing experts in telebehavioral health, we also offer rigorous Virtual IOP and Virtual PHP services in more than 35 states. Treatment is led by a collaborative, multidisciplinary care team of licensed, expert professionals with training in telebehavioral health ethics and treatment delivery.

*"Virtual Care provides the same high-quality, evidence-based treatment designed to help patients make significant therapeutic progress not possible in outpatient treatment services from the safety and convenience of their home."*

- Anne Marie O'Melia, MS, MD, FAAP  
Chief Medical Officer of Pathlight  
Mood and Anxiety Center and  
Eating Recovery Center

## Benefits of Virtual Care\*



Evidenced-based treatment interrupts symptoms and helps patients build a foundation for resilience



PHP offers structure for the full day, 6-7 days per week for optimal patient engagement



Meal support provides education and helps establish structure



Psychiatric medication assessment and management helps ensure psychotropic medications are effective



Group therapy, with all participants in virtual settings, helps patients learn emotion-regulation skills and adaptive coping patterns



Collaboration with outpatient provider ensures seamless transition



Family therapy and alumni support to maintain recovery



Recovery Record app tracks eating disorder treatment, patients' moods and meals, and links patients with treatment team for monitoring and additional support

*\*Specific treatment program is based on patient's individual needs.*

Master's-level clinicians are available  
for care consultation and assessment.

**Please contact us to schedule a free consultation.**  
**1-877-825-8584 • [EatingRecovery.com/VirtualCare](https://www.EatingRecovery.com/VirtualCare)**

*Joint Commission-accredited • Most commercial insurance accepted*



## VIRTUAL PROGRAMS GENERATE POSITIVE OUTCOMES

**100%**

felt connected to facilitators  
and group members

**97%**

felt treatment has increased  
their chances of improving  
their health

**98%**

agreed they were able to  
utilize video conferencing  
technology effectively

**98%**

agreed that staff created a  
recovery-focused environment

*2017-2018 Eating Recovery Center and  
Pathlight Behavioral Health Centers Virtual  
Intensive Outpatient Research Outcomes Study*

*“The virtual program is very helpful, especially for those who cannot travel to treatment or want to disrupt their lives as little as possible. Even though we are in different places, it still feels like we are together.”*

*- Virtual Program Alumni*

### Mood and Anxiety Virtual Care

IOP: Three days a week, three hours of programming per day

PHP: Six days a week, a minimum of six hours of programming per day

- Evidenced-based therapy groups
- Individual/family therapy sessions
- Parent skills groups (Child and Adolescent Program)
- Psychiatric assessment and medication management (PHP)
- Registered dietitian consult available

### Eating Disorder Virtual Care

IOP: Three days a week, three hours of programming per day

PHP: Seven days a week, a minimum of six hours of programming per day

- Evidenced-based therapy groups
- Individual/family therapy sessions
- Sessions with registered dietitian
- Nutrition groups
- Parent skills groups (Child and Adolescent Program)
- Meal support
- Psychiatric assessment and medication management (PHP)
- Nursing visits (PHP)
- Primary care physician assessment and monitoring
- Recovery Record mobile app includes a mood and food tracking log that keeps the treatment team connected to patients

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