

# 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 since 2016, we also offer rigorous Virtual IOP 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

## What Makes Our Virtual Care Unique



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



Led by our team of licensed, renowned professionals with extensive training in telebehavioral health ethics and delivery



Collaboration with outpatient medical and psychiatric providers ensure a seamless transition



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



Meal support provides education and helps establish structure\*



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\*

\* Eating Disorder treatment program

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

Please contact us to schedule a free consultation.

1-877-825-8584 • Fax: 425-974-1530

[EatingRecovery.com/VirtualCare](https://EatingRecovery.com/VirtualCare) | [PathlightBH.com/VirtualCare](https://PathlightBH.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*

*ERC's approach and the virtual  
care program was absolutely the  
missing link in my recovery. My care  
team changed my life by showing  
me that I could. The mix of pushing  
me to step outside of my rigid, ED-  
defined comfort zone and hand-  
holding as I stumbled helped me  
to build what I believe is a strong  
recovery foundation that will help  
me sustain long-term recovery.*

*- Katy, VPHP and VIOP Patient*

### WHO CAN BENEFIT FROM OUR VIRTUAL IOP PROGRAM?

Contact us if your patient...

- Has a mood, anxiety or trauma-related disorder or eating disorder diagnosis
- Is experiencing related symptoms causing significant distress/dysfunction in work, school, family life or with social connection
- Is able to maintain safety (e.g., no self-harm requiring medical care, no active suicidality or severe SI, no patterns of violent behavior toward others)
- Has struggled to gain traction or progress in outpatient treatment
- Does not have access to recommended/specialized care or the appropriate level of care
- Would benefit from more structure/support to progress in treatment goals
- Feels isolated or is without supportive others who "get it"

### MOOD AND ANXIETY VIRTUAL IOP PROGRAM

- Three, three-hour groups weekly including:
  - Evidence-based skills focused groups (DBT, CBT, ACT, RO-DBT)
  - Process-oriented group therapy
  - Behavior modification group therapy (Exposures, Behavioral Activation)
- One weekly individual/family therapy session

### EATING DISORDER VIRTUAL IOP PROGRAM

- Three, three-hour groups weekly including:
  - Therapy groups
  - Nutrition groups
  - Meal support
- One weekly individual/family therapy session
- One weekly session with a registered dietitian
- Recovery Record mobile app
- Frequent collaboration with outpatient medical providers

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