

# MULTIPLE LEVELS OF CARE for Long-Lasting Mental Wellness



Pathlight Mood & Anxiety Center specializes in treating patients and their families who struggle with mood, anxiety and trauma-related disorders at multiple levels of care. Our treatment model allows patients to transition up or down seamlessly between different levels of care and locations based on the patients' needs.

## RESIDENTIAL

**For patients who would benefit from structured, contained and specialized treatment.**

- Full-day programming 7 days per week
- 24-hour nursing care in a licensed psychiatric facility
- Daily physician presence and 2 psychiatric visits per week minimum
- Intensive psychotherapeutic curriculum including individual, group and family therapy
- Expert and innovative psychopharmacologic treatment
- Education specialists work as school liaisons, so children and adolescents can maintain educational objectives
- Average length of stay is 4-6 weeks\*

**PATIENT GOALS:** To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.

## PARTIAL HOSPITALIZATION

**For patients in need of structure, intensive skills practice and who can maintain medication compliance.**

- Programming 6-8 hours per day, 7 days per week
- Psychiatric visits typically twice weekly and on-site nursing care when needed
- Intensive psychotherapeutic curriculum including individual, group and family therapy
- Patient spends nights at home or at nearby apartments for a comfortable, supported environment during evening hours
- Education specialists work as school liaisons, so child and adolescent patients can maintain educational objectives
- Average length of stay is 4 weeks\*

**PATIENT GOALS:** To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.

## INTENSIVE OUTPATIENT (ON SITE AND VIRTUAL)

**For patients who can set goals and work toward them but would benefit from structure and more group support than outpatient therapy provides.**

- Outpatient care for 3 hours per day, 3-4 days per week
- Patient can stay engaged in school or work while participating in intensive treatment
- Individual and group psychotherapy and nutritional counseling
- Average length of stay is 8 weeks\*

**PATIENT GOALS:** To continue to develop sustainable skills and strategies for managing symptoms in order to maintain optimal, independent daily living.

\*Denotes average length of stay; treatment length varies by individualized treatment plans.

Please contact us to make a referral or schedule a free assessment with a master's-level clinician.

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