

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.

1-877-825-8584 • Fax: 425-974-1530 • PathlightBH.com | CO • IL • MD • TX • WA