

# A TREATMENT MODEL TO SUPPORT LONG-LASTING MENTAL WELLNESS



## Transdiagnostic Care Model and Specialty Tracks for Individualized Treatment

Pathlight Mood & Anxiety Center uses a **Transdiagnostic Model of Care** focused on a comprehensive patient assessment for an expert diagnosis and identification of individual needs. We utilize a variety of evidence-based psychotherapy approaches to effectively treat each patient as a whole and unique person, no matter how complex the diagnosis. Through our multidisciplinary approach, we additionally offer **specialty trauma and OCD tracks and neuropsychiatric treatments** for patients who require more focused and intensive treatment.

Designed to bridge a gap in treatment for **mood, anxiety and trauma-related disorders**, Pathlight fills the growing need for mental health care that sits between weekly outpatient therapy and acute psychiatric hospitalization. We partner with our patients, families and referents to provide the skills, tools and support needed to rebuild resilience and guide patients on a path to long-lasting mental wellness.

## WHY CHOOSE PATHLIGHT MOOD & ANXIETY CENTER



### Expert Multidisciplinary Approach

Includes comprehensive, thorough patient assessment to help individualize each aspect of treatment plans



### Transdiagnostic Care Model

Transdiagnostic Care Model utilizes a range of evidence-based treatment modalities including Dialectical Behavioral Therapy (DBT), Cognitive Processing Therapy (CPT) and Exposure and Response Prevention (ERP)



### Specialty Tracks

Specialty trauma and OCD tracks for patients who require more intensive, individualized care



### State-of-the-Science Treatments

Innovative neuropsychiatric treatments including ketamine, electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS)\*



### Unparalleled Family and Friends Support

Strong focus on involvement, education and support for families and friends rooted in Emotion-Focused Family Therapy (EFFT)



### Culturally Competent Programming

Grounding in a foundation of safety, mindfulness and awareness for optimal engagement, learning and recovery

*\*Treatments vary by location*

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

1-877-825-8584 • Fax: 425-974-1530 | [PathlightBH.com](https://PathlightBH.com)

Most commercial insurance accepted



## TREATMENT FOR ALL AGES, ETHNICITIES, GENDER IDENTITIES AND EXPRESSIONS

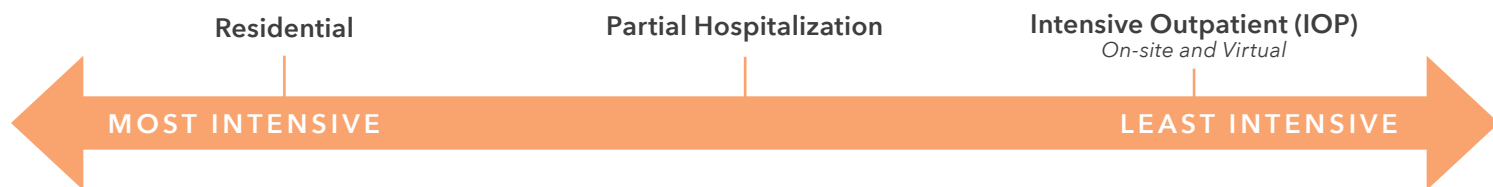
- > Children and Adolescents (ages 8-17\*)
- > Adults 18 and older

### Pathlight Offers Expert Voluntary Treatment for:

- Mood Disorders (e.g., Depression, Bipolar Disorder, Non-Suicidal Self-Injury (NSSI))
- Anxiety Disorders (e.g., Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder, Specific Phobias)
- Trauma (e.g., Post-Traumatic Stress Disorder, Chronic Stress, Dissociative Symptoms)
- School Refusal Due to Anxiety, Depression or Defiance
- Co-Occurring Diagnosis (e.g., Personality Disorders, Autism Spectrum Disorder, Substance Use Disorders, Emerging Traits of Psychosis, Attachment Disorder)

## LEVELS OF CARE

National System Offers Integrated Continuum of Care to Treat Full Spectrum of Patient Acuity and Complexity



### Professional Collaboration Throughout Your Patient's Admission, Treatment and Discharge

- Responsive, efficient assessment and admission process
- Same-day assessments available in most cases\*\*
- Fast-track admissions available in most cases for patients admitting directly from a hospital setting
- Regular updates provided to outpatient team regarding patient's progress while in our care
- Collaboration with treatment team during treatment and at discharge to ensure smooth patient transition to outpatient care

\*Programming for ages 10 and under varies by treatment program and location.

\*\*For calls received after 4:00 p.m. CT, assessments will be available the following day.

#### TREATMENT CENTER LOCATIONS

Colorado • Illinois • Maryland • Texas • Washington

#### VIRTUAL IOP OFFERED IN MORE THAN 28 LOCATIONS

For a list of current states, visit [Pathlight.com/VirtualCare](https://www.pathlight.com/VirtualCare)

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