



MEETING THE NEED FOR HIGHER-LEVEL MENTAL HEALTH SERVICES IN WASHINGTON

New Expert Residential Treatment for Mood, Anxiety & Trauma-Related Disorders

In response to Washington State's growing mental health crisis, Pathlight Mood & Anxiety Center is now offering new separate residential programs for children and teens, and adults. Our specialized treatment is designed to fill the gap between acute psychiatric hospitalization and weekly outpatient therapy in order to address worsening mental health outcomes in the Northwest. With our new residential level of care, we can more readily meet all patients' needs and help them smoothly transition between levels of care within our Seattle locations.

SEATTLE PROGRAMS

- > **NEW** Child & Adolescent (C&A) Residential Program: Ages 12-17
- > **NEW** Adult Residential Program: Ages 18+
- > C&A Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP)
- > Adult PHP and IOP
- > Adult and C&A Virtual Intensive Outpatient Programs

What Makes Our Individualized Treatment Model Unique



Comprehensive assessments to individualize aspects of patient's treatment plans



Newly developed **specialty tracks for trauma and OCD** to individualize aspects of treatment for patients who require more specialized care



Residential program offers 7 hours per day, 7 days per week programming with daily medical presence, a minimum of 2 psychiatrist visits per week and 24-hour nursing care



State-of-the-science neuropsychiatric treatments including **intranasal ketamine** for hard-to-treat depressive symptoms



Transdiagnostic Care Model rooted in evidence-based modalities with culturally competent programming, inclusivity and diversity



Strong focus on involvement, education and support for families and friends using Emotion-Focused Family Therapy

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

Most major commercial insurance accepted.



LED BY INDUSTRY EXPERTS



HOWARD R. WEEKS, MD, MBA
Chief Medical Officer



ROBERT MCFERREN, LCSW
Clinical Director



ANNABELLE DAMPIER-SIMPSON, MD
Child & Adolescent Psychiatrist



ALBERT TSAI, MD
Adult Psychiatrist

Collaboration with Professional Referents

- Responsive, efficient assessment and admission process
- Same-day assessments available in most cases*
- Fast-track assessments and admissions available in most cases for patients admitting directly from a hospital setting

*For calls received after 2:00 p.m. PT, assessments will be available the following day.

TREATMENT CENTER LOCATIONS

C&A and Adult RES • 1229 Madison St., Suite 500, Seattle, WA 98104
 C&A PHP/IOP • 901 Boren Ave., Suite 900, Seattle, WA 98104
 Adult PHP/IOP • 901 Boren Ave., Suite 1800, Seattle, WA 98104

A GROWING MENTAL HEALTH CRISIS



More than **1 in 5** Washington adults have a **mental illness**.¹

#1

Suicide is now the **single leading cause of death** for Washington young people from ages 10-24.²



More than **1 in 4** Washington adults with a mental illness report an **unmet need for treatment**.³

1. Mental Health America, 2021.
2. State of Washington, House Bill 1477, 2021 Regular Session.
3. Mental Health America, 2021 and County Health Rankings & Roadmaps, 2020.

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