



WHEN IOP IS RIGHT FOR YOUR CLIENTS

Partnering With You to Provide Additional Support

Eating Recovery Center's Intensive Outpatient Program (IOP) is an intermediate level of care that fills the gap between acute treatment – including inpatient, residential and partial hospitalization levels of care – and outpatient services. IOP is designed for clients who are struggling to make progress in an outpatient setting and would benefit from a group-based structured program. IOP also serves as a step-down level of care, helping to foster a positive transition from a higher level of care.

Eating Recovery Center Offers Expert Voluntary Treatment for:

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder
- Atypical anorexia nervosa
- Avoidant restrictive food intake disorder
- ED - diabetes mellitus type 1
- Other specified feeding and eating disorder
- Co-occurring mood and anxiety disorders
- Co-occurring substance use
- Exercise addiction

IOP Admission Criteria for Patients

**American Psychiatric Association Practice Guideline, 2006*

- Is medically stable
- Does not have suicidal thoughts or behaviors
- Has a weight generally above 85%
- Demonstrates fair motivation
- Able to accept support with eating from caregivers
- Can resist compulsive exercise urges
- Can reduce purging in unstructured setting
- Has a present and involved support system
- Lives near treatment setting

IOP Therapeutic Goals

- Support community outpatient provider
- Provide additional structure
- Offer eating disorder education and skills-based training
- Extend peer support and connections
- Interrupt eating disorder symptoms

When to Refer

- Does not respond to current level of care
- Shows worsened symptoms
- Lacks support in home environment
- Needs additional support/structure
- Has co-occurring conditions that complicate treatment
- Continues to see patients (frequency varies)
- Provides feedback or recommendations as part of treatment team
- Assists in implementing clinical recommendations
- Establishes therapeutic relationship, if ERC referred to provider

Outpatient Provider Role in IOP

Our IOP Program



3 hours per day,
3 days per week



Individual psychotherapy,
group therapy, nutritional
counseling and meal
support



Education and support
groups for families
and other loved ones



**ON-SITE TREATMENT
AVAILABLE**



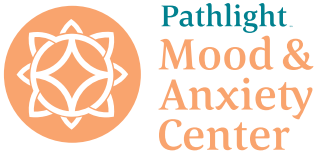
**VIRTUAL TREATMENT
AVAILABLE**

IOP helps patients continue to develop sustainable skills and strategies for managing symptoms to maintain optimal daily living. Full recovery is possible with comprehensive treatment, a motivated patient and a committed treatment team focused on skills building.

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 | [EatingRecovery.com](https://www.EatingRecovery.com)

Most commercial insurance accepted



WHEN IOP IS RIGHT FOR YOUR CLIENTS

Partnering With You to Provide Additional Support

Pathlight Mood & Anxiety Center's Intensive Outpatient Program (IOP) is an intermediate level of care that fills the gap between acute treatment - including residential and partial hospitalization levels of care - and outpatient services. IOP is specifically for clients who are struggling to make progress in an outpatient setting and would benefit from a group-based structured program. IOP also serves as a step-down level of care, helping to foster a positive transition from a higher level of care.

Pathlight Offers Expert Voluntary Treatment for:

- Mood disorders (e.g., depression, bipolar disorder, non-suicidal self-injury)
- 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)

IOP Admission Criteria for Patients

- Is medically stable
- Can independently maintain safety for self and others
- Shows willingness to engage in the recommended treatment plan
- Demonstrates necessary coping skills to continue with routine daily
- Has a present and involved support system
- Lives near treatment setting

IOP Therapeutic Goals

- Support community outpatient provider
- Provide additional structure
- Offer mood, anxiety or trauma-related education and skills-based training
- Extend peer support and connections
- Interrupt mood, anxiety and trauma-related symptoms

When to Refer

- Does not respond to current level of care
- Shows worsened symptoms
- Lacks support in home environment
- Needs additional support/structure
- Has co-occurring conditions that complicate treatment
- Continues to see patients (frequency varies)
- Provides feedback or recommendations as part of treatment team
- Assists in implementing clinical recommendations
- Establishes therapeutic relationship, if Pathlight referred to provider

Outpatient Provider Role in IOP

IOP helps patients continue to develop sustainable skills and strategies for managing symptoms to maintain optimal daily living. Full recovery is possible with comprehensive treatment, a motivated patient and a committed treatment team focused on skills building.

Our IOP Program



3 hours per day,
3 days per week



Individual therapy teaches emotion regulation skills and adaptive coping techniques



Group therapy uses evidence-based, skills-focused therapies including Dialectical Behavioral Therapy (DBT), Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP)



Education and support groups for families and other loved ones



ON-SITE TREATMENT AVAILABLE



VIRTUAL TREATMENT AVAILABLE

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

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