



# LIFE-CHANGING TREATMENT

for Mood, Anxiety and Trauma-Related Disorders

## PATHLIGHT MOOD & ANXIETY CENTER, ILLINOIS

**Pathlight Mood & Anxiety Center** offers inclusive treatment for all ages and genders for mood, anxiety and trauma-related disorders. Through a **Transdiagnostic Care Model**, Pathlight’s treatment focuses on a comprehensive patient assessment for an expert diagnosis and identification of individual traits or symptoms. We utilize a variety of evidence-based psychotherapeutic and psychopharmacologic approaches to effectively treat each patient as a whole and unique person, no matter how complex their diagnosis.

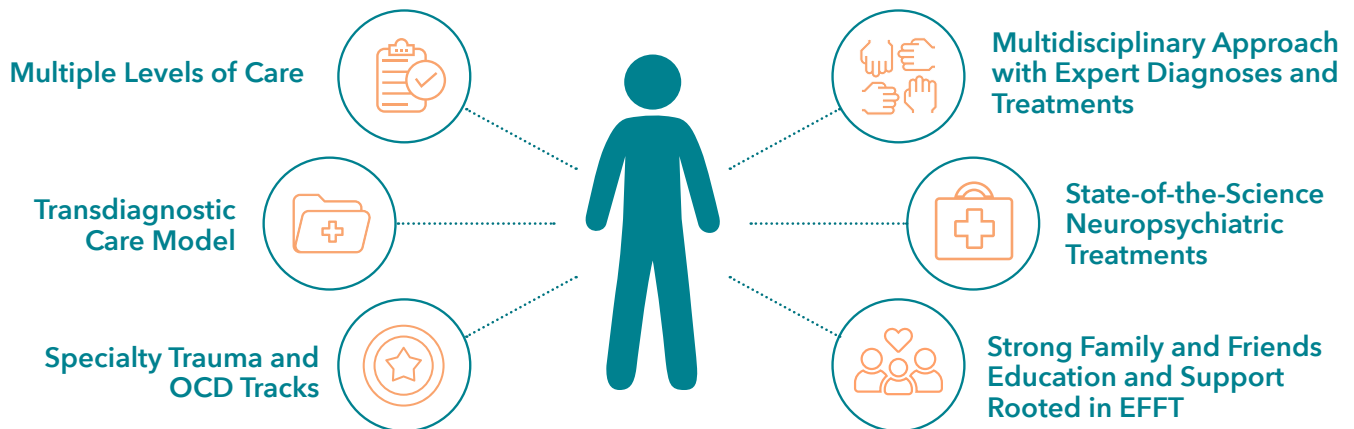
### Pathlight Offers Expert Voluntary Treatment for:

- 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-Occuring Diagnosis (e.g., Personality Disorders, Autism Spectrum Disorder, Substance Use Disorders, Emerging Traits of Psychosis, Attachment Disorder)

### ILLINOIS PROGRAMS

- › Adult Residential (Res), Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- › Children and Adolescents (C&A) PHP and IOP
- › Adult and C&A Virtual IOP

## WHY CHOOSE PATHLIGHT MOOD & ANXIETY CENTER



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](http://PathlightBH.com)

Most commercial insurance accepted

## Levels of Care

Our continuum of care allows patients to seamlessly step up or step down between programs and locations.

<p><b>RESIDENTIAL</b></p> <p><i>Adults, ages 18+ Children and teens, ages 12-17</i></p>	<p>For patients who would benefit from structured, contained and specialized treatment.</p> <ul style="list-style-type: none"><li>• Full-day programming 7 hours per day, 7 days per week</li><li>• 24-hour nursing care in a licensed psychiatric facility</li><li>• Daily physician presence and 2 psychiatrist visits minimum per week</li><li>• Expert and innovative psychopharmacologic treatment</li><li>• Intensive psychotherapeutic curriculum including individual, group and family therapy</li><li>• Average length of stay is 4-6 weeks*</li></ul> <p><b>PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.</b></p>
<p><b>PARTIAL HOSPITALIZATION</b></p> <p><i>Adults, ages 18+ Children and teens, ages 12-17</i></p>	<p>For patients in need of structure, intensive skills practice and who can maintain medication compliance.</p> <ul style="list-style-type: none"><li>• Programming 7 hours M-F, 6 hours Saturday and Sunday, 7 days per week</li><li>• 2 psychiatrist visits per week. On-site nursing care as needed</li><li>• Intensive psychotherapeutic curriculum including individual, group and family therapy</li><li>• Patient spends nights at home or nearby apartments for a comfortable, supportive environment during evening hours</li><li>• Average length of stay is 4 weeks*</li></ul> <p><b>PATIENT GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.</b></p>
<p><b>INTENSIVE OUTPATIENT (ON-SITE AND VIRTUAL)</b></p> <p><i>Adults, ages 18+ Children and teens, ages 12-17</i></p>	<p>For patients who would benefit from structure and more group support than outpatient therapy provides.</p> <ul style="list-style-type: none"><li>• Outpatient care for 3 hours per day, 3-4 days per week</li><li>• Individual psychotherapy and group therapy</li><li>• Patient can stay engaged in school or work while participating in intensive treatment</li><li>• Average length of stay is 8 weeks*</li></ul> <p><b>PATIENT GOALS: To continue to develop sustainable skills and strategies for managing symptoms in order to maintain optimal, independent daily living.</b></p>

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

## Collaboration with Professional Referents

- 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 outpatient treatment team during treatment and at discharge to ensure smooth patient transition to outpatient care

## TREATMENT PROGRAM LOCATIONS

Adult Residential Program • 1 E Erie St., Suite 400, Chicago IL 60611

Adult and C&A PHP/IOP • 1010 Jorie Blvd.; Suite 200, Oak Brook, IL 60523

Adult and C&A PHP/IOP • 333 N. Michigan Ave., Suite 1900, Chicago, IL 60601

Adult and C&A IOP • Virtual

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)