

LIFE-CHANGING TREATMENT

for Mood, Anxiety and Trauma-Related Disorders

PATHLIGHT MOOD & ANXIETY CENTER, TEXAS

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.

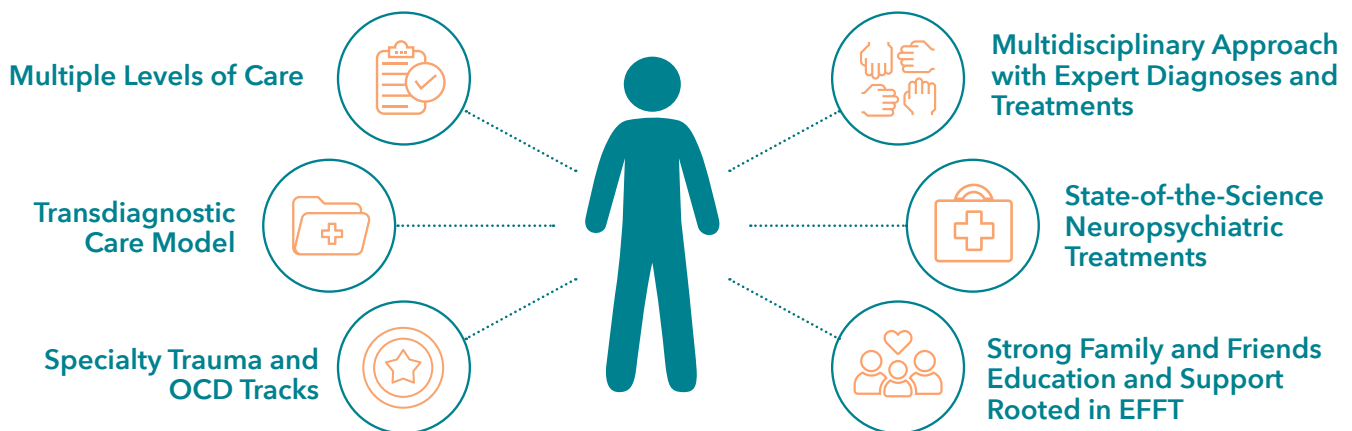
Pathlight Offers Expert Voluntary Treatment for:

- 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)

TEXAS PROGRAMS

- › Adult 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

Most commercial insurance accepted



Levels of Care

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

PARTIAL HOSPITALIZATION

Adults, ages 18+
Children and teens,
ages 12-17

For patients in need of structure, intensive skills practice and who can maintain medication compliance.

- Programming 7 hours M-F, 6 hours Saturday and Sunday, 7 days per week
- 2 psychiatrist visits per week. On-site nursing care as needed
- Intensive psychotherapeutic curriculum including individual, group and family therapy
- Patient spends nights at home or nearby apartments for a comfortable, supportive environment during evening hours
- 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)

Adults, ages 18+
Children and teens,
ages 12-17

For patients who would benefit from structure and more group support than outpatient therapy provides.

- Outpatient care for 3 hours per day, 3-4 days per week
- Individual psychotherapy and group therapy
- Patient can stay engaged in work or academic studies while participating in intensive treatment
- 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.

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 and C&A PHP/IOP • 4200 S. Hulen Street, Suite 436, Fort Worth, TX 76109

Adult and C&A PHP/IOP • 1 Chisholm Trail, Suite 5100, Round Rock, TX 78681

Adult and C&A PHP/IOP • 250 E Basse Road, Ste 206 San Antonio, TX 78209

Adult and C&A PHP/IOP • 17350 St. Luke's Way, Suite 320, The Woodlands, TX 77384

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