



LIFE-CHANGING TREATMENT

for Mood, Anxiety and Trauma-Related Disorders

PATHLIGHT MOOD & ANXIETY CENTER, WASHINGTON

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

WASHINGTON PROGRAMS

- Adult Residential (Res) Program
- Child and Adolescents (C&A) Res, Partial Hospitalization (PHP) and Intensive Outpatient (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.

<p>RESIDENTIAL</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">• Full-day programming 7 hours per day, 7 days per week• 24-hour nursing care in a licensed psychiatric facility• Daily physician presence and 2 psychiatrist visits minimum per week• Expert and innovative psychopharmacologic treatment• Intensive psychotherapeutic curriculum including individual, group and family therapy• Average length of stay is 4-6 weeks* <p>PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.</p>
<p>PARTIAL HOSPITALIZATION</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">• 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• Education specialists work as school liaisons, to help C&A maintain educational objectives• Average length of stay is 4 weeks* <p>PATIENT GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.</p>
<p>INTENSIVE OUTPATIENT (ON-SITE AND VIRTUAL)</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">• Outpatient care for 3 hours per day, 3-4 days per week• Individual psychotherapy and group therapy• Patient can stay engaged in school or work while participating in intensive treatment• Average length of stay is 8 weeks* <p>PATIENT GOALS: To continue to develop sustainable skills and strategies for managing symptoms in order to maintain optimal, independent daily living.</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 and C&A Res • 1229 Madison St., Suite 500, Seattle, WA 98104
Adult PHP/IOP • 901 Boren Ave., Suite 1800, Seattle, WA 98104
C&A PHP/IOP • 901 Boren Ave., Suite 900, Seattle, WA 98104
Adult and C&A IOP • Virtual

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