



TAKE RECOVERY HOME



Virtual Intensive Outpatient Programs for Eating Disorders and Mood and Anxiety Disorders

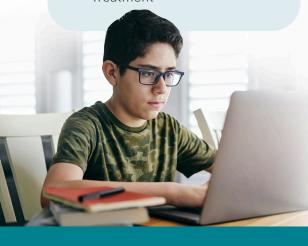
With our programs, your clients continue to learn to navigate life's stressors and build resilience in everyday life.

ADULT PROGRAMS

- Eating Disorders Treatment
- Binge Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment

CHILD & ADOLESCENT PROGRAMS (ages 12+)

- Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment



WHAT YOUR CLIENTS CAN EXPECT



Coverage by most major commercial insurers



Same proven treatment offered on-site from the comfort of home



Specialized experienced care team includes licensed therapist, registered dietitian,* consulting physician and care coordinator; 7,000+ patients treated virtually since 2016



Group therapy sessions with the same small peer group and clinical team ensure optimal outcomes



Extensive **family involvement**, education and support



Robust alumni network and resources available post-treatment

*Eating disorder programs

Virtual intensive outpatient programming is critical in preventing step-ups to on-site partial hospitalization or residential treatment through the addition of support, accountability and oversight.

- Anne Marie O'Melia, MS, MD, FAAP, Chief Medical Officer of Eating Recovery Center and 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 | EatingRecovery.com/AtHome | PathlightBH.com/AtHome

For a list of current programs and states, visit:

WHAT OUR PROGRAMS INCLUDE

• Three 3-hour weekly groups including:

✓ Evidence-based skills focused groups (DBT, CBT, ACT, ERP, FBT, EFFT)

✓ Process-oriented group therapy

✓ Behavior modification group therapy (exposures, behavioral activation)

✓ Nutrition groups with meal-time support, cooking classes and group meals to provide structure and accountability*

- One weekly individual/family therapy session
- One weekly session with a registered dietitian*
- Recovery Record mobile app tracks treatment, moods and meals*
- Remote patient monitoring with numberless scale*
- Continuing education options for all referents
- Weekly peer, alumni and caregiver support groups

OUR RESULTS SPEAK VOLUMES

Positive Outcomes

MORE THAN

improvement in anxiety (GAD-7), depression (PHQ-9) and PTSD (PCL-5) symptoms.1

MORE THAN

improvement in overall eating disorder behaviors (EDE-Q).2

High Levels of Engagement

ALMOST

attendance rate in virtual IOP3

MORE THAN

increase in completion rate in virtual IOP versus on-site IOP³



report feeling connected to facilitators and group members.4



COLLABORATION AND CARE COORDINATION

From assessment through discharge, we partner and communicate with you to provide a bridge to recovery for your patients.

Scan Me! LEARN MORE



Drop into our weekly open

Meet our virtual IOP clinicians EatingRecovery.com/AtHome PathlightBH.com/AtHome

1. General Anxiety Disorder-7 (GAD-7), Eating Recovery Center, Patient Health Questionnaire-9 (PHQ-9), Eating Recovery Center, PTSD Checklist for DSM-5 (PCL-5), Pathlight. November 2020 - April 2022. | 2. Eating Disorder Examination Questionnaire (EDE-Q), Eating Recovery Center. November 2020 - April 2022. | 3. Michel, D.M., O'Melia, A.M., Mathes, W.F., & Tallent, C.N. (2022). Telebehavioral health intensive outpatient program attendance and length of treatment compared to in-person service. [Manuscript submitted for publication] [4. Blalock, D.V., et al. (2020). Pilot assessment of a virtual intensive outpatient program for adults with eating disorders. European Eating Disorders Review, 28(6), 789-795.

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^{*}Eating disorder programs only