

# THERE IS A GROWING MENTAL HEALTH CRISIS IN AMERICA



**1 IN 5 ADULTS** experience **mental illness** each year.<sup>1</sup>

**20%** of youth ages 13-18 live with a **mental health condition**, with **1 IN 6 REPORTING THEY HAVE A SUICIDE PLAN.**<sup>1</sup>



We've treated **more than 7,000 patients** virtually since 2016.

## POSITIVE INTENSIVE OUTPATIENT PROGRAM OUTCOMES

### PATIENTS SHOW...

**MORE THAN 40%** improvement in anxiety, depression and PTSD symptoms.<sup>2</sup>

**MORE THAN 50%** improvement in eating disorder behaviors.<sup>3</sup>

### HIGH LEVELS OF ENGAGEMENT

**90%** an almost **ATTENDANCE RATE.**<sup>4</sup>

More than a **25%** higher **COMPLETION RATE** than on-site IOP.<sup>4</sup>

1. National Alliance on Mental Illness, Mental Health By the Numbers. June 2022. | 2. 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. | 3. Eating Disorder Examination Questionnaire (EDE-Q), Eating Recovery Center. November 2020 - April 2022. | 4. 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].

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

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