WHAT YOU CAN EXPECT IN **OUR VIRTUAL IOP**



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



Group therapy sessions with the same small peer group and clinical team provides sense of belonging



Extensive **family involvement**, education and support



Robust alumni network and resources available post-treatment



HIPAA-secure technology in a safe, confidential environment

*Eating disorder programs only



- Tia, Parent of At Home Program Alumnus



There was a different element of connection... because it was virtual we became even closer...we got the opportunity to truly be welcomed into each other's homes.

- Mackenzie, At Home Program Alumnus





TAKE RECOVERY HOME

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

LEARN MORE NOW





Watch our video to earn more about how

For a list of current programs and states, visit: EatingRecovery.com/AtHome | PathlightBH.com/AtHome

> Contact us today for a free assessment with a master's-level clinician. 1-877-825-8584 • Fax: 425-974-1530

Most commercial insurance accepted

ERP-AHT3133 1/12/23



PROVIDING HEALING SUPPORT WHERE AND WHEN YOU NEED IT THE MOST

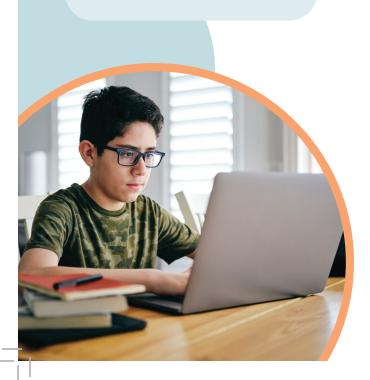
Offering virtual intensive outpatient programs (IOP) since 2016, Eating Recovery and Pathlight At Home connects individuals with a specialized, experienced care team and small therapeutic online community.

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



Whether you are a busy student, working professional or do not live near a treatment center, virtual IOP provides the **convenience** and **flexibility** to meet you exactly where you are.

WHAT OUR PROGRAMS INCLUDE

- Three 3-hour weekly groups including:
 - Evidence-based skills focused groups (DBT, ACT, ERP, EFFT)
 - ✓ Process-oriented group therapy
 - Nutrition groups include mealtime support, cooking classes and group meals to provide structure and accountability*
- One weekly individual or family therapy session
- One weekly session with a registered dietitian*
- Recovery Record mobile app tracks food intake, thoughts, emotions and behaviors*
- Remote patient monitoring with numberless scale*
- Weekly peer, alumni and caregiver support groups

Through ongoing **connection** and intensive **support**, you'll learn to navigate life's stressors and build **resilience** in **everyday life**.

By receiving treatment in a home setting, patients are able to specifically work on issues that come to the surface in a home environment, and in real time.



Deborah Michel, PhD, CEDS-S, FAED (she/her/hers), National Clinical Director at Eating Recovery and Pathlight At Home

WHO WE ARE

Our expert, compassionate care team members:

- Are licensed and experienced in providing virtual treatment
- Have provided 400,000+ hours of individual, family and group therapy to 7,000+ virtual patients
- Have extensive training in telebehavioral health ethics and delivery
- Have contributed articles, publications and presentations nationwide on telebehavioral health

MEET OUR CARE TEAM

Scan Me!





Scan here to meet our virtual care team.

^{*}Eating disorder programs only