



# LIFE-CHANGING TREATMENT

## for Mood, Anxiety and Trauma-Related Disorders

### PATHLIGHT MOOD & ANXIETY CENTER, ILLINOIS

**Pathlight Mood & Anxiety Center (Pathlight)** offers inclusive treatment for kids, teens and adults with 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 psychopharmacological approaches to effectively treat each patient as a whole and unique person, no matter how complex their diagnosis.

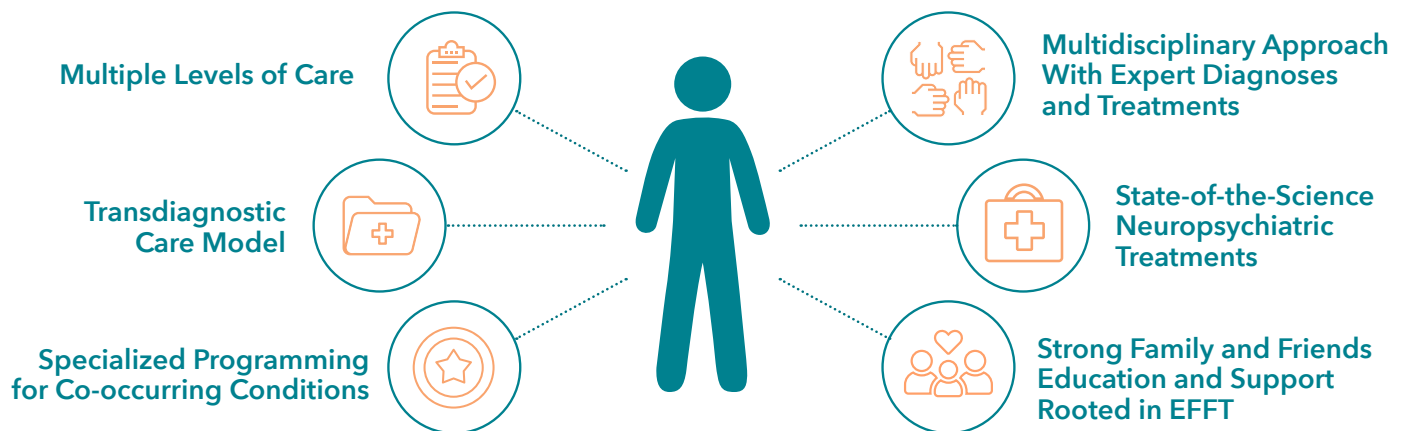
#### Pathlight Offers Expert Voluntary Treatment for:

- Mood disorders (e.g., depression, bipolar disorder)
- Anxiety disorders (e.g., generalized anxiety disorder, panic disorder)
- Trauma-related conditions (e.g., post-traumatic stress disorder, chronic stress, dissociative symptoms)
- School refusal due to anxiety, depression or defiance
- Co-occurring disorders (e.g., attachment disorder, autism spectrum disorder, obsessive-compulsive disorder (OCD), personality disorders, specific phobias, substance use disorder (SUD))

#### ILLINOIS PROGRAMS

- Adult Residential (Res), Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- Child and Adolescent (C&A) PHP and IOP
- Adult and C&A Virtual IOP – Pathlight At Home

### 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](http://PathlightBH.com)

Most commercial insurance accepted

## Multiple Levels of Care

Enables patients to step up or step down seamlessly between levels of care and locations based on patient's needs.

<p><b>RESIDENTIAL</b></p> <p>Adults, 18+ Children and teens, 12-17</p>	<p>For patients who would benefit from structured, contained and specialized treatment.</p> <ul style="list-style-type: none"><li>• Full-day programming 7 hours per day, 7 days per week</li><li>• 24-hour nursing care in a licensed psychiatric facility</li><li>• Daily physician presence and 2 psychiatric visits per week</li><li>• Expert and innovative psychopharmacological treatment</li><li>• Intensive psychotherapeutic curriculum including individual, group and family therapy</li><li>• Average length of stay is 4-6 weeks*</li></ul> <p><b>PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.</b></p>
<p><b>PARTIAL HOSPITALIZATION</b></p> <p>Adults, 18+ Children and teens, 12-17</p>	<p>For patients in need of structure, intensive skills practice and who can maintain medication compliance.</p> <ul style="list-style-type: none"><li>• Programming 7 hours per day, 5 days per week</li><li>• Psychiatric visits at least weekly. On-site nursing care as needed</li><li>• Intensive psychotherapeutic curriculum including individual, group and family therapy</li><li>• Patient spends nights at home or nearby apartments for a comfortable, supportive environment during evening hours</li><li>• Education specialists work as school liaisons to help C&amp;A maintain educational objectives</li><li>• Average length of stay is 4-6 weeks*</li></ul> <p><b>PATIENT GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms.</b></p>
<p><b>INTENSIVE OUTPATIENT (On-Site and Virtual – Pathlight At Home)</b></p> <p>Adults, 18+ Children and teens, 12-17</p>	<p>For patients who would benefit from structure and more group support than outpatient therapy provides.</p> <ul style="list-style-type: none"><li>• Outpatient care for 3 hours per day, 3 days per week</li><li>• Individual psychotherapy and group therapy</li><li>• Patient can stay engaged in school or work while participating in intensive treatment</li><li>• Average length of stay is 3-4 weeks*</li></ul> <p><b>PATIENT GOALS: To continue to develop sustainable skills and strategies for managing symptoms in order to maintain optimal, independent daily living.</b></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 Residential Program • 1 E Erie St., Suite 400, Chicago IL 60611

Adult and C&A PHP/IOP • 1010 Jorie Blvd.; Suite 200, Oak Brook, IL 60523

Adult and C&A PHP/IOP • 333 N. Michigan Ave., Suite 1900, Chicago, IL 60601

Adult and C&A IOP • Virtual – Pathlight At Home

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