



# TAKE RECOVERY HOME



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

**50%** of college students screened **positive for depression and/or anxiety** in 2020, while **two-thirds reported struggling with loneliness and isolation.**<sup>1</sup>

With our virtual Intensive Outpatient Programs (IOP), students can remain in school while they receive the support they need to navigate life's stressors and build resilience in their everyday college lives.



## WHAT STUDENTS CAN EXPECT



Coverage by most **major commercial insurers**



Same proven treatment offered on-site from the **comfort of their dorm room or home**



**Specialized experienced care team** including licensed therapist, registered dietitian,\* consulting physician and care coordinator; **9,000+ 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*

1. University of Michigan, Healthy Minds Study. Fall 2020 Data Report

NAMED BEST ONLINE THERAPY SERVICES 2022 AND 2023

verywellmind

verywellfamily

Parents.

People

Health.com

## WHY OUR PROGRAMS ARE IDEAL FOR STUDENTS

- Convenience and flexibility helps students **receive treatment without leaving campus.**
- Focus on early intervention helps students **learn and practice skills** with support and accountability.
- Students have a safe space to **openly discuss mental health issues with their peers** and fully participate in healing.
- Recovery can be put into **practice in an everyday college environment** that includes triggers and roadblocks.



## 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\*
- Resource library and educational sessions for family, friends and caregivers
- Recovery Record mobile app tracks food intake, thoughts, emotions and behaviors\*
- Remote patient monitoring with numberless scale\*
- Weekly peer, alumni and caregiver support groups

*\*Eating disorder programs only*

### FREE VIRTUAL SUPPORT GROUPS FOR COLLEGE STUDENTS

- **Mental Health Support Group**  
Thursdays at 12:00 pm MT  
[PathlightBH.com/StudentSupport](https://PathlightBH.com/StudentSupport)
- **Eating Disorder Support Group**  
Thursdays at 12:00 pm MT  
[EatingRecovery.com/StudentSupport](https://EatingRecovery.com/StudentSupport)

## COLLABORATION AND CARE COORDINATION

From assessment through discharge, we partner with student health centers and campus providers to provide a bridge to recovery and deliver college-specific resources, assessment tools and events.

Scan Me!



### LEARN MORE

Watch our video to learn more about the program.

Meet our virtual IOP clinicians  
[EatingRecovery.com/AtHome](https://EatingRecovery.com/AtHome)  
[PathlightBH.com/AtHome](https://PathlightBH.com/AtHome)

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

For a list of current programs and states, visit:  
[EatingRecovery.com/AtHome](https://EatingRecovery.com/AtHome) | [PathlightBH.com/AtHome](https://PathlightBH.com/AtHome)