

LIFE-CHANGING TREATMENT

for Mood, Anxiety and Trauma-Related Disorders

PATHLIGHT MOOD & ANXIETY CENTER, OHIO

Pathlight Mood & Anxiety Center (Pathlight) offers inclusive treatment for 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.

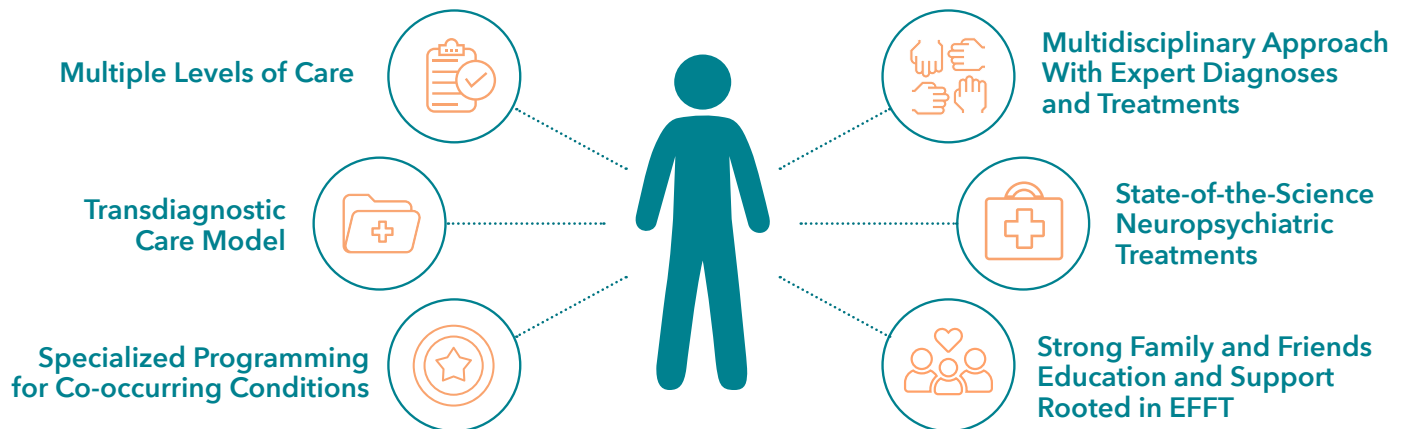
Pathlight Offers Expert Voluntary Treatment for:

- 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)
- Co-occurring disorders (e.g., attachment disorder, autism spectrum disorder, dissociative symptoms, obsessive-compulsive disorder (OCD), personality disorders, specific phobias, substance-related and addictive disorder)

OHIO PROGRAMS

- Adult Intensive Outpatient Program (IOP)

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

Most commercial insurance accepted

Level of Care

INTENSIVE OUTPATIENT (On-Site)

Adults, 18+

For patients who would benefit from structure and more group support than outpatient therapy provides.

- Outpatient care for 3 hours per day, 5 days per week
- Individual psychotherapy and group therapy
- Patient can stay engaged in school or work while participating in intensive treatment
- On-Site average length of stay is 3-4 weeks*

PATIENT GOALS: To continue to develop sustainable skills and strategies for managing symptoms in order to maintain optimal, independent daily living.

**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 LOCATION

Adult IOP • 3805 Edwards Rd., Suite 400, Cincinnati, OH 45209



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