



Life-Changing Treatment for Mood, Anxiety and Trauma-Related Disorders

Pathlight Mood & Anxiety Center, Washington

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 psychopharmacologic approaches to effectively treat each patient as a whole and unique person, no matter how complex their diagnosis.

Your clients will get specialized care 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)
- School refusal due to anxiety, depression or defiance
- Co-occurring disorders (e.g., attachment disorder, autism spectrum disorder, dissociative symptoms, obsessive-compulsive disorder, personality disorders, specific phobias, substance-related and addictive disorder)

WASHINGTON PROGRAMS

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

WHY CHOOSE PATHLIGHT MOOD & ANXIETY CENTER



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>RESIDENTIAL</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">• Full-day programming 7 days per week• 24-hour nursing care in a licensed psychiatric facility• Daily physician presence and two psychiatrist visits per week• Expert and innovative psychopharmacologic treatment• Intensive psychotherapeutic curriculum including individual, group and family therapy• Average length of stay is 4-6 weeks* <p>GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning</p>
<p>PARTIAL HOSPITALIZATION</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">• Programming 7-8 hours per day, 5 or 7 days per week**• Psychiatrist visits at least weekly. On-site nursing care as needed• Intensive psychotherapeutic curriculum including individual, group and family therapy• Patient spends nights at home or nearby apartment for a comfortable, supportive environment during evening hours• Education specialists work as school liaisons to help C&A maintain educational objectives• Average length of stay is 4-6 weeks* <p>GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms</p>
<p>INTENSIVE OUTPATIENT (on-site and virtual – Pathlight At Home)</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">• Outpatient care for 3 hours per day, 3 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*• Virtual average length of stay is 6-8 weeks* <p>GOALS: To continue to develop sustainable skills and strategies for managing symptoms in order to maintain optimal, independent daily living</p>

*Denotes average length of stay; treatment length varies by individualized treatment plan. **Programming days per week vary by location.

Our partnership includes:

- Responsive, efficient assessment and admission process
- Fast-track admissions available in most cases for patients admitting directly from a hospital setting
- Collaboration with outpatient treatment team during treatment and at discharge to ensure smooth patient transition to outpatient care

TREATMENT PROGRAM LOCATIONS

Adult PHP/IOP • 1231 116th Ave., Suite 350, Bellevue, WA 98004

Adult PHP/IOP & C&A IOP • 901 Boren Ave., Suites 900 and 1800, Seattle, WA 98104

Adult & C&A Res/PHP • 1229 Madison St., Suite 500, Seattle, WA 98104

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

Please contact us to make a referral or schedule a free consultation with a master's-level clinician at **1-877-825-8584**. Most commercial insurance and select Medicaid plans accepted.

Fax: 425-974-1530
PathlightBH.com