

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



Pathlight Mood & Anxiety Center, Maryland

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)

MARYLAND PROGRAMS

- 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



Multiple Levels of Care

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

PARTIAL HOSPITALIZATION

Adults, 18+
Children and teens, 12-17

For patients in need of structure, intensive skills practice and who can maintain medication compliance:

- Programming 7 hours per day, 5 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*

GOALS: To apply insights into perpetuating factors that amplify symptoms and develop sustainable skills and strategies for managing symptoms

INTENSIVE OUTPATIENT (on-site and virtual – Pathlight At Home)

Adults, 18+
Children and teens, 12-17

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

- 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*

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 plan.*

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 and C&A PHP/IOP • 101 Schilling Road, Hunt Valley, MD 21030

Adult 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 accepted.

Fax: 425-974-1530
PathlightBH.com