



Eating
Recovery
Center



Pathlight
Mood &
Anxiety
Center

STEP DOWN TO STEP UP YOUR RECOVERY



Intensive Outpatient Programming: Your Bridge to a Life-Changing, Long-Lasting Recovery

As you or your loved one navigates through treatment, it's important to keep in mind how you can continue to strengthen your recovery.

At Eating Recovery Center and Pathlight Mood & Anxiety Center, our goal is to stay with you every step of the way. Our Intensive Outpatient Program (IOP) provides an effective and seamless transition back into life after treatment following our Partial Hospitalization Program (PHP). This gradual step-down approach helps maximize your ability to "take recovery home" while leading to a successful and lasting recovery.

IOP uses the same care model, language and treatment goals that are familiar and integral to the different levels of care – helping ensure a seamless transition every step of the way. Building on the tools and skills learned in PHP in an intensive outpatient setting helps bolster your recovery, build resilience and ensure life-changing, long-lasting recovery.

Stepping down to IOP gave me the confidence, practice and support I needed to maintain my recovery as I successfully transitioned back home.

– IOP Patient

STEPPING DOWN TO IOP PROVIDES:

- ✓ Opportunity to practice recovery skills in home environment
- ✓ Continued clinical support
- ✓ Invaluable resources, connections and community

Talk to your therapist or case manager about stepping down to virtual or on-site IOP to step up your recovery.

1-877-825-8584 • Fax: 425-974-1530 • [EatingRecovery.com](https://www.EatingRecovery.com) | [PathlightBH.com](https://www.PathlightBH.com)

VIRTUAL INTENSIVE OUTPATIENT PROGRAMMING

The Same Trusted Treatment
Available From Home



For those seeking a convenient, flexible option for intensive outpatient treatment, we offer a comprehensive virtual IOP in more than 21 states. These programs are run by specialized, multidisciplinary teams using our proven, evidence-based curriculum. Treatment is led by a collaborative team of licensed professionals with extensive training in telebehavioral health ethics and treatment delivery.

“Virtual care provides the same high-quality, evidence-based treatment designed to help patients make significant therapeutic progress not possible in outpatient treatment services from the safety and convenience of their home.”

– Anne Marie O’Melia, MS, MD, FAAP
Chief Medical Officer of ERC and Pathlight

VIRTUAL IOP SHOWS POSITIVE RESULTS

Clinically significant improvements in all outcomes measured, including self-reported eating disorder symptoms, depression, self-esteem, quality of life and overall satisfaction.

100%

Felt connected to facilitators
and group members

98%

Agreed that staff created a
recovery-focused environment

97%

Felt treatment has increased their
chances of improving their health

2017-2018 Eating Recovery Center and Pathlight Behavioral Health
Centers Virtual Intensive Outpatient Research Outcomes Study

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