

A GUIDE TO WHEN TO REFER YOUR CLIENTS TO IOP

A Bridge to Recovery



Pathlight Mood & Anxiety Center's (Pathlight) On-Site and Virtual Intensive Outpatient Program (IOP) is designed for clients who are struggling to make progress in an outpatient setting or are stepping down from a higher level of care. Our group-based program helps patients navigate challenges in real life, connect with peers and expert care team members, and form close relationships to support their lasting recovery. Both On-Site and Virtual IOP are covered by most national commercial insurance in conjunction with outpatient providers, ensuring the continuity of care your patient needs.

Pathlight's On-Site and Virtual IOP Offers Expert Voluntary Treatment for:

- ✓ Mood disorders (e.g., depression, bipolar disorder, non-suicidal self-injury)
- ✓ Anxiety disorders (e.g., generalized anxiety disorder, obsessive compulsive disorder, panic disorder, specific phobias)
- ✓ Trauma (e.g., post-traumatic stress disorder, chronic stress, dissociative symptoms)
- ✓ School refusal due to anxiety, depression or defiance
- ✓ Co-occurring disorders (e.g., personality disorders, autism spectrum disorder, substance use disorders, emerging traits of psychosis, attachment disorder)

Inclusive Care for All Ages, Body Shapes and Sizes, Races, Ethnicities, Religions, Sexual Identities, Gender Identities and Expressions

➤ Children and Adolescents (ages 8-17)*

➤ Adults ages (ages 18 and older)

Admission Criteria for Patients

- Is medically stable
- Can independently maintain safety for self and others
- Shows willingness to engage in the recommended treatment plan
- Demonstrates necessary coping skills to continue with routine daily
- Has a present and involved support system

When to Refer

- Does not respond to current level of care
- Shows worsened symptoms
- Lacks support in home environment
- Needs additional support/structure
- Has co-occurring conditions that complicate treatment

**Programming for ages 12 and under varies by treatment program and location.*

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](https://www.pathlightbh.com)

Most major commercial insurance accepted.

OUR INTENSIVE OUTPATIENT PROGRAM INCLUDES



Therapy 3 hours per day, 3 days per week



Education and support groups for families and other loved ones



Evidence-based individual and group therapy



Family and caregiver therapy sessions



Therapeutic Goals

- Support community outpatient provider
- Provide additional structure
- Offer mood, anxiety or trauma-related education and skills-based training
- Extend peer support and connections
- Interrupt mood, anxiety and trauma-related symptoms

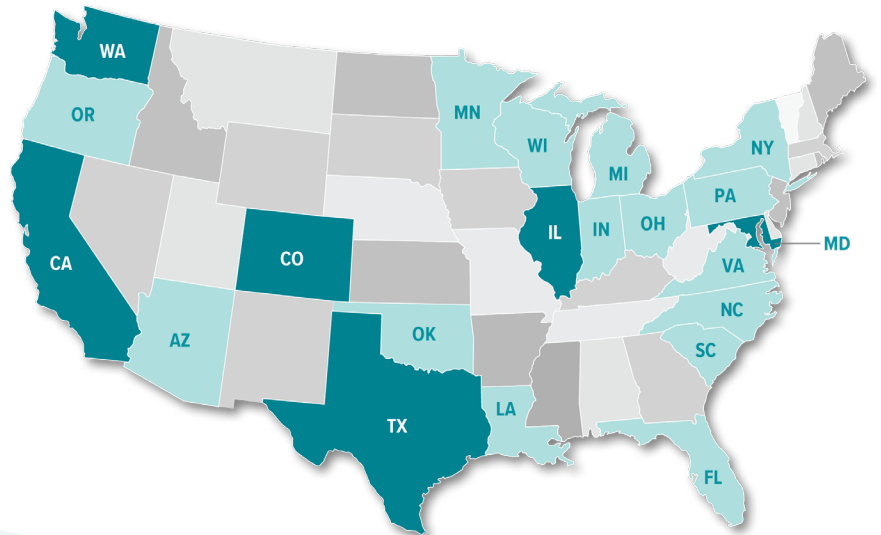
Outpatient Provider Role

- Continues to see patients (frequency varies)
- Provides feedback or recommendations as part of treatment team
- Assists in implementing clinical recommendations
- Establishes therapeutic relationship, if Pathlight referred to provider

National Behavioral Health Care System Offering Treatment in More Than 22 States

- On-site and Virtual IOP Treatment Programs
- Virtual IOP

Virtual IOP programming subject to change.
For a list of current states, visit PathlightBH.com/VirtualCare



IOP helps patients continue to develop sustainable skills and strategies for managing symptoms to maintain optimal daily living. **Full recovery is possible with comprehensive treatment, a motivated patient and a committed treatment team focused on skills building.**

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