



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

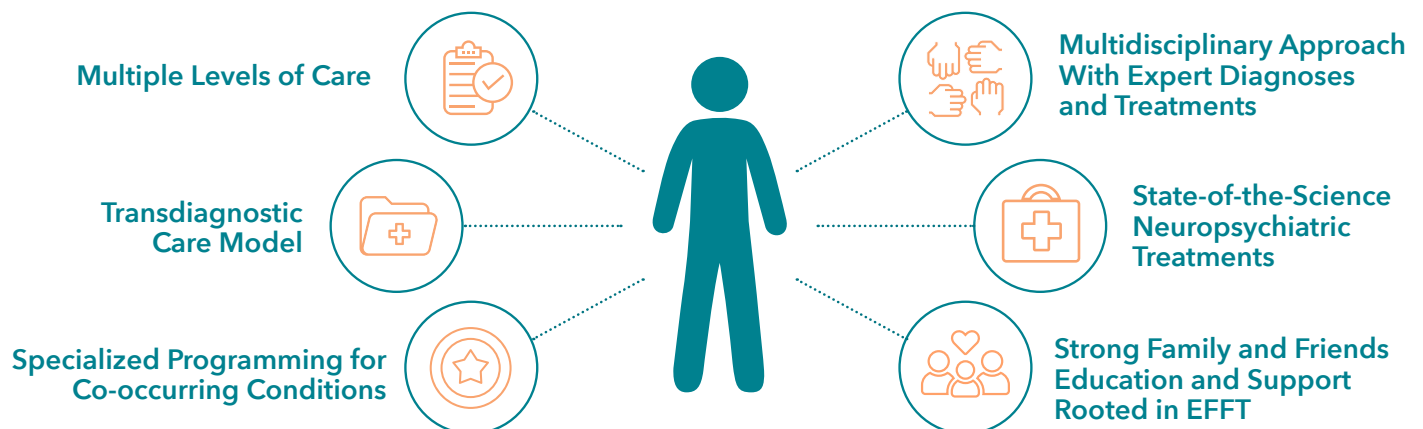
Pathlight Offers Expert Voluntary Treatment for:

- 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)
- School refusal due to anxiety, depression or defiance
- 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 (SRAD))

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



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

Multiple Levels of Care

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

RESIDENTIAL

Adults, 18+
Children and teens, 12-17

For patients who would benefit from structured, contained and specialized treatment.

- Full-day programming 7 days per week
- 24-hour nursing care in a licensed psychiatric facility
- Daily physician presence and 2 psychiatric visits per week
- Expert and innovative psychopharmacological treatment
- Intensive psychotherapeutic curriculum including individual, group and family therapy
- Average length of stay is 4-6 weeks*

PATIENT GOALS: To learn and apply adaptive, safe, effective and consistent coping skills for daily functioning.

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 7-8 hours per day, 5 or 7 days per week**
- Psychiatric 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 apartments 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*

PATIENT 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*

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.

**Programming days per week vary by location

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 LOCATIONS

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

Adult PHP/IOP • 901 Boren Ave., Suite 1800, Seattle, WA 98104

Adult Res • 1229 Madison St., Suite 500, Seattle, WA 98104

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

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

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