

# Pathlight Mood & Anxiety Center TREATMENT OUTCOMES



Expert Care and  
Tangible Results  
You Can Count On



Pathlight  
Mood &  
Anxiety  
Center



# Expert Care & Tangible Results You Can Count On



## PATHLIGHT MOOD & ANXIETY CENTER OUTCOMES

At Pathlight Mood & Anxiety Center (Pathlight), our patients receive comprehensive, individualized mental health support tailored to meet their unique needs. Our continuum of care model ensures patients and their families get the support they need when they need it.

Our compassionate, expert team supports people of all ages, races and gender identities, with virtual and in-person treatment available. With the right care, long-lasting mental wellness is possible – and we have the data to show it.

*These treatment outcomes reflect the progress of patients discharged from our care between January 1, 2023, and December 31, 2023, who completed admission and discharge assessments.*



## Comprehensive expert care. Tangible results.

Our specialized, integrated care team combines evidence-based methods with data-driven insights to create personalized treatment plans tailored to each individual. We closely monitor each patient's progress, adapting care to meet their evolving needs every step of the way.

Most commonly treated conditions in **children and adolescents**:

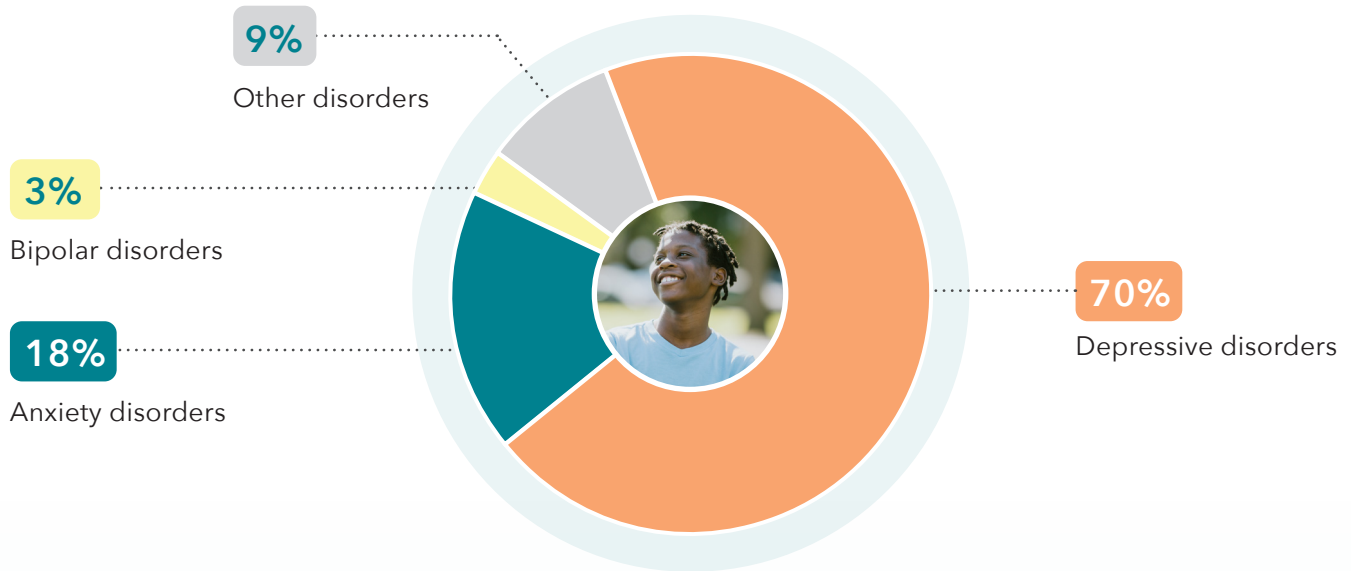


Figure 1. Diagnoses among 215 children and adolescents treated at Pathlight in 2023.

Most commonly treated conditions in **adults**:

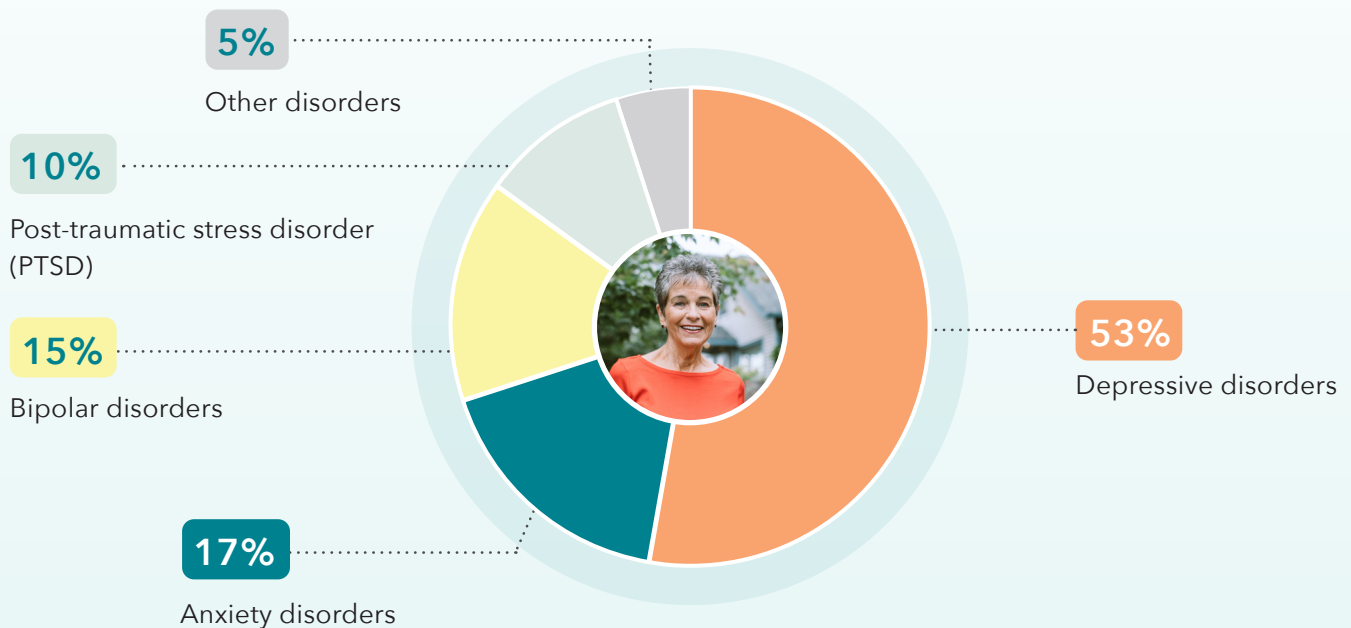


Figure 2. Diagnoses among 450 adults treated at Pathlight in 2023.



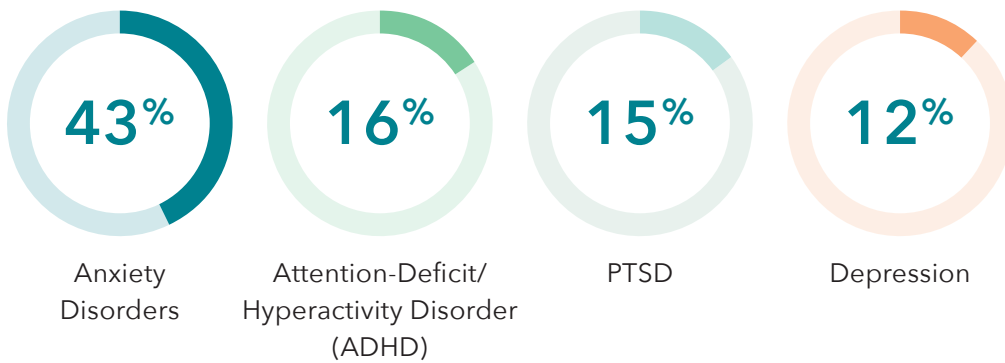
## Looking at the whole mental health picture

Mental health challenges can complicate life at any age, making it difficult to untangle what's going on. At Pathlight, we take a holistic approach to see the full picture and make sure patients get the exact support they need.

### CHILDREN & ADOLESCENTS

We help young people and their families connect the dots, so they can start feeling like themselves again.

The most common co-occurring conditions we see in **children and adolescents** are:

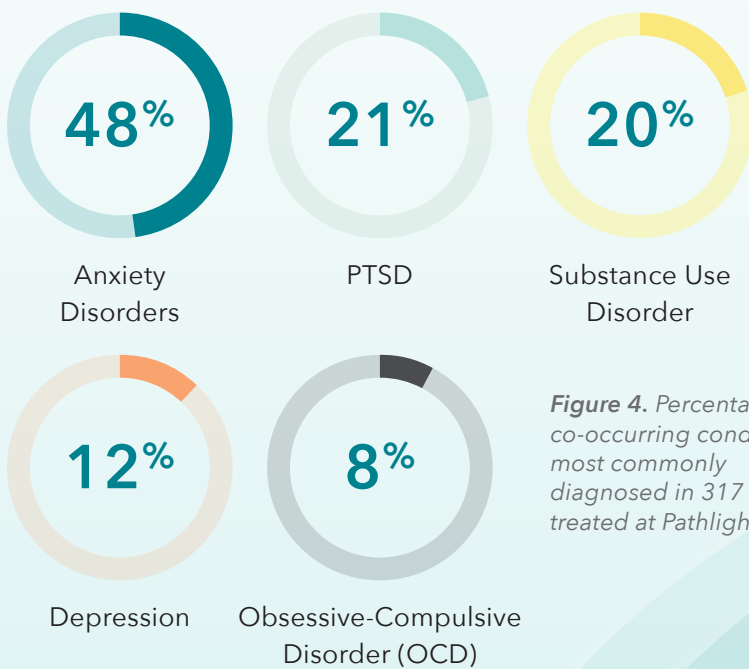


*Figure 3. Percentage of co-occurring conditions most commonly diagnosed in 150 children and adolescents treated at Pathlight.*

### ADULTS

Whether adults are just beginning their journey or have been managing their mental health for a while, we address all disorders and conditions together, helping them make meaningful progress in their mental well-being.

The most common co-occurring conditions we see in **adults** are:



*Figure 4. Percentage of co-occurring conditions most commonly diagnosed in 317 adults treated at Pathlight.*

70%

of child and adolescent and adult patients enter treatment with **more than one mental health condition.**



## Anxiety

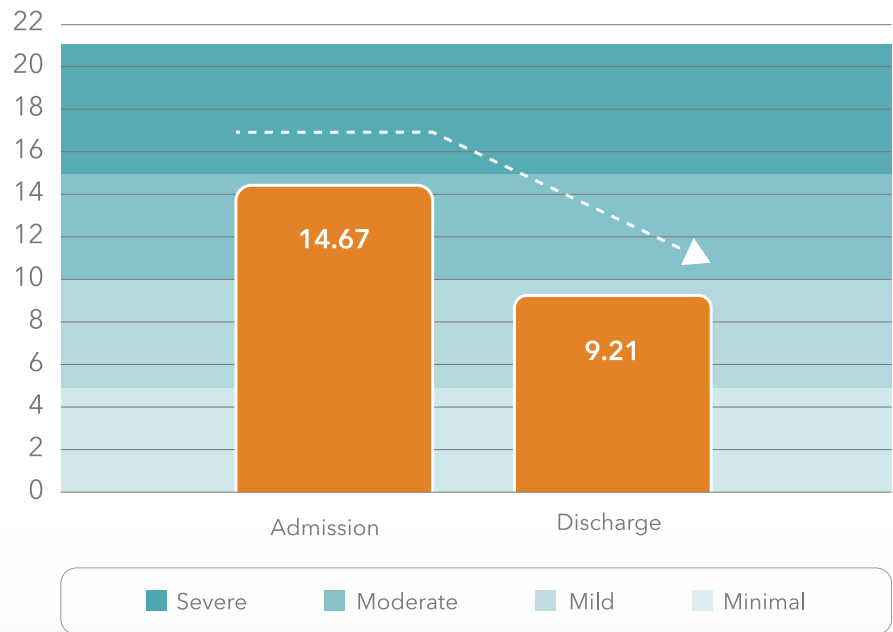
Pathlight patients are assessed for anxiety symptoms using the Generalized Anxiety Disorder Assessment (GAD-7). Children, adolescents and adults report significant reductions in symptoms from admission to discharge.

### CHILDREN & ADOLESCENTS

Our younger patients often start treatment with moderate anxiety, dealing with constant worries or feeling on edge most days. By the time they leave, their anxiety has typically dropped to a mild level that **no longer impacts their day-to-day life**.

*Figure 5. Change in anxiety symptoms in 175 children and adolescents who screened positive for an anxiety disorder (GAD-7 score >10) at admission to Pathlight. Before treatment, they had an average GAD-7 score of 14.67, indicating an anxiety disorder. At discharge, they had an average score of 9.21, indicating mild to no symptoms.*

### Improvement in Anxiety Symptoms Children & Adolescents

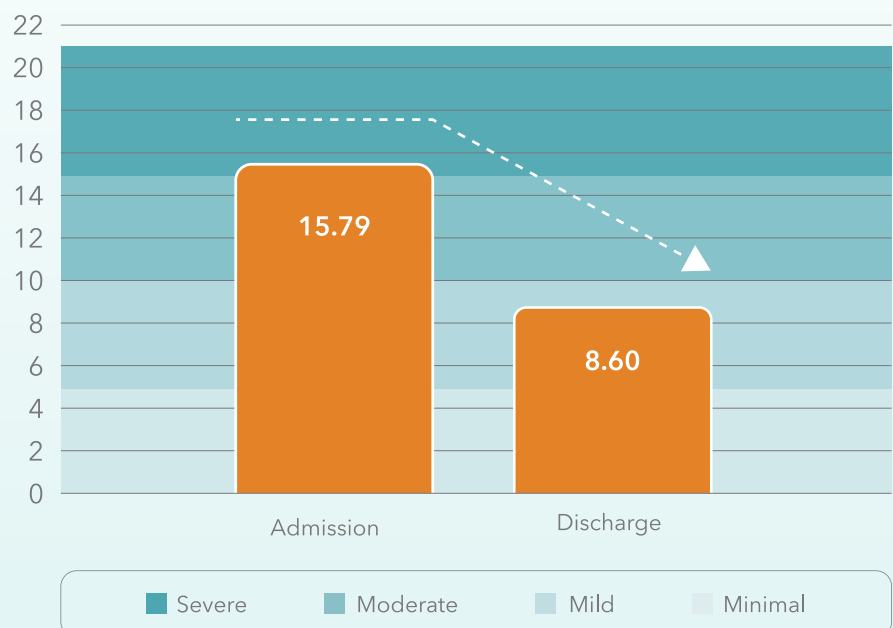


### Improvement in Anxiety Symptoms Adults

### ADULTS

Our adult patients often begin treatment with moderate anxiety, such as persistent worries or feeling restless and irritable most days. By discharge, their anxiety has typically eased, **putting them back in the driver's seat of their own life**.

*Figure 6. Change in anxiety symptoms in 512 adults who screened positive for an anxiety disorder (GAD-7 score >10) at admission to Pathlight. Before treatment, they had an average GAD-7 score of 15.79, indicating an anxiety disorder. At discharge, they had an average score of 8.6, indicating mild to no symptoms.*



# Depression

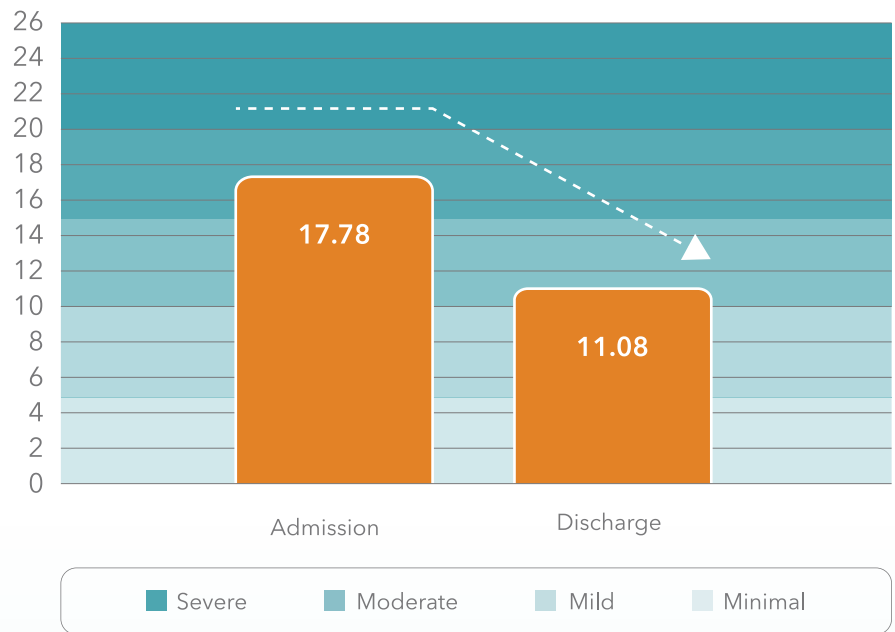
Pathlight patients are assessed for depression symptoms using the Patient Health Questionnaire (PHQ-9). Children, adolescents and adults report major improvement in symptoms throughout treatment.

## CHILDREN & ADOLESCENTS

Our younger patients often come to us experiencing moderate depression symptoms, like feeling down most days, struggling to find joy in activities and having trouble sleeping or concentrating. By the time they finish treatment, they typically **feel more hopeful and engaged**.

*Figure 7. Change in depression symptoms in 201 children and adolescents who screened positive for a depression disorder (PHQ-9 score >10) at admission to Pathlight. Before treatment, they had an average PHQ-9 score of 17.78, indicating a depressive disorder. At discharge, they had an average score of 11.08, indicating mild to no symptoms.*

## Improvement in Depression Symptoms Children & Adolescents

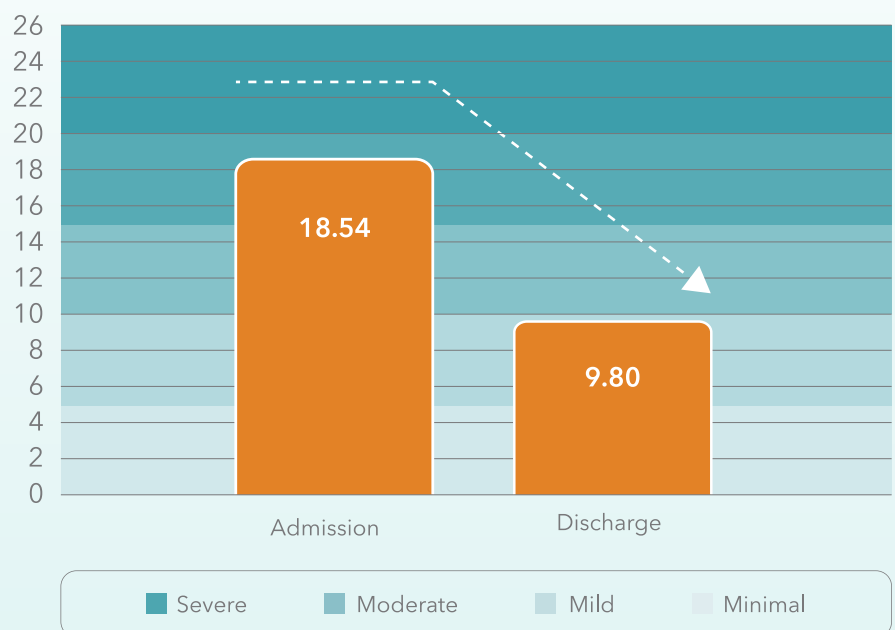


## ADULTS

Many of our adult patients begin treatment with moderate depression, struggling with consistently low moods, lack of interest in daily activities and difficulty sleeping or concentrating. By the time they finish treatment, they typically **feel more energetic, connected and hopeful**.

*Figure 8. Change in depression symptoms in 567 adults who screened positive for a depression disorder (PHQ-9 score >10) at admission to Pathlight. Before treatment, they had an average PHQ-9 score of 18.54, indicating a depressive disorder. At discharge, they had an average score of 9.8, indicating mild to no symptoms.*

## Improvement in Depression Symptoms Adults





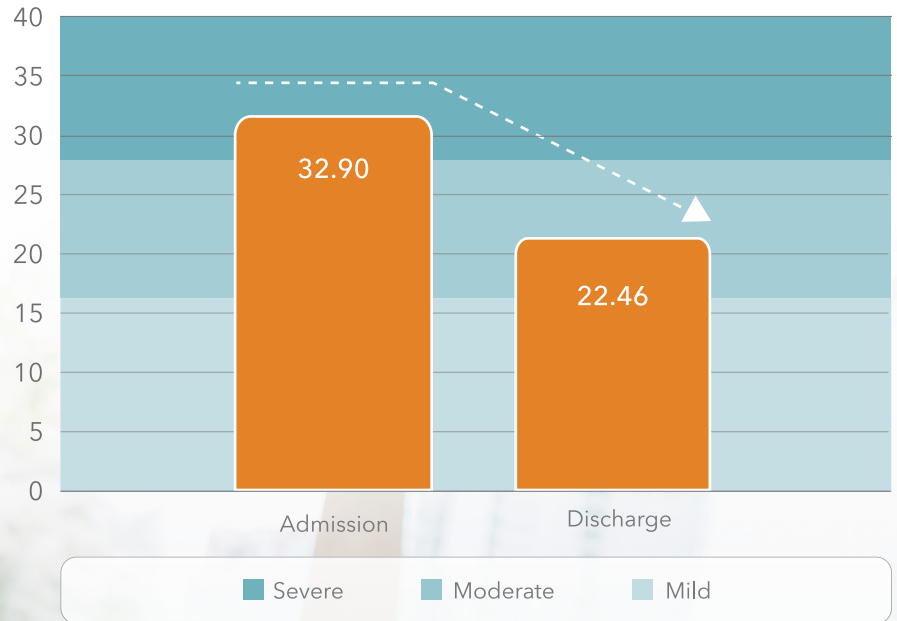
## Obsessive-compulsive disorder (OCD) in adults

All adult patients are assessed for OCD symptoms using the revised Obsessive-Compulsive Inventory (OCI-R).

Nearly half of patients who scored 21 or higher before treatment, indicating an OCD diagnosis, reported **significant reductions in symptoms at discharge**.

*Figure 9.* Among the 259 adult patients who screened positive for OCD upon admission to Pathlight, many experienced a significant decrease in their symptoms by discharge.

OCD Symptoms  
Adults

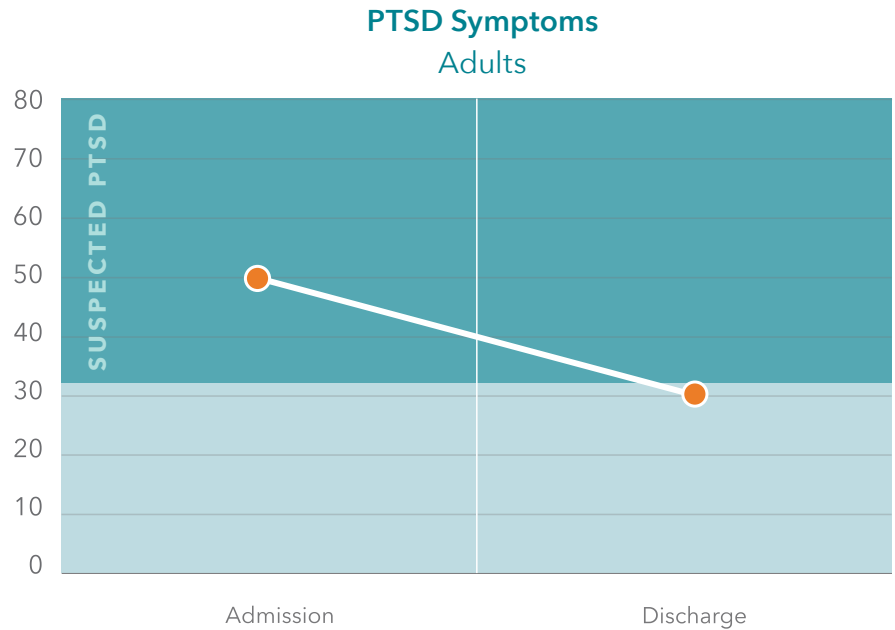


## Post-traumatic stress disorder (PTSD) in adults

All adults entering treatment at Pathlight are screened for PTSD symptoms using the Posttraumatic Stress Disorder Checklist (PCL-5).

Nearly half of patients who entered treatment showing strong signs of PTSD, such as high levels of distress, frequent trauma reminders or feeling detached, reported a **significant decrease in symptoms by the time they discharged.**

*Figure 10. The line represents PCL-5 assessment scores for the 426 adult patients admitted to Pathlight in 2023 who screened positive for probable PTSD, with an initial score of 31 or higher.*



## Ensuring families feel supported every step of the way

It is hard to watch your loved one struggle each day with their mental health. While every family's journey is unique, we've consistently earned high satisfaction from parents who found healing for their child through our care.

**88%** of parents found their experience at Pathlight helpful

**80%** of parents felt that their child's care team met their expectations

**89%** of parents said they are likely to recommend Pathlight

## Parents were asked to rate their experience at Pathlight





## Why people are recommending Pathlight

We understand how hard it is to take that first step into care – and how lifesaving it can be. See how adults of all ages felt about their experience at Pathlight.

**85%** of patients found their experience at Pathlight helpful



**82%** of patients felt that the care team met their expectations



**81%** of patients said they are likely to recommend Pathlight



## Patients were asked to rate their experience at Pathlight

4.8



Care team was understanding, compassionate and collaborative

4.5

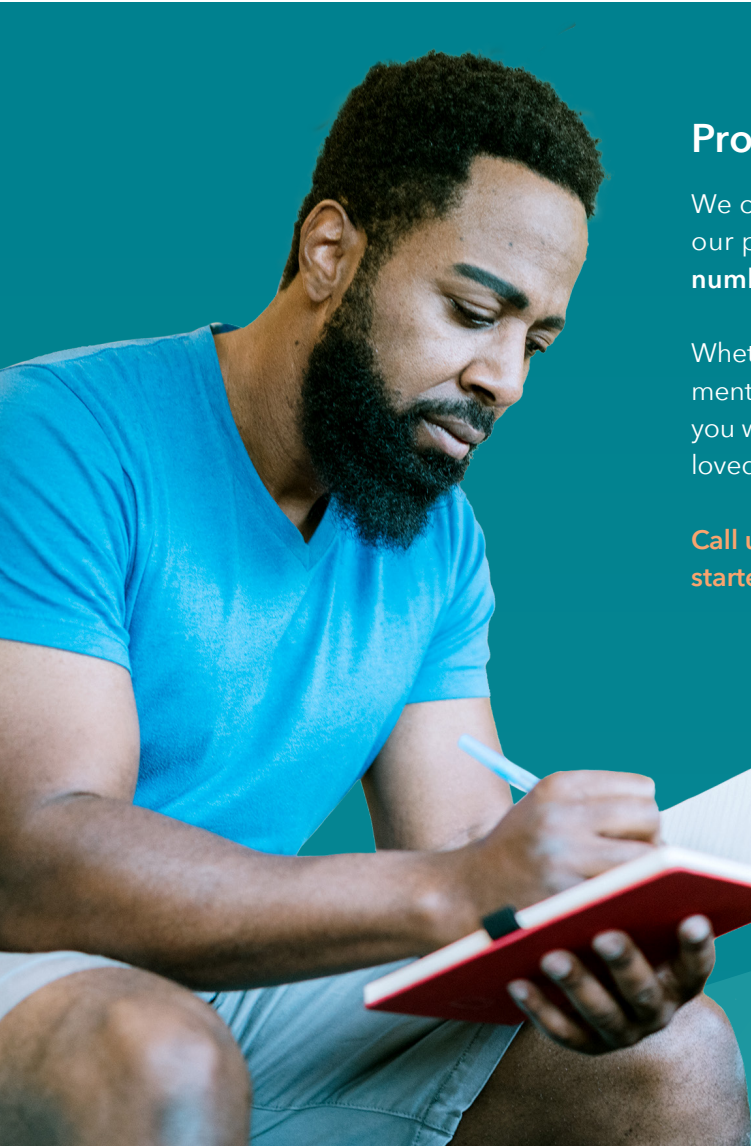


Gained practical skills that are making a difference in my recovery

4.3



Motivated to keep progressing in my recovery



## Proven path to healing

We continuously dive into the numbers to truly understand what our patients need and how we can best support them. **And the numbers send a clear message - healing is possible.**

Whether you or someone you're working with is struggling with their mental health, know that you're not alone. At Pathlight, we'll meet you where you are, understand your needs, and match you, your loved one or your client with the right support.

Call us at [866-489-1687](tel:866-489-1687) or schedule a free assessment to get started today.