



Pathlight.  
Mood &  
Anxiety  
Center

# A TREATMENT MODEL TO SUPPORT LONG-LASTING MENTAL WELLNESS



## Transdiagnostic Care Model and Specialized Programming for Individualized Treatment

Pathlight Mood & Anxiety Center (Pathlight) uses a **transdiagnostic care model** focused on a comprehensive patient assessment for an expert diagnosis and identification of individual needs. We utilize a variety of evidence-based psychotherapeutic approaches to effectively treat each patient as a whole and unique person, no matter how complex the diagnosis. Through our multidisciplinary approach, we additionally offer **specialized care for co-occurring conditions** including substance use disorder (SUD), obsessive-compulsive disorder (OCD) and other trauma-related disorders.

Designed to bridge a gap in treatment for **mood, anxiety and trauma-related disorders**, Pathlight fills the growing need for mental health care that sits between outpatient therapy and acute psychiatric hospitalization. We partner with our referents, patients and families to provide the skills, tools and support needed to rebuild resilience and guide patients on a path to long-lasting mental wellness.

## WHY CHOOSE PATHLIGHT MOOD & ANXIETY CENTER



### Expert Multidisciplinary Approach

Includes comprehensive, thorough patient assessment to help individualize each aspect of treatment plans



### Transdiagnostic Care Model

Utilizes a range of evidence-based treatment modalities including dialectical behavior therapy (DBT), cognitive processing therapy (CPT) and exposure and response prevention (ERP)



### Specialty Programming

Specialized care for patients with co-occurring conditions such as SUD, OCD and other trauma-related disorders



### State-of-the-Science Treatments

Innovative neuropsychiatric treatments including ketamine, electroconvulsive therapy (ECT) and transcranial magnetic stimulation (TMS)\*



### Unparalleled Family and Friends Support

Strong focus on involvement, education and support for families and friends rooted in emotion-focused family therapy (EFFT)



### Culturally Competent Programming

Grounding in a foundation of safety, mindfulness and awareness for optimal engagement, learning and recovery

*\*Treatments vary by 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 commercial insurance accepted



## INCLUSIVE TREATMENT FOR

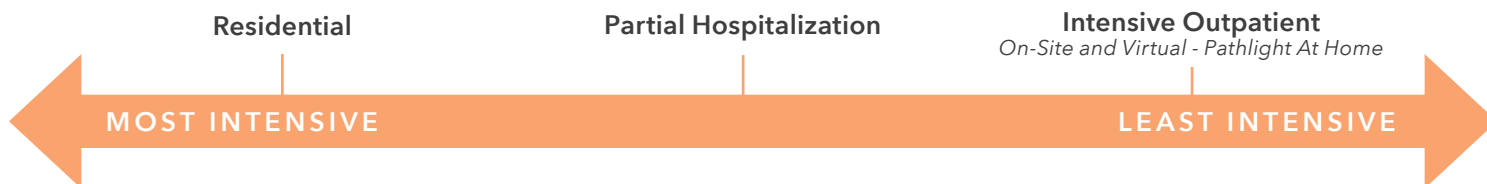
- > Children and Adolescents (ages 12-17) > Adults 18 and older

### 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, dissociative symptoms)
- School refusal due to anxiety, depression or defiance
- Co-occurring disorders (e.g., attachment disorder, autism spectrum disorder, OCD, personality disorders, specific phobias, SUD)

## LEVELS OF CARE

Integrated Continuum of Care to Treat Full Spectrum of Patient Acuity and Complexity



### Professional Collaboration Throughout Your Patient's Admission, Treatment and Discharge

- 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 treatment team during treatment and at discharge to ensure smooth patient transition to outpatient care

#### TREATMENT CENTER LOCATIONS

California • Colorado • Illinois • Maryland • Ohio • Texas • Washington

#### PATHLIGHT AT HOME

For a list of current programs and states, visit [Pathlight.com/AtHome](https://Pathlight.com/AtHome)

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