



PROVIDING A BRIGHTER FUTURE for Children, Teens and Their Families

When you partner with Eating Recovery Center and Pathlight Mood & Anxiety Center, your young patients and their families will receive the expert, personalized care they need so their lives can, once again, be filled with light and hope.

CHILD AND ADOLESCENT MENTAL HEALTH TREATMENT, AGES 8-17*

> **Eating Recovery Center**
Treatment for Eating Disorders
and Related Conditions

> **Pathlight Mood & Anxiety Center**
Treatment for Anxiety, Depression
and Trauma-Related Disorders

Specialized Centers Offer Expert Treatment in a Healing Environment

- Leading national experts and pioneers in child and adolescent psychiatry, psychotherapy approaches and medicine offer an ability to treat highly complex cases with multiple diagnoses
- Multidisciplinary care teams include individual therapist/ family therapist, psychiatrist, primary care physician, nurse, dietitian (eating disorders program) and educational specialist
- Safe, comfortable environment tailored to children and teens
- Evidence-based treatment modalities, age-appropriate groups and medication management
- Education specialists function as academic liaisons with home schools to ensure academic tracking and smooth transitions back to school

Empowering Families with Robust, Ongoing Support

Our programs provide parents and families with the skills and tools they need to become agents of change and healing for their child and teach them how to most effectively support their child's recovery.



Family therapy sessions, support groups (in person and online) and educational resources and webinars



Family education days, offered monthly during and after treatment



Alumni & Family Liaison team provides support post-discharge

Collaboration With Professional Referents Across the Continuum of Care

- Responsive, efficient referral process
- Comprehensive pre-admission assessment by a master's-level clinician
- Same-day assessments available in most cases**
- Fast-track admissions available in most cases for patients admitting directly from a hospital setting
- Care team keeps you updated on your patient's progress and collaborates with you to ensure a smooth transition back to your care

*Programming for ages 10 and under varies by treatment program and location. ** For calls received after 4:00 p.m. CT, assessments will be available the following day.

Master's-level clinicians are available for care consultation and assessment.

Please contact us to schedule a free consultation.

1-877-825-8584 • Fax: 425-974-1530 | EatingRecovery.com | PathlightBH.com

Most commercial insurance accepted



EATING DISORDERS CHILD & ADOLESCENT PROGRAMS

Expert Treatment for:

- Anorexia Nervosa
- Bulimia Nervosa
- Avoidant Restrictive Food Intake Disorder (ARFID)
- Binge Eating Disorder
- Other Specified Feeding or Eating Disorder (OSFED)
- ED-Diabetes Mellitus Type 1
- Atypical Anorexia Nervosa
- Exercise Addiction
- Co-Occurring Mood and Anxiety Disorders
- Secondary Substance Use Disorder

Highly Skilled Nutritional Support:

- A registered dietitian works closely with patients to help them overcome fears around food and eating
- Medical staff and a registered dietitian safely manage refeeding for patients needing weight restoration
- Parents learn skills and fundamentals of nutrition, food portioning and food plating so they can continue patient meal support after treatment

TREATMENT CENTER LOCATIONS

California • Colorado • Illinois • Maryland • Texas • Washington

Levels of Care:

ON-SITE:

- Inpatient Intensive Treatment Unit
- Inpatient
- Residential
- Partial Hospitalization Program (PHP)
- Intensive Outpatient Program (IOP)*

VIRTUAL:

- IOP

Evidence-Based Psychotherapeutic Approaches:

- Emotion-Focused Family Therapy (EFFT)
- Family-Based Treatment (FBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Exposure Response Prevention (ERP)

Thanks to ERC, I was given a chance at a better future full of love, friends, family and joy.

– Former patient

VIRTUAL IOP OFFERED IN MORE THAN 30 STATES

For a list of current states, visit EatingRecovery.com/VirtualCare



MOOD, ANXIETY AND TRAUMA-RELATED DISORDERS CHILD & ADOLESCENT PROGRAMS

Expert Treatment for:

MOOD DISORDERS

- Major Depressive Disorder
- Bipolar I & II Disorder

ANXIETY DISORDERS

- Generalized Anxiety Disorder
- Obsessive Compulsive Disorder
- Specific Phobias
- Panic Disorder

TRAUMA-RELATED CONDITIONS

- PTSD
- Chronic Stress
- Dissociative Symptoms

TREATMENT CENTER LOCATIONS

Colorado • Illinois • Texas • Washington

OTHER CO-OCCURRING ISSUES:

- Emerging Personality Disorders
- Substance Use Concerns
- Disordered Eating
- Attention Deficit Disorder
- School Refusal
- Autism Spectrum Disorder
- Emerging Traits of Psychosis
- Non-Suicidal Self-Injury (NSSI)
- Attachment Disorder
- Grief and Loss
- Adjustment Disorder

We came home with the confidence that we can do this.

– Parent of former patient

Levels of Care:

ON-SITE:

- Residential
- Partial Hospitalization Program (PHP)
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VIRTUAL:

- IOP

Evidence-Based Psychotherapeutic Approaches:

- Emotion-Focused Family Therapy (EFFT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behavior Therapy (DBT)
- Cognitive Behavioral Therapy (CBT)
- Exposure Response Prevention (ERP)
- Radically Open DBT (RO-DBT)
- Expressive Arts Therapies

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*On-site IOP availability may vary during COVID-19.

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