



# 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.

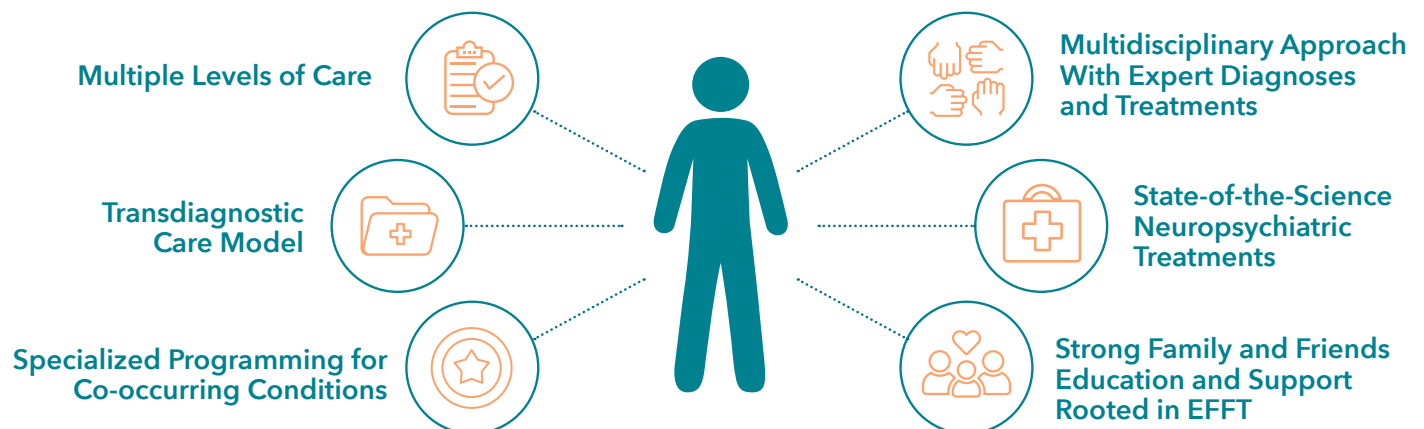
#### Pathlight Offers Expert Voluntary Treatment for:

- 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](http://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 hours M-F, 6 hours Sat. and Sun., 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.*

## 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 and C&A Res • 1229 Madison St., Suite 500, Seattle, WA 98104

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

C&A PHP/IOP • 901 Boren Ave., Suite 900, Seattle, WA 98104

Adult IOP • Virtual – Pathlight At Home

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