



Pathlight.
Mood &
Anxiety
Center

LIFE-CHANGING TREATMENT

for Mood, Anxiety and Trauma-Related Disorders

PATHLIGHT MOOD & ANXIETY CENTER, CALIFORNIA

Pathlight Mood & Anxiety Center (Pathlight) offers inclusive treatment for 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.

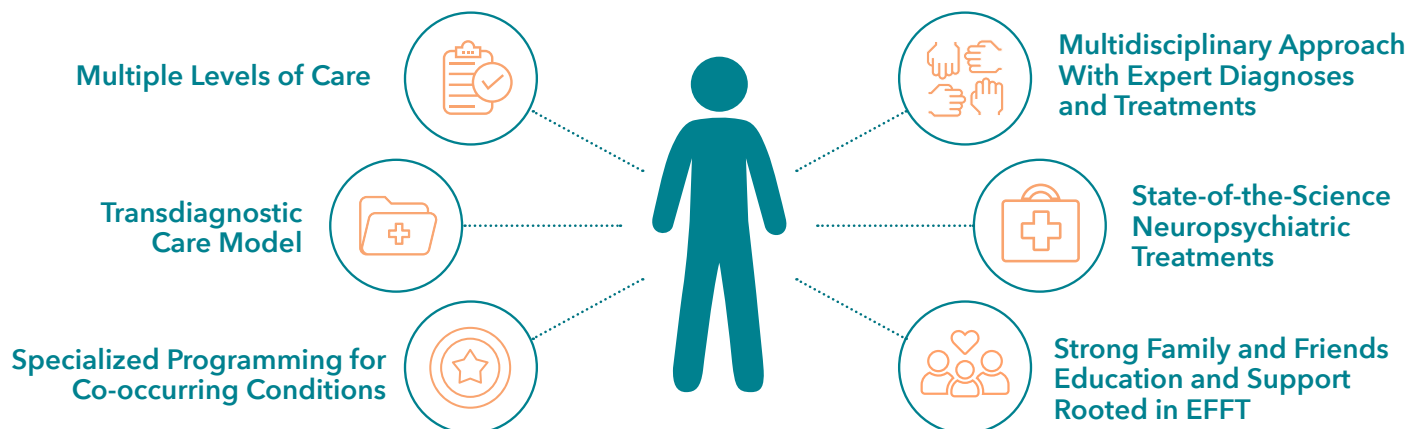
Pathlight Offers Expert Voluntary Treatment for:

- 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))

CALIFORNIA PROGRAMS

- Adult Partial Hospitalization (PHP) and Intensive Outpatient (IOP) Programs
- Adult 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.

PARTIAL HOSPITALIZATION

Adults, 18+

For patients in need of structure, intensive skills practice and who can maintain medication compliance.

- Programming 8 hours, 5 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
- 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+

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 work or academic studies 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 PHP/IOP • 114 Pacifica Ste. 450, Irvine, CA 92618

Adult PHP/IOP • 3610 American River Drive, Ste. 140, Sacramento, CA 95864

Adult IOP • Virtual – Pathlight At Home

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