



Pathlight.
Mood &
Anxiety
Center



LIFE-CHANGING TREATMENT for Mood, Anxiety and Trauma-Related Disorders

Pathlight Mood & Anxiety Center bridges a gap in treatment for mood, anxiety and trauma-related disorders by filling the monumental need for mental health care that sits between acute psychiatric hospitalization and weekly outpatient therapy visits. With evidence-based individualized treatment plans, Pathlight Mood & Anxiety Center offers specialized treatment at all levels of care designed to break the endless cycle of patient crisis care, and guide patients on a path to long-lasting mental wellness.

Formerly known as Insight Behavioral Health Centers, our name was changed to Pathlight Mood & Anxiety Center because it describes our commitment to light the way forward for our patients and their families. Through our intensive, multidisciplinary approach, we partner with our patients and their families to help them learn to manage their symptoms, as well as understand the underlying concerns impacting their behavior and emotions. We provide them with the tools and support needed to rebuild resilience and transform their lives.

TREATMENT FOR ALL AGES, ETHNICITIES, GENDER IDENTITIES AND EXPRESSIONS

> Children and Adolescents (ages 10-17)

> Adults ages 18 and older

Pathlight Mood & Anxiety Center Offers Expert Voluntary Treatment for:

- Mood Disorders: Depression, Bipolar Disorder
- Anxiety Disorders: Generalized Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder, Social Anxiety, Specific Phobia
- Trauma: Post-Traumatic Stress Disorder, Attachment Disorders
- Stress-Related Conditions
- Personality Disorders
- Somatoform Disorders
- School Refusal Due to Anxiety, Depression or Defiance
- Co-occurring Substance Abuse
- Autistic Spectrum Disorders

LEVELS OF CARE



ONSITE

- Residential
- Partial Hospitalization (PHP)
- Intensive Outpatient (IOP)*



VIRTUAL

- Partial Hospitalization (PHP)
- Intensive Outpatient (IOP)

*On-site IOP currently unavailable during COVID-19.

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

Please contact us to schedule a free consultation.
1-877-825-8584 • PathlightBH.com

Most commercial insurance accepted

WHY CHOOSE PATHLIGHT MOOD & ANXIETY CENTER



All Levels of Care

Leading licensed national psychiatric hospital system dedicated to treating patients at higher levels of care. We support patients' changing treatment needs as they step through levels of care and build their skillsets before returning home.



Specialized Center of Excellence

Designed by pioneers in behavioral health, our treatment model features evidence-based psychotherapy modalities and pharmacologic care personalized to patient's needs for optimal outcomes.



Unparalleled Expertise

Capability to treat highly complex cases with multiple diagnoses and co-occurring conditions including substance use.



Caring, Multidisciplinary Teams

Expert care team includes individual and family therapist, psychiatrist and primary care physician who collaborate to provide individualized treatment plans.



Unparalleled Family Support

Programming includes family therapy sessions, family support groups, family education groups/webinars and Family Days to educate and empower the patient's support system.



Strong Alumni and Family Programs

Individualized, post-discharge recovery plan support, ongoing alumni events, support groups and resources help ensure patients continue on a path of lasting recovery.

PATHLIGHT'S TREATMENT MODEL IS BASED ON OVER A DECADE OF EXPERIENCE AND EVIDENCE-BASED CARE.

- Dialectical Behavior Therapy (DBT)
- Radically Open-Dialectical Behavior Therapy (RO-DBT)
- Cognitive Behavioral Therapy (CBT) for depression using Behavioral Activation and for anxiety using Exposure and Response Prevention (ERP)
- Acceptance and Commitment Therapy (ACT)
- DBT informed trauma protocols and philosophies
- Exposure-based trauma treatments
- Somatic Experiencing informed groups
- Emotion-Focused Family Therapy (EFFT)
- Expressive Therapies (i.e. art and movement therapies)



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

* For calls received after 4:00 p.m. CT, assessments will be available the following day.

TREATMENT CENTER LOCATIONS

California • Colorado • Illinois • Maryland • Texas • Washington

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