

VIRTUAL INTENSIVE OUTPATIENT PROGRAMMING

The Same Trusted Treatment
Available From Home



Eating Recovery Center and Pathlight Mood and Anxiety Center are a leading national mental health care system dedicated to treating eating disorders and primary mood, anxiety and trauma-related disorders, with Inpatient, Residential, Partial Hospitalization and Intensive Outpatient programs (IOP) services available across the country.

As long-standing experts in telebehavioral health since 2016, we've treated more than 6,000 patients in our virtual programs. We offer the following rigorous Virtual Intensive Outpatient (IOP) services in more than 21 states:*

ADULT PROGRAMS

- Mood & Anxiety Treatment
- Eating Disorder Treatment
- Binge Eating Disorder Treatment

CHILD & ADOLESCENT PROGRAMS

- Mood & Anxiety Treatment
- Eating Disorder Treatment

Virtual Care provides the same high-quality, evidence-based treatment designed to help patients make significant therapeutic progress not possible in outpatient treatment services from the safety and convenience of their home.

- Anne Marie O'Melia, MS, MD, FAAP
Chief Medical Officer of Pathlight
Mood and Anxiety Center and
Eating Recovery Center

*Virtual IOP states subject to change. For a list of current states, visit EatingRecovery.com/VirtualCare or PathlightBH.com/VirtualCare

WHAT MAKES OUR VIRTUAL IOP UNIQUE



Evidenced-based treatment interrupts symptoms and builds a foundation for resilience



Team of licensed, specialized professionals with extensive training in telebehavioral health ethics and delivery



Collaboration with outpatient providers ensure a seamless transition



Group therapy helps patients learn emotion-regulation skills and adaptive coping patterns



Meal support provides education and helps establish structure*



Recovery Record app for monitoring and additional support*



Family therapy and alumni support to maintain recovery

* Eating Disorder treatment program

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/VirtualCare | PathlightBH.com/VirtualCare

Joint Commission-accredited • Most commercial insurance accepted



VIRTUAL IOP SHOWS POSITIVE RESULTS

Clinically significant improvements in all outcomes measured, including self-reported eating disorder symptoms, depression, self-esteem, quality of life and overall satisfaction.

100%

Felt connected to facilitators and group members

98%

Agreed that staff created a recovery-focused environment

97%

Felt treatment has increased their chances of improving their health

2017-2018 Eating Recovery Center and Pathlight Behavioral Health Centers Virtual Intensive Outpatient Research Outcomes Study

WHO CAN BENEFIT FROM OUR VIRTUAL IOP PROGRAM?

Contact us if your patient...

- Has a mood, anxiety or trauma-related disorder or eating disorder diagnosis
- Is experiencing related symptoms causing significant distress/dysfunction in work, school, family life or with social connection
- Is able to maintain safety (e.g., no self-harm requiring medical care, no active suicidality or severe SI, no patterns of violent behavior toward others)
- Has struggled to gain traction or progress in outpatient treatment
- Does not have access to recommended/specialized care or the appropriate level of care
- Would benefit from more structure/support to progress in treatment goals
- Feels isolated or is without supportive others who "get it"

MOOD AND ANXIETY VIRTUAL IOP PROGRAM

- Three, three-hour groups weekly including:
 - Evidence-based skills focused groups (DBT, CBT, ACT, RO-DBT)
 - Process-oriented group therapy
 - Behavior modification group therapy (Exposures, Behavioral Activation)
- One weekly individual/family therapy session

EATING DISORDER VIRTUAL IOP PROGRAM

- Three, three-hour groups weekly including:
 - Therapy groups
 - Nutrition groups
 - Meal support
- One weekly individual/family therapy session
- One weekly session with a registered dietitian
- Recovery Record mobile app
- Frequent collaboration with outpatient medical providers

ERC's approach and the virtual care program was absolutely the missing link in my recovery...pushing me to step outside my rigid, ED-defined comfort zone and hand-holding as I stumbled helped build what I believe is a strong recovery foundation that will help me sustain long-term recovery.

– Kathy, VPHP and IOP Patient

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