



# Time TO Shine

## Treatment That Fits Into Your Client's Summer Schedule

### VIRTUAL INTENSIVE OUTPATIENT PROGRAMMING

Whether your client is out of school, planning a vacation or busy with daily life, our Virtual Intensive Outpatient Program (IOP) provides comprehensive treatment that easily integrates with their summer schedule. With the added benefits of convenience and flexibility, they can receive the same trusted treatment that we offer on-site from the comfort of their home or location of their choice.

As long-standing experts in telebehavioral health since 2016, Eating Recovery Center and Pathlight Mood & Anxiety Center have treated more than 6,000 patients in our virtual programs.

We offer the following Virtual 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

For a list of current states, visit [EatingRecovery.com/VirtualCare](http://EatingRecovery.com/VirtualCare) or [PathlightBH.com/VirtualCare](http://PathlightBH.com/VirtualCare).



The **summer** season provides an **ideal time** to **focus on recovery**.

### WHAT MAKES OUR VIRTUAL IOP UNIQUE



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



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



Collaboration with outpatient providers ensures 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



Measurable clinical outcomes with published, peer-reviewed evidence

\* 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](http://EatingRecovery.com/VirtualCare) | [PathlightBH.com/VirtualCare](http://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 Center's Virtual Intensive Outpatient Research Outcomes Study

### WHO CAN BENEFIT FROM OUR VIRTUAL IOP PROGRAM?

Contact us if your client...

- Has a mood, anxiety or trauma-related disorder or eating disorder diagnosis
- Would benefit from treatment that offers more convenience and flexibility
- 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 suicidal ideation, 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 3-hour weekly groups including:
  - Evidence-based skills-focused groups (DBT, CBT, ACT, RO-DBT)
  - Process-oriented group therapy
  - Behavior modification group therapy (Exposure Therapy, Behavioral Activation Therapy)
- One weekly individual/family therapy session

### EATING DISORDER VIRTUAL IOP PROGRAM

- Three 3-hour weekly groups including:
  - Therapy groups
  - Nutrition groups
  - Meal support
- One weekly individual/family therapy session
- One weekly session with a registered dietitian
- Medical monitoring kit delivered to home to obtain blind weights and vitals during admission
- 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, Virtual IOP Patient

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