Eating Recovery AT HOME

Pathlight AT HOME

TAKE RECOVERY HOME

Virtual Intensive Outpatient Programs for Eating Disorders and Mood and Anxiety Disorders

With our programs, your clients continue to learn to navigate life's stressors and build resilience in everyday life.

ADULT PROGRAMS

- Eating Disorders Treatment
- Binge Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment

CHILD & ADOLESCENT PROGRAMS (ages 12+)

- Eating Disorders Treatment
- Mood and Anxiety Disorders Treatment

WHAT YOUR CLIENTS CAN EXPECT

- Coverage by most **major commercial insurers**
- Same proven treatment offered on-site from **the comfort of home**
- **Specialized experienced care team** includes licensed therapist, registered dietitian,* consulting physician and care coordinator; **7,000+ patients** treated virtually **since 2016**
- **Group therapy sessions** with the **same small peer group** and clinical team ensure optimal outcomes
- Extensive **family involvement**, education and support
- Robust **alumni network and resources** available post-treatment

**Eating disorder programs*

> **Virtual intensive outpatient programming is critical in preventing step-ups to on-site partial hospitalization or residential treatment through the addition of support, accountability and oversight.**
>
> *— Anne Marie O'Melia, MS, MD, FAAP, Chief Medical Officer of Eating Recovery Center and 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 • EatingRecovery.com/VirtualCare | PathlightBH.com/VirtualCare

Most major commercial insurance accepted

WHAT OUR PROGRAMS INCLUDE

- Three 3-hour weekly groups including:
  - ✓ Evidence-based skills focused groups (DBT, CBT, ACT, ERP, FBT, EFFT)
  - ✓ Process-oriented group therapy
  - ✓ Behavior modification group therapy (exposures, behavioral activation)
  - ✓ Nutrition groups with meal-time support, cooking classes and group meals to provide structure and accountability*
- One weekly individual/family therapy session
- One weekly session with a registered dietitian*
- Recovery Record mobile app tracks treatment, moods and meals*
- Remote patient monitoring with numberless scale*
- Continuing education options for all referents
- Weekly peer, alumni and caregiver support groups

**Eating disorder programs only*

OUR RESULTS SPEAK VOLUMES

Positive Outcomes

MORE THAN **40%** **improvement** in **anxiety** (GAD-7), **depression** (PHQ-9) and **PTSD** (PCL-5) **symptoms**.[1]

MORE THAN **50%** **improvement** in overall **eating disorder behaviors** (EDE-Q).[2]

High Levels of Engagement

ALMOST **90%** **attendance rate** in virtual IOP[3]

MORE THAN **25%** **increase in completion rate** in virtual IOP versus on-site IOP[3]

ALL PATIENTS report **feeling connected to** facilitators and group members.[4]

COLLABORATION AND CARE COORDINATION

From assessment through discharge, we partner and communicate with you to provide a bridge to recovery for your patients.

Scan Me!

LEARN MORE

Drop into our weekly open house and Q&A for providers

Meet our virtual IOP clinicians
EatingRecovery.com/VirtualCare
PathlightBH.com/VirtualCare

1. General Anxiety Disorder-7 (GAD-7), Eating Recovery Center, Patient Health Questionnaire-9 (PHQ-9), Eating Recovery Center, PTSD Checklist for DSM-5 (PCL-5), Pathlight. November 2020 – April 2022. | 2. Eating Disorder Examination Questionnaire (EDE-Q), Eating Recovery Center. November 2020 – April 2022. | 3. Manuscript submitted for publication, Telebehavioral Health Intensive Outpatient Program Attendance and Length of Treatment Compared to In-Person Services. 2022. | 4. European Eating Disorders Review, Pilot assessment of a virtual intensive outpatient program for adults with eating disorders. August 2020.

Our virtual programs are available and accessible across the nation.
For a current list of states visit: EatingRecovery.com/VirtualCare | PathlightBH.com/VirtualCare

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