

Continuum of Care

Ensures Optimal Progress Toward Recovery

When you refer your patients to Eating Recovery Center (ERC) and Pathlight Mood & Anxiety Center (Pathlight), they'll benefit from a unique **continuum of care model**.

ASSESSMENT

Your patient will be matched with the right support

During assessment, our master's-level clinicians get to know your patient as a unique person and determine the level of care they need.

TREATMENT

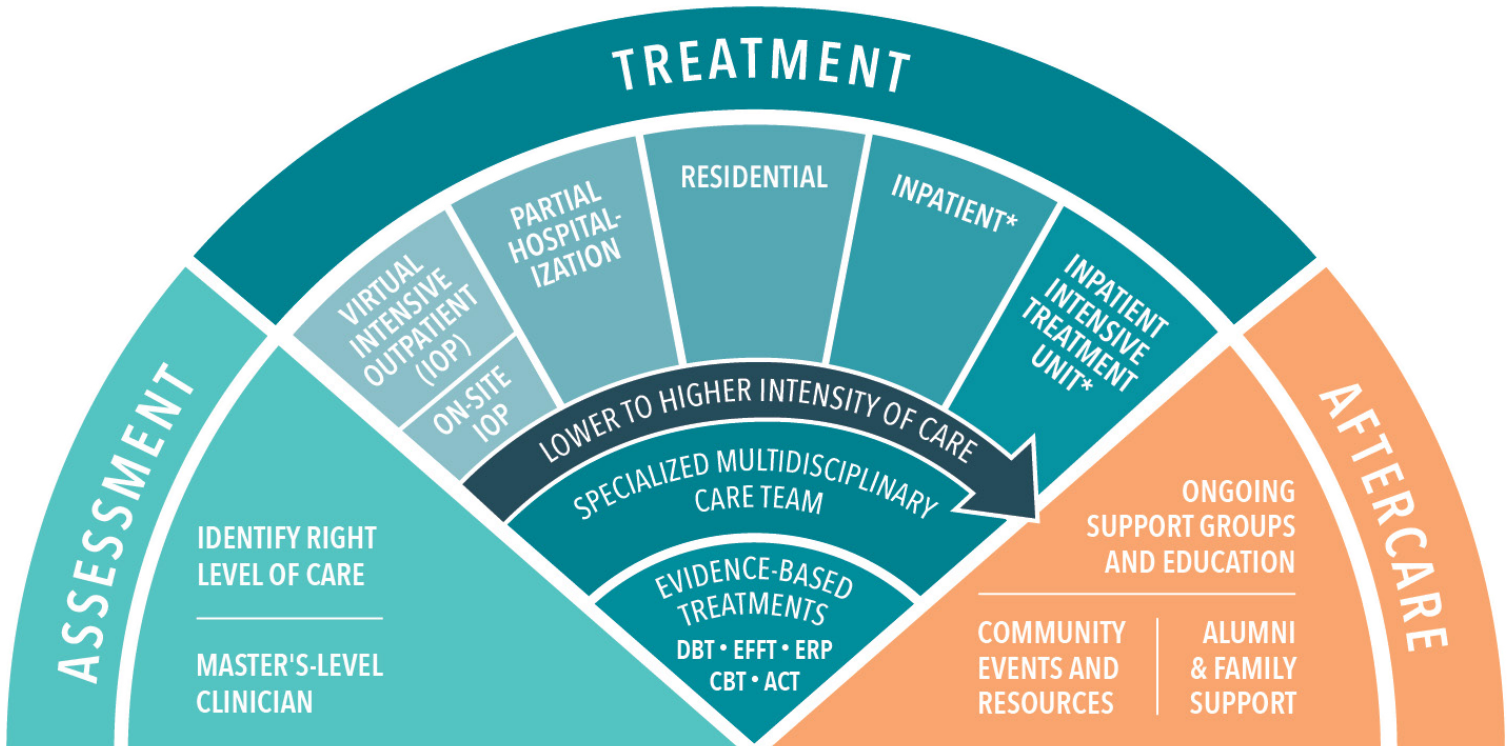
Consistent support that moves with your patient

Your patient will benefit from working with the same clinical model, approach and interventions throughout their treatment.

AFTERCARE

Resources that encourage continued healing

Following treatment, you and your patient will benefit from free ongoing education, resources and support groups.



*Eating disorder treatment only.

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 | PathlightBH.com

Most major commercial insurance accepted.

Our Levels of Care

ERC Pathlight specializes in treating patients and families who struggle with eating disorders and mood, anxiety and trauma-related disorders at multiple levels of care.



VIRTUAL INTENSIVE OUTPATIENT (Eating Recovery and Pathlight At Home)

Outpatient care for three hours per day, three days per week of group therapy, plus one weekly individual/family session. Nutrition and mealtime support and one weekly session with a registered dietitian.*

- ✓ Best for patients who can set goals and work toward them



ON-SITE INTENSIVE OUTPATIENT

The same treatment as our virtual programming provided on-site.



PARTIAL HOSPITALIZATION

Daytime programming seven to 10 hours per day, five or seven days per week,** including psychiatric visits approximately twice weekly.

- ✓ Best for patients who can maintain medication compliance and need structure and skill building



RESIDENTIAL

Provides 24-hour registered nursing care in our licensed psychiatric facility. Includes a daily medical presence and two psychiatric visits per week.

- ✓ Best for patients who require structure, containment and individualized treatment



INPATIENT*

Provides medical and psychiatric stabilization in our 24-hour specialized hospital setting. Includes daily psychiatric and medical contact and 24-hour nursing care.

- ✓ Best for patients who have high-acuity medical and/or behavioral conditions and are able to make progress in a milieu setting



INPATIENT INTENSIVE TREATMENT UNIT*

Provides intensive medical and psychiatric stabilization in a highly specialized, 24-hour hospital setting.

- ✓ Best for patients who have struggled to make progress in a therapeutic community and require structure, containment and an individualized treatment plan

LEARN MORE
ABOUT EACH
LEVEL OF CARE



*Eating disorder treatment only. | **Programming days per week vary by location.

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