



Pathlight
Mood &
Anxiety
Center

Recovery is possible.
Our data shows it.

Pathlight 2025
Outcomes Report



A Letter to Our Community

Our Commitment to Measurable Healing

I've been treating people with mental health disorders for over 40 years, and one thing has remained constant: **Our patients are brave.** Reaching out for help is never easy. We see patients and families come to us during some of the hardest moments of their lives, and we don't take that trust lightly.

Outcomes are often presented as graphs, numbers and clinical terminology. For us, they represent a tangible way to see what's working, where we can do better and how we can continue to evolve in service of the people who come to us for help.



Recovery is not linear, and progress looks different for everyone. Our goal is to meet people where they are, support them as they are, and create the conditions for meaningful, lasting change. We remain deeply grateful to our patients and families for their trust, to our referring providers for their partnership, and to our teams whose expertise and compassion make this work possible every day.

Thank you for taking the time to review our outcomes. We are committed to learning from this data so we can continue to advance care with integrity.

With gratitude,

A handwritten signature in black ink, appearing to read 'Ken Weiner MD'.

Ken Weiner, MD, CEDS, FAED
Chief Medical Officer
Pathlight Mood & Anxiety Center

The Mental Health Team You Choose When You Want Lasting Change

Thousands of Recovery Stories Guide Our Care

Pathlight Mood & Anxiety Center is a nationwide program led by clinical leaders in psychiatric care for children, adolescents and adults. Across all levels of care, multidisciplinary teams, including licensed therapists, physicians and care coordinators, work collaboratively to provide treatment that meets patients where they are.

Our outcomes help us measure what is working and show us opportunities to improve. This guides how we support patients and their families during some of the most challenging moments of their lives.





Data Backed by Industry Standards

**No misinformation, no inflated
results, no confusion**

Our outcomes data is collected under protocols reviewed and approved by an independent Institutional Review Board (IRB), reinforcing our commitment to ethical research standards and transparency.

Outcomes Are Measured Using Validated Clinical Thresholds

Anxiety Symptoms (GAD-7)

Measures symptoms of general anxiety.

Score range: 0-21

- 0-4: Minimal anxiety
- 5-9: Mild anxiety
- 10-14: Moderate anxiety (clinical range)
- 15-21: Severe anxiety

Depression Symptoms (PHQ-9)

Measures symptoms of depression such as low mood, loss of interest and emotional distress.

Score range: 0-27

- 0-4: Minimal depression
- 5-9: Mild depression
- 10-14: Moderate depression (clinical range)
- 15-19: Moderately severe depression
- 20-27: Severe depression

Quality of Life (WHOQOL-BREF)

Measures overall well-being across four areas: physical health, psychological health, social relationships and daily environment.

Score range: 0-100

- Higher scores reflect better quality of life and daily functioning

Post-Traumatic Stress Symptoms (PCL-5)

Measures symptoms related to post-traumatic stress, including intrusive memories, avoidance, changes in mood and heightened stress responses.

Score range: 0-80

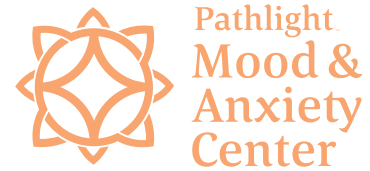
- 0-30: Minimal to mild PTSD symptoms
- 31-33: Symptoms may reach the clinical threshold for PTSD
- 34+: Likely PTSD symptoms in the clinical range

Obsessive-Compulsive Symptoms (OCI-R)

Measures symptoms of obsessive thoughts and compulsive behaviors, such as checking, ordering, washing and intrusive thoughts.

Score range: 0-72

- 0-20: Minimal OCD symptoms
- 21+: Indicates probable OCD



Comprehensive Mental Health Care

Conditions We Treat:

1. Anxiety Disorders
2. Depressive Disorders
3. Bipolar Disorders
4. Other Mood Disorders
5. Obsessive-Compulsive Disorders
6. Post-Traumatic Stress Disorder (PTSD)
7. Other Trauma-Related Disorders

Our Outcomes Show Recovery Is Possible

From admission to discharge, we track key clinical thresholds to measure progress and guide care.

Children & Adolescents

Reduction in percentage of patients screening positive for anxiety
GAD-7 clinical range: ≥ 10



Reduction in percentage of patients screening positive for depression
PHQ-9 clinical range: ≥ 10



Quality of life improvement
WHOQOL-BREF scale: 1-100



Parents reporting improvement



Adults

Reduction in percentage of patients screening positive for anxiety
GAD-7 clinical range: ≥ 10



Reduction in percentage of patients screening positive for depression
PHQ-9 clinical range: ≥ 10



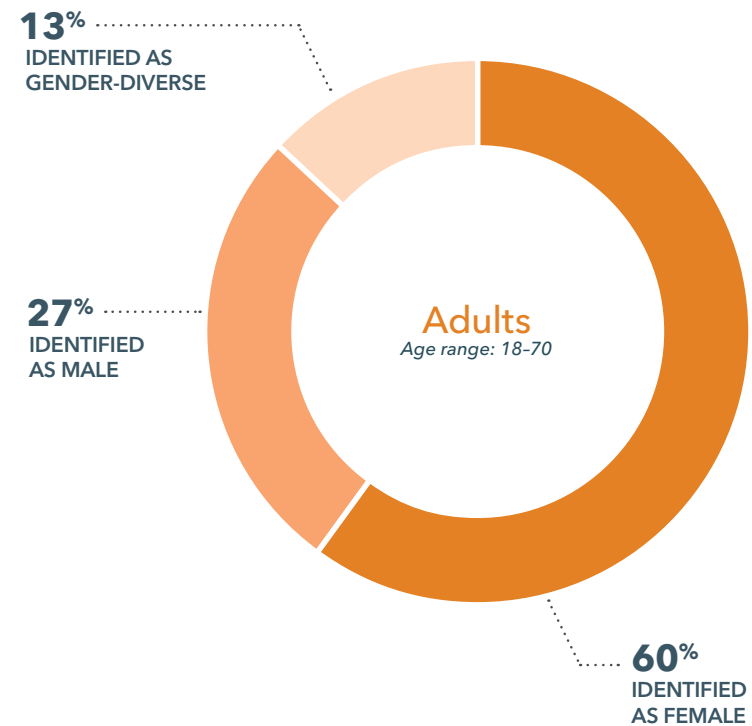
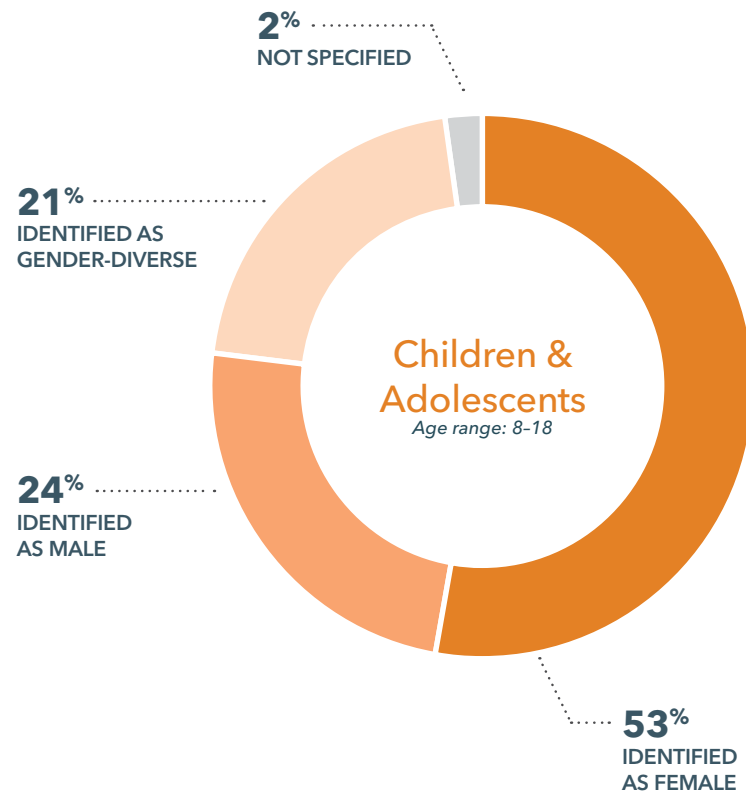
Quality of life improvement
WHOQOL-BREF scale: 1-100



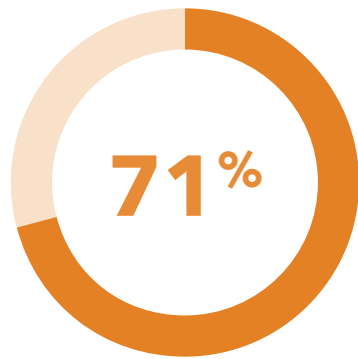
Patients reporting improvement



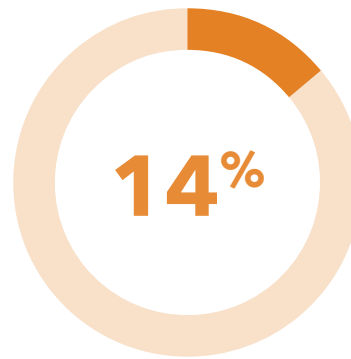
Patients of All Gender Identities Seek Care With Us



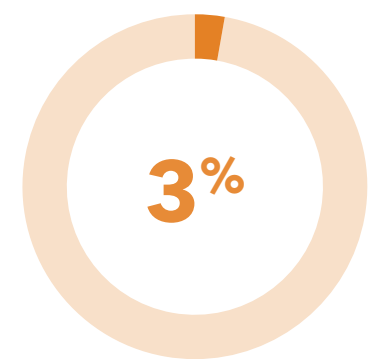
Most Common Primary Mental Health Diagnoses



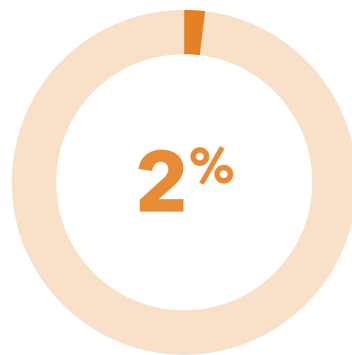
DEPRESSIVE DISORDERS



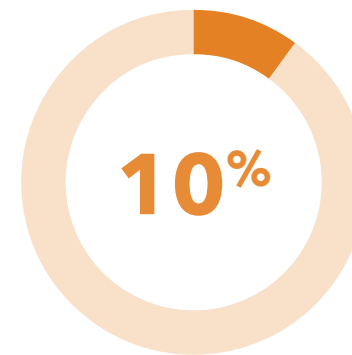
ANXIETY DISORDERS



POST-TRAUMATIC STRESS DISORDER



BIPOLAR DISORDERS



OTHER MOOD DISORDERS

80% of Our Pediatric Patients Had Multiple Diagnoses

Our care model looks at the full picture rather than just one diagnosis.

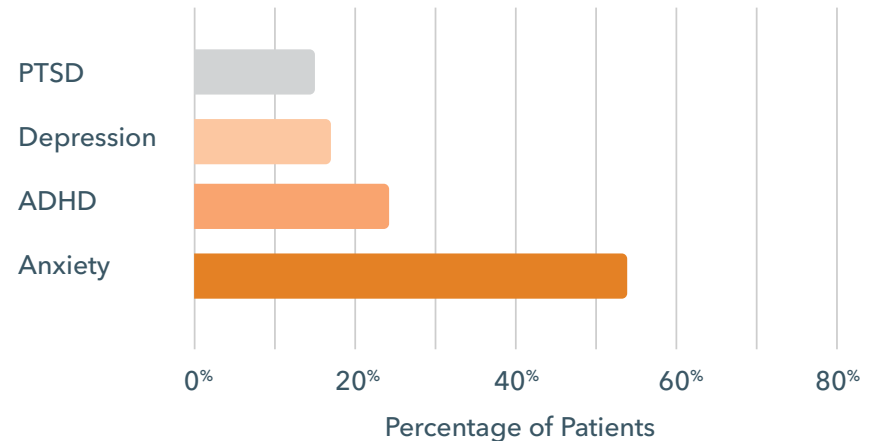
The most common co-occurring conditions among child and adolescent patients were anxiety disorders followed by attention-deficit/hyperactivity disorder (ADHD) and depressive disorders.



Pathlight is where the bar should be set for mental health services.... **They saved our child's life** and gave them skills they will be able to use throughout their lifetime. I highly recommend them to anyone I know who is facing mental health challenges.

Holly T.

Most Common Secondary Diagnoses



Patients Showed Significant Reductions in Depression and Anxiety

Even patients who remained in the clinical range showed meaningful improvement.

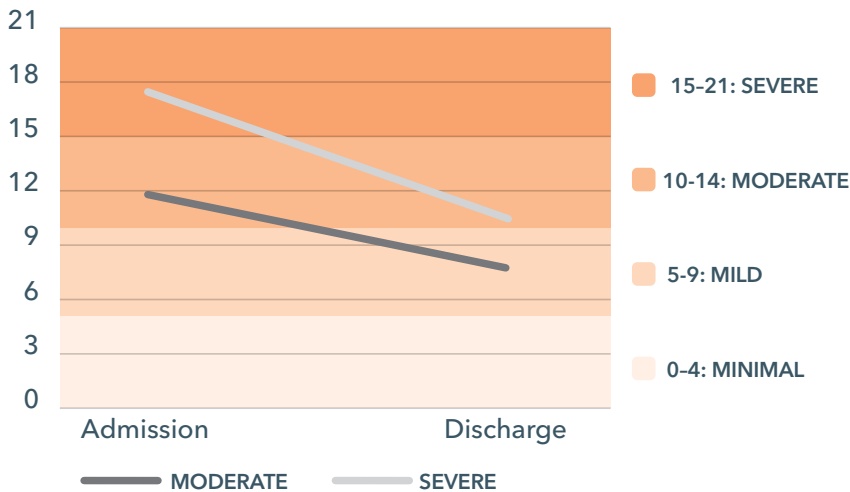
Anxiety

Reduction in patients screening in the clinical range

Anxiety measured using GAD-7 clinical range: ≥ 10



Change in Reported Anxiety Symptoms from Admission to Discharge



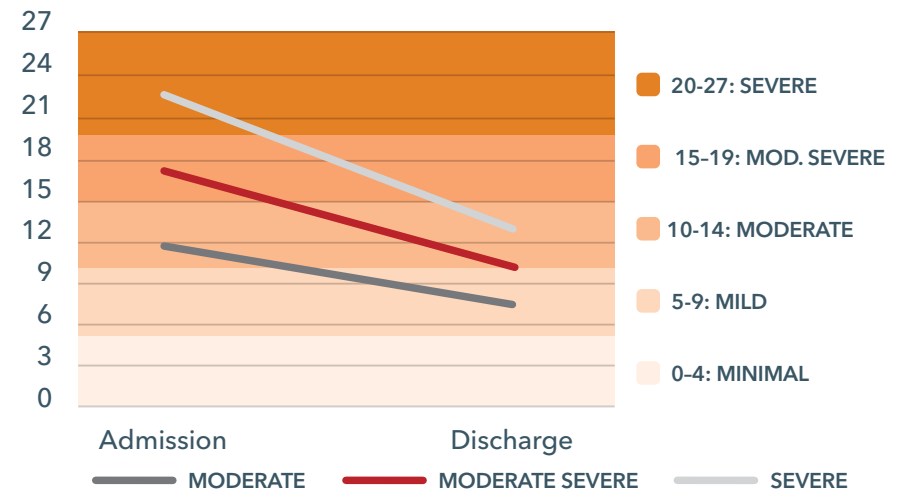
Depression

Reduction in patients screening in the clinical range

Depression measured using the PHQ-9 clinical range: ≥ 10



Change in Reported Depressive Symptoms from Admission to Discharge



Quality of Life Improved Across All Levels of Care

Quality of life was assessed across four domains:

- Physical health
- Psychological health
- Social relationships
- Environment

Quality of life improvement

WHOQOL-BREF scale: 1-100

+7

POINT IMPROVEMENT FROM
ADMISSION TO DISCHARGE

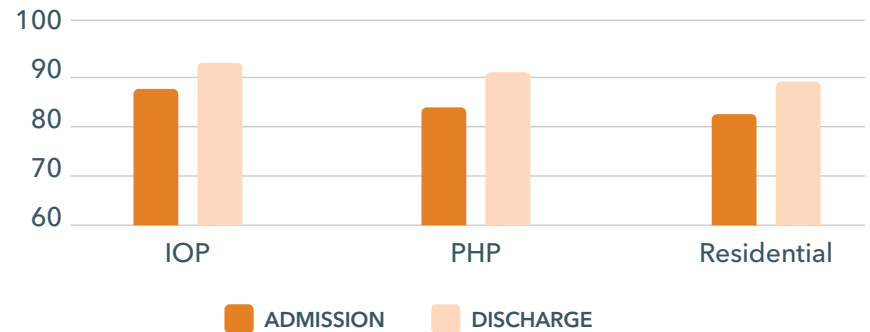
Our daughter has been in several treatment programs, and they have all helped in some ways. Pathlight, however, stood out as exceptional because our daughter entered the program at a particularly turbulent time and she was able to stabilize and make progress while there, leaving on a very hopeful note.

Patrick L.

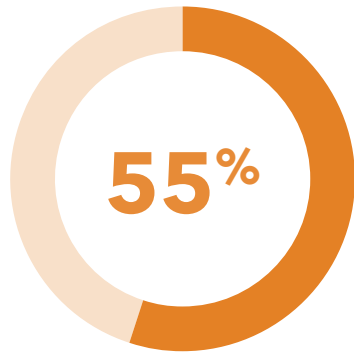


Increase in Reported Quality of Life Score from Admission to Discharge

Quality of life measured using the WHOQOL-BREF (scale 0-100)

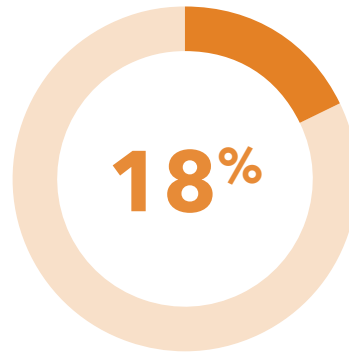


Most Common Primary Mental Health Diagnoses



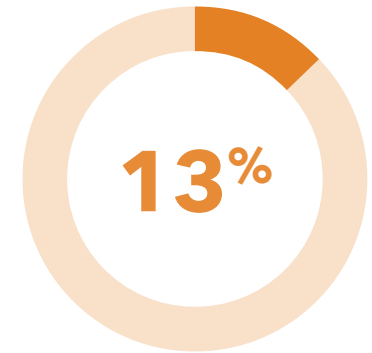
55%

DEPRESSIVE DISORDERS



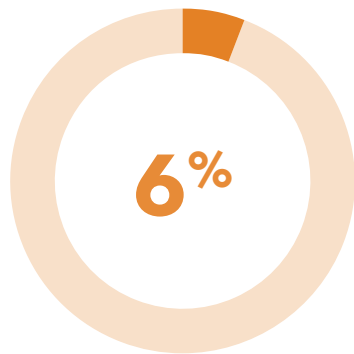
18%

ANXIETY DISORDERS



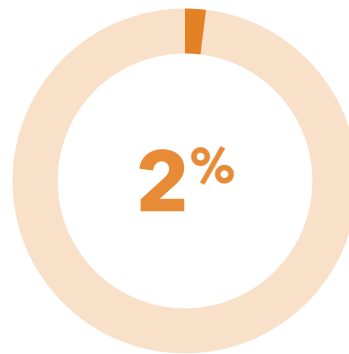
13%

BIPOLAR DISORDERS



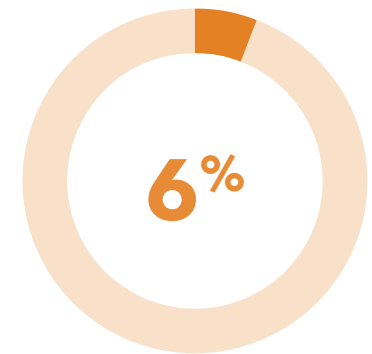
6%

POST-TRAUMATIC STRESS DISORDER



2%

OBSESSIVE-COMPULSIVE DISORDERS



6%

OTHER MOOD DISORDERS

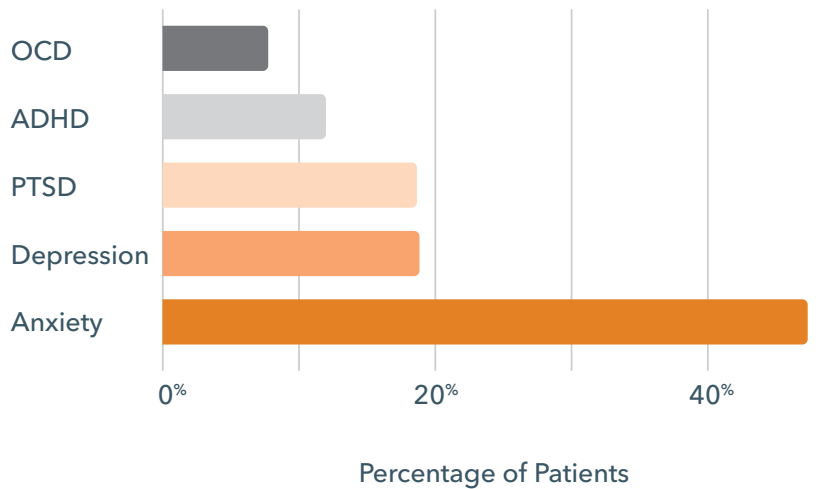
ADULTS

70% of Our Adult Patients Had Multiple Diagnoses

Symptoms don't exist in isolation for most adults. Our care model treats multiple diagnoses together.

The most common secondary diagnoses were anxiety disorders, followed by depressive disorders and PTSD.

Most Common Secondary Diagnoses



Patients Showed Significant Reductions in Depression and Anxiety

Even patients who remained in the clinical range showed meaningful improvement.

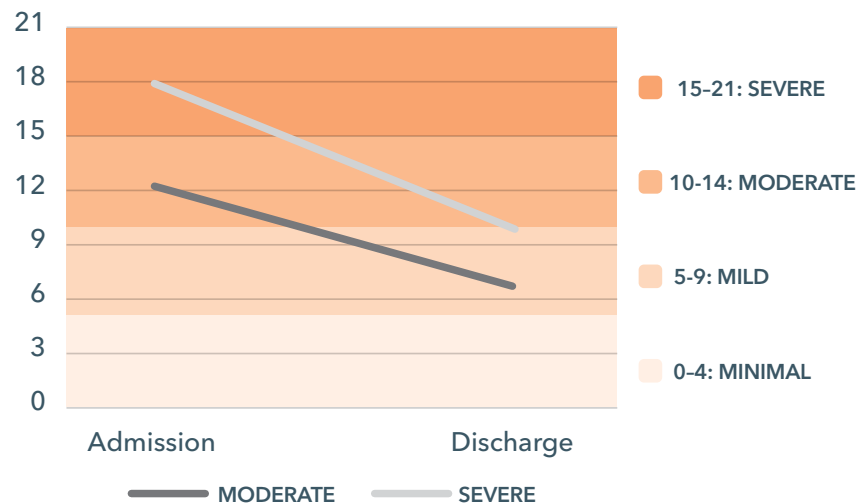
Anxiety

Reduction in patients screening in the clinical range

Anxiety measured using GAD-7 clinical range: ≥ 10



Change in Reported Anxiety Symptoms from Admission to Discharge



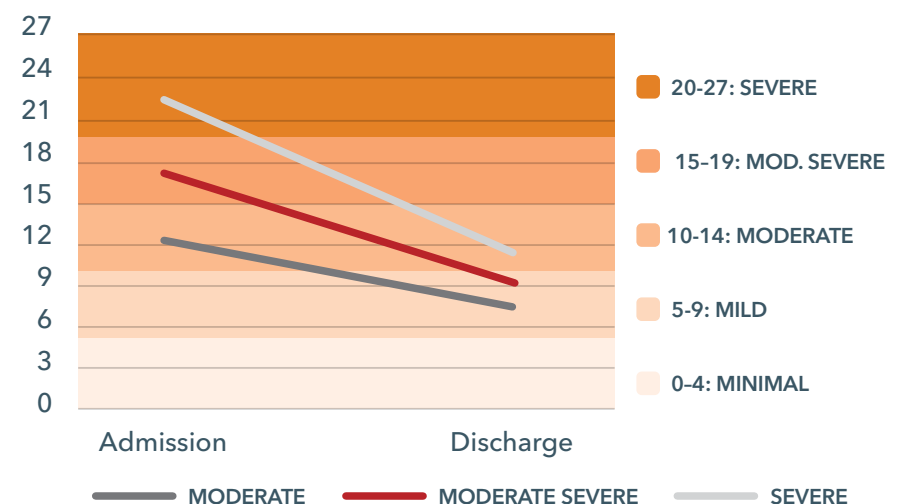
Depression

Reduction in patients screening in the clinical range

Depression measured using the PHQ-9 clinical range: ≥ 10



Change in Reported Depressive Symptoms from Admission to Discharge



ADULTS

PTSD and OCD

Patients With PTSD and OCD Showed Significant Improvement by Discharge

Reduction in patients screening positive for PTSD



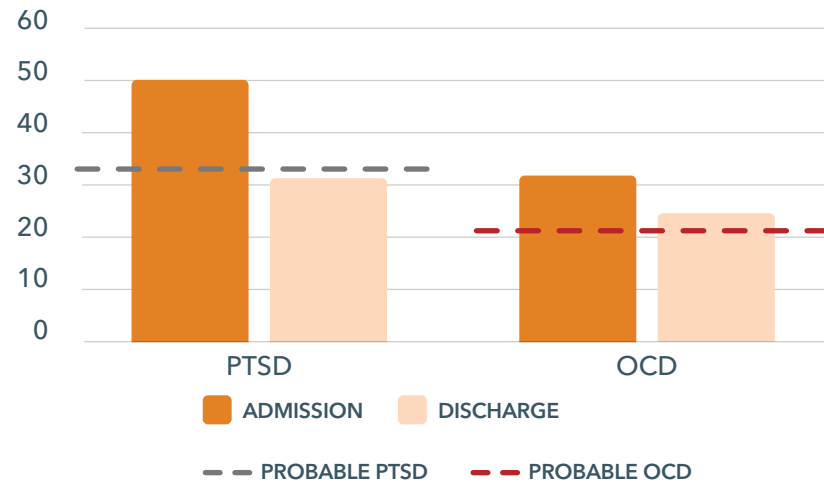
Reduction in patients screening positive for OCD



“ I can't imagine my recovery journey and what it would have looked like without Pathlight.... It was a springboard for getting my life back on track and feeling better than I have in years. ”

Bill D.

Reported PTSD and OCD Symptoms from Admission to Discharge



PTSD measured using the PCL-5: 0-80
≥ 34 indicates probable PTSD

OCD measured using the OCI-R: 0-72
≥ 21 indicates probable OCD



Our Continuing Education and Professional Engagement

We believe outcomes don't exist in isolation. They are shaped by collaboration among patients, families and the providers who trust us with their care.

70
speaking engagements

37
published research articles

450+
CE courses provided

908
CE credits administered

Clinical dialogue, education, transparency and shared accountability ensures patients receive the right level of care at the right time.

Reported across 2023-2025



To our patients, families, providers and partners:
Thank you for trusting us with something deeply personal.

Every data point in this report represents a person, a family and a moment of choosing care. We remain committed to learning from these outcomes so we can continue showing up with compassion, integrity and evidence-based care for those we serve.



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1-877-711-1878
www.PathlightBH.com