



Pathlight  
Mood &  
Anxiety  
Center

FIRST  
EDITION

# FAMILY & FRIENDS RESOURCE GUIDE

ESSENTIALS TO SUPPORT  
YOUR LOVED ONE  
WITH CONFIDENCE

FIND YOUR  
CAREGIVER  
CHECKLIST  
INSIDE

## WHAT'S INSIDE

What to Expect  
in Treatment

Understanding  
the Levels of Care

Caregiver Dos  
and Don'ts

# A Warm Welcome From Your Care Team

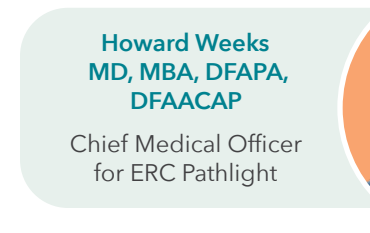


**Anne Marie O'Melia**  
MS, MD, FAAP, CEDS-S

Chief Clinical and  
Quality Officer for  
ERC Pathlight

## To family & friends supporting a loved one,

When thinking about mental health care, many people tend to focus solely on the person who is struggling – what their signs and symptoms look like, what type of treatment they need and how their story unfolds.



**Howard Weeks**  
MD, MBA, DFAPA,  
DFAACAP

Chief Medical Officer  
for ERC Pathlight



At Pathlight Mood & Anxiety Center (Pathlight), we know how important it is to focus on you, too. We know you can help your loved one heal. Family and friend involvement plays a key role in our programming – our care team includes you in the process so you can best help your loved one through treatment and beyond. We know this means that you'll need support too.

So, to help you navigate your time at Pathlight, we developed this guide with the knowledge, tools and resources to best support your loved one and yourself.

Our goal is to help you support your loved one's journey and strengthen your connection with them. That's why we offer education on the complexity of mental health conditions and guidance on encouraging open, honest communication.

**We recognize your resilience, compassion and commitment. In the face of so many challenges, you have shown up for your loved one. At Pathlight, we're committed to showing up for you, too.**

## YOUR CAREGIVER CHECKLIST

- ✓ RSVP for Pathlight Orientation
- ✓ Register for a Virtual Family & Friends Education session
- ✓ Attend a caregiver support group
- ✓ Access the family resources calendar, community events and more

Scan to download  
the complete checklist!





## Pathlight Orientation

Attend this free, one-hour, live virtual orientation to get a timely overview of what to expect as your loved one enters treatment at Pathlight.

**Our national family outreach manager will guide you through:**

- ✓ The basics of treatment: levels of care, treatment team, programming and discharge planning
- ✓ Practical tips on how to make the most of treatment
- ✓ Any questions you may have about your loved one's care
- ✓ The best ways to support your loved one during their treatment and healing

This orientation is designed for friends and family of loved ones entering treatment at Pathlight, but anyone can join at any time during their loved one's time with us. Sessions are offered weekly via Zoom for convenient access from the comfort of your home or office.



**RSVP today!**



# Treatment for Lasting Wellness: What's Involved

## FOUR CORNERSTONES OF TREATMENT

Treatment at Pathlight centers on four essential components: (1) **a treatment team** of mental health care specialists; (2) **levels of care** designed to meet your loved one's needs at each stage of their healing process; (3) **programming**, such as family education and group therapy, rooted in treatment approaches that have been researched and determined to be effective; and (4) **discharge planning** to prepare you and your loved one for the end of treatment and beginning of life outside of it.



## A MULTIDISCIPLINARY TEAM APPROACH

Mental health conditions affect both the body and the mind. The complexity of these conditions and the biopsychosocial factors that contribute to them require care from a multidisciplinary team.

The multidisciplinary team consists of health care professionals from a variety of disciplines, including (1) **psychiatrists**, medical doctors specialized in behavioral health medicine, who provide a comprehensive mental health assessment and, when appropriate, medication management and support; (2) **psychotherapists** who provide individual therapy, family therapy, group therapy and education; and (3) **primary care physicians and nurses** who provide medical monitoring, guidance and education. When possible, the treatment team remains the same as your loved one moves through our continuum of care.

Pathlight's expert-led, compassionate treatment team provides unparalleled care, including an individualized treatment plan developed specifically for your loved one.



### The Basics of Mood & Anxiety Disorders

Howard Weeks, MD, MBA, DFAPA, DFAACAP, chief medical officer at Pathlight, answers the most common questions about mood and anxiety disorders, the treatment experience and treatment methods.



Scan to listen.



Psychiatrists



Psychotherapists



Primary Care  
Physicians



Nurses

# Understanding the Levels of Care

At Pathlight, your loved one will benefit from our full continuum of care that starts with their initial assessment and extends all the way to aftercare support. Our program is designed for patients to:

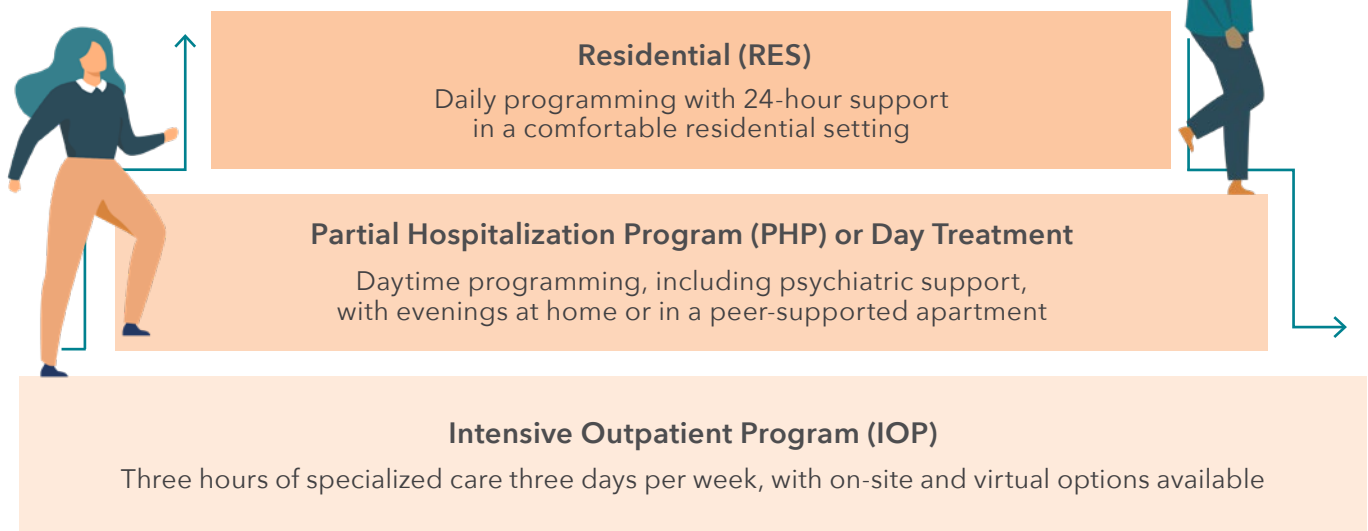
- ① **Come as they are**
- ② **Get the right support at the right time**
- ③ **Stay connected with their recovery community**



We offer varying levels of care, from 24/7 residential care to intensive outpatient services. With consistent support when they need it, your loved one will progress with the same care model and approach (and, in most cases, the same care team) until they are ready to step into life beyond Pathlight.

*Being able to tell your story once and then live out the rest of your journey with the same care team and approach allows you to experience the full season of what you need.*

– Elizabeth Easton, PsyD, national director of psychotherapy  
at Eating Recovery Center and Pathlight Mood & Anxiety Center



Learn more about our comprehensive, individualized mental health care that has helped people of all ages, races and gender identities.

# Programming Built for Real Progress

## MEETING YOUR LOVED ONE WHERE THEY ARE WITH THE EXACT SUPPORT THEY NEED

Pathlight's treatment is rooted in the transdiagnostic care approach, which recognizes how patients often exhibit signs and symptoms of conditions like anxiety, depression, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). By understanding the traits and behaviors that shape each person's experience, we provide individualized therapies and expert support to address the whole person for a more effective healing process.

### ✓ **A STRONG FOUNDATION: ASSESSMENT AND DIAGNOSIS**

A thorough assessment, accurate diagnosis and ongoing monitoring will shape your loved one's treatment plan.

### ✓ **INCLUSIVE, WHOLE-PERSON CARE**

Our care teams are deeply committed to creating a safe, supportive and affirming environment that allows your loved one to be themselves. Treatment teams are trained to support patients of all ages, body shapes and sizes, races, ethnicities, religions, sexual identities, gender identities and expressions.

### ✓ **EXPERT-LED MEDICAL AND PSYCHIATRIC STABILIZATION**

Acute medical and mental health issues are addressed with expert care. We also offer specialized services like transcranial magnetic stimulation (TMS), a noninvasive therapy that helps reduce symptoms of depression, anxiety and OCD when other treatments have been ineffective.

### ✓ **GROUP THERAPY WITH OTHERS WHO UNDERSTAND**

Being part of a group offers your loved one the opportunity for insight, validation and support from peers who have similar experiences. In a psychoeducational group, your loved one will develop new perspectives and insight and learn skills for coping with life's challenges.

### ✓ **INDIVIDUAL THERAPY FOR PERSONALIZED SUPPORT**

Individual therapy focuses on identifying what is important and encourages your loved one to keep their focus on these things. Ongoing assessments of treatment plan goals and your loved one's progress are completed in individual sessions.

### ✓ **BUILDING RESILIENCE: COPING SKILLS AND CRISIS INTERVENTION**

Developing and practicing emotion regulation skills helps reduce or eliminate maladaptive coping behaviors connected to mental health conditions and co-occurring disorders.

#### **THERAPY PHASES INCLUDE:**

- ① Awareness and recognition of emotions and responses
- ② Emotion regulation and skill building
- ③ Practicing new skills to support behaviors that reflect your loved one's values

# Programming That Empowers Family & Friends

When your loved one enters treatment, it's no secret that their support system is impacted, too. That's why providing family and friends with their own support is an essential part of our programming. Family education and family therapy are integrated into every level of care at Pathlight.

Family support extends to parents, siblings, spouses, extended relatives, friends and anyone considered a key part of someone's support system.



## ✓ FAMILY THERAPY TO STRENGTHEN CONNECTIONS

The goal for families, friends and caregivers is to provide a place of understanding and nonjudgment. Families may experience feelings of blame even as they provide support and care. Family therapy sessions will focus on helping you process your emotions and blocks and develop advanced skills you can use throughout your loved one's healing.

**Emotion-focused family therapy (EFFT)** is a pillar of family therapy at Pathlight. It is designed to help families, friends and caregivers become the "agents of healing" by teaching them how to effectively provide emotional support with advanced caregiver skills. These skills will be taught by a psychotherapist.

## ✓ FAMILY EDUCATION TO LEARN, GROW AND BUILD UPON YOUR SUPPORT

Education is available to all families, caregivers and support persons. When appropriate, support people are invited to participate in weekly family education opportunities. Family and friends education will help you develop deeper knowledge and skill sets that enhance your ability to support your loved one. Learn more about family and friends education opportunities throughout this resource guide.

*“Attending the family education and programming gave us a renewed sense of empowerment and hope as parents.”*

– Sunnie, parent advocate and Recovery Ambassador Council member

For more information regarding family resources, visit [PathlightBH.com/Pathlight-Families](https://PathlightBH.com/Pathlight-Families).

# The Beginning of Treatment

## THE FIRST STEPS OF HEALING

Patients experience a time of transition when they first start treatment. Your loved one may have questions, concerns or even some hesitation about being there – all of which is normal. Adjusting to a new setting, people and expectations can be overwhelming, and treatment itself can be challenging, especially at first.

We're here to support your loved one through this process and help you do the same. By continuing to engage in care and consistently challenging themselves to move through the discomfort, they build more confidence and resilience. Over time, this foundation helps them manage their condition and work toward healing with greater stability.

## BUILDING EMOTION REGULATION SKILLS

Mood and anxiety disorders are emotionally based, and because of this, psychotherapy will focus on emotion regulation skills. Your loved one has been using harmful behaviors and processes (like compulsions or avoidance) to manage their emotions. Learning to regulate emotions and the intensity of emotions is a key aspect of long-term wellness. Emotion regulation skills are taught in individual therapy and in groups, using therapeutic modalities such as acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT) and cognitive behavioral therapy (CBT). Learning and applying these new skills is a process that requires practice and patience.

## RECOGNIZING EMOTION DYSREGULATION

Emotion dysregulation refers to the inability to manage the intensity of emotions such as fear, sadness or anger. Some patients, including compliant patients, can experience high levels of emotion dysregulation upon admission to treatment. When this happens, families and support persons may be on the receiving end of these intense emotions.

### COMMON SIGNS OF EMOTION DYSREGULATION INCLUDE:

- Isolation
- Throwing things
- Screaming
- Avoiding eye contact
- Refusing to speak
- Running away
- Pleading
- Bargaining
- Rigidity
- Accusing

## STABILIZING WITH CO-REGULATION

People experiencing emotion dysregulation need help from others to return to a regulated emotional state. This is called co-regulation – a process that supports the growth of self-regulation. You can help your loved one gain an ability to better self-regulate. You will have opportunities to learn more about how to provide co-regulation for your loved one, but you likely already know a good deal about co-regulation. It is listening deeply, letting someone share their experiences, and offering words of support and encouragement. It is not rescuing, and it is not jumping in to solve the problem.



## CO-REGULATION SKILLS FOR YOU TO USE

Let your loved one release some of their emotional burden onto you. At this time, it is too intense for them to carry alone. What this means is: if you're able, you can carry some of the load for them.

Here are some practical things you can try:

- Listen deeply; ask questions sparingly. Let them know that you hear them.
- Do not lecture, advise or direct.
- Don't take it personally even when your loved one places blame on you, pulls on your sense of justice or makes promises. The issue here involves intense emotion dysregulation; it is unrelated to anything you are doing or not doing.
- Validate their emotions, rather than trying to fix them.
- Do all you can to keep your loved one in treatment. Don't be influenced by old myths such as "people need to be ready for change" or
- "people need to hit rock bottom before they will try to get better." Unfortunately, patients who leave treatment early typically see their symptoms worsen, not improve or lead to motivation. Waiting for treatment until they've hit rock bottom can be damaging to their well-being and dangerous for their health.
- Allow Pathlight to help you. Let your loved one's therapist know about the difficult conversations you are having with your loved one. We can help you manage, cope and address specific concerns.
- The good news is that this level of intense emotion dysregulation, if present, typically subsides in the early phase of treatment as your loved one gains the benefits structure and peer support while learning some self-regulation skills.
- Your loved one will continue to benefit from your help with co-regulation and as they build self-regulation.

## WHAT TO DO WHEN YOUR LOVED ONE WANTS TO LEAVE TREATMENT EARLY

You are likely to hear from your loved one early in treatment – when they have not yet learned any emotion regulation skills and their problematic coping behaviors are less available to them – that they want to leave treatment. You may hear...

*Everyone here is sicker than I am.*

*This place is making me worse.*

*No one here understands me.*

*I'm not getting any treatment.*

*I really don't need to be here.*

*I'm fine.*

These statements are based on very real emotions such as fear, hopelessness and anger, and they often come from the older, primitive, "fight or flight" part of your loved one's brain.

There is rarely an appropriate reason for your loved one to leave treatment before completing care or before the treatment team agrees that they are ready. Leaving care early can interrupt the healing process and can hurt them in the long run. Realize that your loved one has the inner strength and ability to complete treatment. They have done hard things before, and they can do this. Believe in them. We sure do.



# The Middle of Treatment

## STAYING THE COURSE

The high anxiety and stress that you and your loved one may experience during the beginning phase of treatment typically levels off in the middle phase of treatment. Good sleep hygiene, nutrition, peer networks and psychiatric support help your loved one maintain stability and engage in treatment in a more meaningful, focused way.

*“Healing is an art. It takes time, practice and love from those around us.”*

– Stephanie Setliff,  
MD, CEDS-S



While your loved one continues to struggle with the difficult task of change, they are now learning new ways to think about and react to challenges. They are likely to be fully engaged in individual and group therapy. While your loved one attends group therapy and receives individual psychotherapy from the beginning of treatment, as they gain stability, their ability to learn and integrate psychotherapy education and skills continues to grow.



As your loved one moves through this new phase of treatment, these podcasts offer insight, guidance and real-life experiences to help you strengthen your support and understanding.



**Calming Moody Storms -  
Emotion Focused Family  
Therapy (EFFT)**



This episode features Dr. Allison Chase, who breaks down EFFT and shares practical tools for navigating emotional conversations with clarity and confidence.



**Medication: Musician David  
Wimbish Normalizes Psychiatric  
Care Through Art**



In this episode we hear about one musician's mental health story, including the role medication played in his healing, and why he chose to share it publicly.

# Inside a Typical Day

A typical day at Pathlight is filled with opportunities to learn and grow in individual, group and family settings. Each day starts with a check-in to assess progress and any urgent needs. Every day is uniquely organized to be the most impactful, including therapy, education, experiential activities and more. Activities vary by level of care, age group and treatment site.

## RESIDENTIAL AND PARTIAL HOSPITALIZATION ACTIVITIES



Medical Support



Community Outings



Group Therapy and Education



Regularly Scheduled Meals



Experiential Activities  
(Like Art Therapy or Yoga)



Fresh Air Breaks



Individual and Family Therapy



Dedicated School Time (K-12)

## INTENSIVE OUTPATIENT ACTIVITIES



Experiential Activities



Individual and Family Therapy



Group Therapy and Education

## HOME AWAY FROM HOME

Where your loved one stays during treatment will depend on their level of care. At the residential level of care, they will stay at Pathlight's treatment center to receive 24-hour support.

Pathlight's partial hospitalization program (PHP) offers your loved one the option to live at home, in Pathlight's rentable low-cost apartments (available at most locations), or at other off-site locations of their choosing. Many individuals do not have a PHP within daily driving distance from their homes. In this case, PHP-level patients often choose to live in Pathlight apartments for the duration of treatment. All intensive outpatient program (IOP) patients live independently and do not have housing provided by Pathlight.

For the child and adolescent program, the parent/caregiver must live with the patient outside of programming hours at the PHP and IOP levels of care.



Pathlight's concierge service team can help you find housing that fits your needs and budget.



# Helping Students Stay on Track With School

We are committed to helping our young patients progress academically while getting the mental health support they need. See our answers to common questions below.



## Is school time built into my child's program schedule?

Yes. Weekday programming at the PHP and RES levels includes one to three hours of dedicated school time in a classroom setting.



## Will my child stay enrolled in their current school?

In most cases, yes. Our goal is for students to stay enrolled and complete assignments provided directly by their current school. If this is not possible, we will help your family find another solution so their credits will transfer when they return home.



## Who will oversee their school assignments and academic progress?

Our education specialists work with your child's school to make sure assignments are reasonably achievable during their dedicated school time. They also ensure a smooth transition back to school when your child returns home.

Scan to learn more about our education specialists.



## HERE FOR YOUR FAMILY EVERY STEP OF THE WAY

Pathlight works to ensure that your loved one's patient rights and privileges are protected throughout their time in our program. Your loved one has the right to receive considerate, respectful care under all circumstances – honoring their vulnerability, personal dignity and worth. Our program and clinical leadership support and strengthen patient care by providing:

- ✓ An avenue for patients and families to **voice their feedback and concerns**
- ✓ Assistance with **navigating patient and family concerns** to appropriate members of the treatment team and related departments
- ✓ Help to **resolve complaints and grievances** in a timely fashion

Learn about our dedication to delivering exceptional behavioral health care, supported by our licensing and accreditation, at [PathlightBH.com/licensing-accreditation](https://PathlightBH.com/licensing-accreditation).



# Virtual Family & Friends Education Series

## YOU CAN DO THIS AND WE CAN HELP

While your loved one is in treatment, take advantage of these free weekly sessions. Learn from our national medical and clinical leaders about our approach to treatment and mental health care. Plus, get practical tips from experts on how to communicate effectively and provide meaningful support. The more you know, the more confident you can feel in supporting your loved one's healing process.

Designed for families and friends with loved ones currently or previously in treatment, you can attend this virtual series from the comfort of your home.



### WEEK ONE

Tools for Connection and Confident Communication With Your Loved One



### WEEK TWO

The Psychiatric Toolbox: Treatment Approaches to Mood & Anxiety Disorders



### WEEK THREE

All About Anxiety: Symptoms and Supportive Practices



### WEEK FOUR

How to Help Your Loved One After Treatment



**Register Today! Enroll once to join the series.**  
**Drop in anytime. Same day. Same time. Every week.**

While we believe attending these sessions live provides the greatest benefit, we understand that scheduling conflicts may arise. If you're unable to attend, please email [Resources@ERCPathlight.com](mailto:Resources@ERCPathlight.com) to explore alternative options.

# The Essential Bridge to Lasting Wellness

## WHY INTENSIVE OUTPATIENT PROGRAMMING (IOP) MATTERS

Whether your loved one starts in IOP or steps down from PHP, this level of care is essential to successfully helping them transition to everyday life after treatment.

Programming is conveniently scheduled for after common school or work in the evening hours, allowing your loved one to return to daily life while still getting expert care covered by insurance.

IOP helps your loved one sustain progress in their healing before they scale back to one-hour weekly visits with an outpatient provider.

### OUR IOP



3 hours of group programming,  
3 days per week



Individual or family  
psychotherapy



Education and support  
groups for families and  
loved ones

*I tell families that we need to finish treatment in an intentional, deliberate way. In baseball, when someone hits a home run, they have to intentionally touch every base, including home plate. Not doing IOP is like rounding third base and then turning around and heading back to the outfield. It's essential that patients move along the step-down continuum of care and 'touch every plate' to help ensure long-lasting wellness.*

– Stephanie Setliff, MD, a Pathlight regional medical director



Hear Dr. Setliff explain how Pathlight's IOP can help your loved one maintain their mental wellness at home.



## NAVIGATING IOP: A PARENT'S PERSPECTIVE

When the time comes for a step-down to IOP, your loved one's treatment team will help guide your way – including assessing options for either in-person IOP at a Pathlight treatment center or virtual IOP from home. If transitioning from in-person care to virtual care raises concerns for you, you're not alone. One parent shared how this continued, structured support made a difference for her family:

*I would advise any family to be open to virtual IOP. It provided essential support for our daughter's transition home. I can't imagine what we would have done without it.*

– Tia S, mother of a former patient

## PATHLIGHT AT HOME: VIRTUAL INTENSIVE OUTPATIENT PROGRAMMING (VIOP)

Designed for busy students, working professionals, those without nearby care or *anyone* who needs the flexibility of virtual treatment, Pathlight At Home meets patients exactly where they are.

As effective as our in-person IOP, this online program connects individuals with a specialized, expert care team and community of peers. With this ongoing connection and intensive support, your loved one will continue to learn to navigate life's stressors and build resilience in everyday life.

This program meets three hours a day, three days per week, offering support for individuals of all ages facing:

- ✓ Anxiety disorders
- ✓ Bipolar disorder
- ✓ Depression
- ✓ OCD
- ✓ PTSD
- ✓ Other mood and trauma-related disorders



Watch this video to learn  
more about our programs.

To see if we offer virtual treatment in your state, visit [PathlightBH.com/virtual-treatment](https://PathlightBH.com/virtual-treatment)

*There was a different element of connection... because it was virtual, we became even closer...we got the opportunity to truly be welcomed into each other's homes.*

— Mackenzie, At Home program alumna



Scan to find  
out why virtual  
care works.



**NAMED BEST ONLINE THERAPY PROGRAM OF 2023**

**verywell**family **Parents.** **People**

# The End of Treatment

## PREPARING FOR LIFE BEYOND CARE

It's not uncommon for loved ones to have similar anxieties at the end of treatment as they did when entering treatment – both are major transitions. Everyone worries about integrating what they learned in treatment into daily life. At the same time, returning to daily life free of treatment program commitments can feel encouraging and motivating. The conclusion of treatment is often a combination of excitement and worry.



*The words I love to hear from my sister are 'I hear you and I see you' and 'What can we do today to move through this?'*

– Lydia, former patient

**Your loved one's treatment team is committed to providing robust aftercare plans that outline the necessary next steps to maintain progress and continue healing.**

Having an outpatient treatment team in place before discharge creates a smoother, more successful transition to daily living by ensuring ongoing support. If your loved one did not have a treatment team prior to entering treatment, we'll work to identify providers near their home.

## COMPREHENSIVE AFTERCARE PLANS FOR CONTINUED PROGRESS

As they near the end of treatment, patients will actively think through and develop plans that address challenges in their home environment. In the case of child and adolescent treatment, parents will be asked to take part in the development of these plans. Family and friends of adults in care may also take part in this planning. Aftercare support focuses on the following:

- ✓ **Arranging appointments** with outpatient treatment providers
- ✓ **Scheduling time** to check in with how they're feeling and practice self-care
- ✓ **Resting well and eating well by** maintaining regular sleep and mealtime routines
- ✓ **Creating and maintaining** a balanced work-life and school-life schedule
- ✓ **Using newly acquired skills** to manage conflict, challenges and stress
- ✓ **Learning about** Pathlight's free support groups and resources

**Maintaining mental wellness has its ups and downs. Learn why setbacks happen and how to help your loved one get through them.**







## Navigating Life Outside Treatment

After treatment, your loved one may transition into an environment that does not always prioritize their mental well-being.

Cultural and societal norms influence how patients, their families and their social systems view mental health and treatment. Our society continues to stigmatize mental health disorders and promote a culture of “do more, be more, get more.” The rapid pace and high expectations can make it challenging for patients to prioritize their mental health when they return home, as doing so requires them to act and behave differently than their peers and social groups.

Patients managing co-occurring conditions (like generalized anxiety and depression or OCD and an eating disorder) may face additional challenges. Staying rested and focused on healing can be difficult when they reintegrate into their life.

**Families and friends who participate in support programming will gain the skills to help their loved one navigate challenges, stay committed to healing and become a stronghold against societal norms that can make the process harder.**

### WAYS TO SHOW SUPPORT

- When possible, review your loved one’s list of helpful strategies and coping skills.
- In partnership with your loved one and their treatment team, identify potential triggers that could cause distress or setbacks.
- Remind your loved one that progress isn’t always linear; ups and downs are a normal part of learning to manage their mental health condition.
- Prepare for triggers by learning about your loved one’s new response strategies.
- Lean on your own support network: trusted family and friends, the treatment team and your own therapist.
- Learn the “dos and don’ts” of supporting a loved one’s mental health. See our guide on pages 22-23.

# Maintaining the Momentum

Your loved one will inevitably discharge from treatment back to school, work, social life or other environments that may present new challenges. That's why Pathlight creates a proactive, collaborative discharge plan early on to ensure they have the right support in place.

Remember, you can help sustain progress by focusing on these key areas:

- ✓ **Peer and family support.** Identify a support system that can help your loved one on their healing journey.
- ✓ **Aftercare or wellness plan.** Prepare for potential stressors and triggers and develop coping skills to help prevent setbacks.
- ✓ **IOP step-down.** Completing IOP is an important part of a gradual return to life after treatment. Pathlight offers both in-person and virtual IOP.
- ✓ **Outpatient treatment team communication.** Ensure a smooth transition with the team continuing to care for your loved one after Pathlight treatment.
- ✓ **Schedule Follow-up appointments.** Schedule first appointments with outpatient providers.

# Support Doesn't End After Treatment

ACCESS THE NATION'S LARGEST MENTAL HEALTH NETWORK  
AND FIND YOUR COMMUNITY

**When we say we're here every step of the way, we mean for life.** You don't have to navigate this alone. From expert-led educational events to virtual support groups, our complimentary resources empower loved ones while connecting you with other families going through similar experiences. Wherever you are in this process, our free resources are here to help you connect, learn and heal together.

## LEARN AND CONNECT AT LIVE EVENTS

Pathlight hosts and participates in local, regional and national events that connect alumni, family, support persons and community members. Engage in meaningful conversations, hear from industry experts and build lasting connections. Find upcoming events at [Pathlightbh.com/Events](https://Pathlightbh.com/Events).

## GET EXPERT INSIGHTS TO SUPPORT YOUR LOVED ONE

Dive into educational articles featuring leading clinicians, mental health advocates and individuals with lived experience. Learn more about what your loved one is going through and practical tips to support them on their path to mental wellness. Explore hundreds of articles: [Pathlightbh.com/Resources](https://Pathlightbh.com/Resources).

## WATCH ON-DEMAND EVENTS

Gain insights from a variety of on-demand events designed for our community. Featuring clinicians, advocates and individuals with lived experience, these recorded discussions and educational sessions are available anytime, anywhere. Browse events: [Pathlightbh.com/Resources](https://Pathlightbh.com/Resources).

## LISTEN TO REAL STORIES OF RESILIENCE AND HOPE

Mental Note podcast highlights both the work and the beauty of mental health recovery. Hear from people who've faced various mental health challenges and leading experts offering inspiration, a dose of laughter and proof that healing is possible – and worth it. Find Mental Note on your favorite podcast app or [scan here](#).



## REACH OUT TO OUR RECOVERY AMBASSADORS

Looking for real-life guidance from someone who understands? Our Recovery Ambassador Council (RAC) members offer firsthand support, encouragement and insights for families and individuals navigating mental health recovery. Find opportunities to connect with RAC members by emailing [Resources@ERCPathlight.com](mailto:Resources@ERCPathlight.com).



Scan to learn  
more about RAC.

# Explore Our Free Virtual Support Groups

The most common feedback we get from support group attendees is that they wish they'd known about them sooner. There's nothing like connecting with peers that can relate to what you are going through. We encourage you to try one out.

**Please note that our groups are supplemental, supportive resources. They are not a replacement for treatment, therapy or medical advice.**



## SUPPORT FOR FAMILY & CAREGIVERS

*For anyone supporting a loved one, prior treatment at Pathlight is not necessary.*

- ✓ **Mood & Anxiety Family and Caregiver Support Group**  
Tuesdays at 6 p.m. MST



## GROUPS FOR ALUMNI & COMMUNITY MEMBERS

*For former Pathlight patients and anyone looking for support. Prior treatment at Pathlight is not necessary.*

- ✓ **Mental Health Support Group for People of Color**  
Mondays at 5 p.m. MST
- ✓ **LGBTQ+ Mental Health Support Group**  
Tuesdays at 2 p.m. MST
- ✓ **Anxiety and Depression Support Group**  
Wednesdays at 6 p.m. MST
- ✓ **Midday Mental Health Support Group**  
Thursdays at 6 p.m. MST



Available support groups are subject to change.  
Find the right group for you and register today:  
[PathlightBH.com/support-group](https://PathlightBH.com/support-group).





### CRISIS SUPPORT WHEN YOU NEED IT

- ✓ **National Suicide Prevention Lifeline:**  
Call or text 988
- ✓ **Crisis Text Line:** Text HOME to 741741
- ✓ **NAMI HelpLine:** Call 1-800-950-NAMI (6264)

- ✓ **1N5:** Scan the code for general mental health resources and to learn more.



# Important Dos and Don'ts

FOR FAMILIES, CAREGIVERS AND SUPPORT PERSONS

## DOS THAT CAN MAKE A DIFFERENCE

- ✓ DO realize that healing takes time – there is not a quick and easy solution.
- ✓ DO talk to your loved one about your concerns; ask questions, listen and express your feelings honestly.
- ✓ DO genuinely let your loved one know which qualities/characteristics (other than physical) you appreciate about them.
- ✓ DO encourage your loved one to trust and follow their treatment team's guidance.
- ✓ DO allow your loved one to discuss concerns and provide input regarding daily routines, reminding them to align their ideas with their treatment plan.
- ✓ DO encourage your loved one to discuss concerns about their daily routine with their treatment team.
- ✓ DO encourage your loved one to stay on track with their treatment appointments.
- ✓ DO realize your loved one may feel ambivalent about getting well.
- ✓ DO realize your loved one takes comfort and feels safe in the control and rituals of certain behaviors without commenting on it.
- ✓ DO express interest in your loved one's healing and progress.
- ✓ DO inform yourself about their mental health challenges and treatment by attending support groups and reading current literature.
- ✓ DO understand that lying is a result of shame and a part of their condition; your loved one may deeply regret being dishonest.
- ✓ DO express gratitude for each other.
- ✓ DO realize that treatment and the period immediately after can be especially stressful.
- ✓ DO separate your loved one from their mental health condition. They are experiencing a mental health challenge; it does not define who they are.
- ✓ DO take care of yourself. You need rest and rejuvenation to better support your loved one.

## DON'TS YOU SHOULD AVOID

- ⊗ DON'T ever give up. Continue to offer support and know that lasting wellness is possible.
- ⊗ DON'T ignore concerning behaviors. Validate and offer emotional and practical support.
- ⊗ DON'T discuss financial costs. This can make your loved one feel like a burden.
- ⊗ DON'T panic. Seek support from the community, support groups or your loved one's treatment team.
- ⊗ DON'T assume there isn't a problem just because your loved one doesn't show obvious signs.
- ⊗ DON'T take on the role of a treatment professional. Refer to the treatment plan for suggestions on how to support your loved one and, if possible, check with the treatment team for additional ideas.
- ⊗ DON'T make your love conditional on your loved one's mental well-being, achievements or any other attribute.
- ⊗ DON'T feel you need to walk on eggshells. Work with the treatment team to learn effective communication skills.
- ⊗ DON'T let their mental health challenges disrupt family routines. Take your lead from the treatment team on how to adjust schedules and routines so that your loved one feels supported in their journey.
- ⊗ DON'T try to control your loved one's behavior, as this could lead to conflict.
- ⊗ DON'T blame yourself, feel guilty or dwell on what caused your loved one's challenges.
- ⊗ DON'T expect yourself to be a perfect caregiver, family member or friend.

# GLOSSARY

## **Acceptance and Commitment Therapy (ACT, pronounced as the word “Act”)**

A type of cognitive behavioral therapy designed to help people notice and accept their thoughts, as opposed to changing them. There is strong evidence that some of our thoughts cannot be changed. When this is the case, ACT teaches people how to accept these thoughts but not let them dominate their life. Instead, with ACT they'll learn how to move their focus of thought to the things that matter to them and make choices that reflect their values. ACT is one of the approaches and skill sets used mainly with adult patients.

## **Behavioral Health Technician (BHT)**

A key member of the site-based care team responsible for the application and implementation of treatment plans. These trained and highly compassionate individuals provide the observations, education and interventions for your loved one's individualized treatment plan.

## **Caregivers/Support Persons**

Parents, spouses, life partners, siblings, children or extended family members, friends and others as named by the individual in care. Our goal is to provide education, resources and skills to any person in the role of support. The terms “family” and “caregivers” are used interchangeably throughout this guide.

## **Cognitive Behavioral Therapy (CBT)**

A type of psychotherapy that is designed to help people change behaviors. CBT assumes that faulty thought patterns cause maladaptive behavioral and emotional responses. The treatment focuses on changing thoughts to solve psychological and personality problems. CBT was the first therapy to emphasize the impact of thoughts on behavior and to focus on changing thoughts as key to mental health recovery. Strong empirical evidence supports its effectiveness.

## **Dialectical Behavior Therapy (DBT)**

A type of cognitive behavioral therapy designed to help people develop skills that

promote behavior change. DBT helps people change patterns of behavior that are not effective, such as self-harm, suicidal thinking and substance abuse. DBT focuses on teaching skills that support better self-awareness, conflict management, self-soothing and interpersonal relationships. DBT is used with both children and adults.

## **Emotion-Focused Family Therapy (EFFT)**

A type of family-based therapy that supports the building of recovery skills for caregivers. EFFT is comprised of a set of skills for families to enhance their ability to be recovery coaches by teaching them behavioral and emotion coaching skills. EFFT applies to all mental health struggles.

## **Exposure and Response Prevention (ERP)**

A type of psychotherapy based in cognitive behavioral therapy and used for a variety of anxiety disorders. The most effective way to help people overcome anxiety-based avoidance issues is to have them face and experience things that cause them to feel fearful. ERP processes are safe and effective ways to overcome self-defeating avoidance practices.

## **Expressive Therapy**

A type of psychotherapy based on using art, movement, storytelling, music, psychodrama and other creative or expressive modalities to help patients achieve the goals of psychotherapy. This therapy does not rely on talk but is a powerful intervention to support a person's self-awareness and growth and helps address psychological issues.

## **Family-Based Treatment (FBT)**

For adolescents only, this approach to treatment, also known as the Maudsley approach, is a specific form of family therapy for eating disorders. FBT is based on the principle that parents are the best people to bring their child back to full health, given their unparalleled knowledge of their child and their dedication to their child's well-being. FBT aligns closely with Pathlight's firm stance and beliefs related to families.



### **Family Therapy**

A critical part of every patient's care at Pathlight. This type of psychotherapy focuses on understanding and improving the relationships among family members. Pathlight primarily utilizes a model of emotion-focused family therapy (EFFT) that aims to restore connection and promote resilience in family relationships by addressing the emotional needs and patterns of all family members.

### **Higher Level of Care**

A level of care that delivers more intensive treatment and support than is provided by one or two visits a week to an outpatient provider. This can be any level of care, from IOP to inpatient.

### **Intensive Outpatient Program (IOP)**

Patients participate in three hours of group psychotherapy three days a week, including individual or family therapy. On-site and virtual programming options are available. An essential bridge to lasting wellness, IOP helps patients build the skills they need and practice those skills in everyday life.

### **Milieu Coordinator (MC)**

Pathlight is dedicated to creating therapeutic communities, or "milieus," within each center, where patients feel safe and supported in their healing journeys. Milieu coordinators help maintain this environment by supporting patients on the floor and assisting with curriculum-based groups and activities.

### **Mindfulness**

The practice of focusing on all incoming thoughts and feelings without judgment. When a person notices and is aware of thoughts and feelings, they can choose how to react. The practice of mindfulness originated from Eastern philosophies and has been incorporated into cognitive behavioral psychotherapies.

### **Multidisciplinary Treatment Team**

Pathlight's multidisciplinary care teams consist of psychiatrists, therapists, primary care physicians and nurses. Team members work together to develop an individualized treatment plan

for patients and support them as they move through each level of care. With our physician-led multidisciplinary care team, patients get comprehensive and collaborative care from the beginning.

### **Nurse**

Licensed health care professional who provides hands-on medical interventions and support for patients at higher levels of care.

### **Nurse Practitioner**

Licensed health care professional who works under the supervision of an attending physician to perform patient exams, provide assessments, diagnose, develop treatment plans and prescribe medications. Trained in a nursing model.

### **Outpatient Treatment Team**

A group of providers with whom a patient meets when not at a higher level of care. The outpatient treatment team can include a therapist, psychiatrist and primary care physician. At Pathlight, the care teams communicate with outpatient treatment providers to ensure optimal collaboration and consistency in care. For those receiving treatment in a Pathlight IOP, we generally recommend that patients continue to meet regularly with their collaborating outpatient care team in addition to their Pathlight care team. Following discharge from Pathlight, we recommend that patients meet with their outpatient treatment team to continue supporting them through their journey.

### **Partial Hospitalization Program (PHP)**

Patients get a full day of programming in a highly structured environment up to seven days per week, with evenings at home or in a peer-supported apartment. Outings and passes can give patients opportunities to practice the skills they are learning and then return to process these experiences in a therapeutic setting.

### **Physician Assistant**

Licensed health care professional who works under the supervision of an attending physician to perform patient exams, provide assessments, diagnose, develop treatment plans and prescribe

medications. Trained in a medical model and can work with patients at all levels of care.

### **Primary Care Physician**

A medical doctor board-certified in internal medicine, family practice medicine and/or pediatrics. Our medical doctors have extensive additional training and experience in the management of mental health conditions.

### **Primary Therapist or Psychotherapist**

Trained, licensed psychotherapist with an advanced degree. Each patient has a primary therapist who provides individual and family psychotherapy treatment. The primary therapist serves as a member of the patient's treatment team and as the liaison between the team and involved caregivers.

### **Psychiatrist**

A medical doctor who completed a residency in psychiatry. At our PHP and residential levels of care, psychiatrists serve as team leaders and attending physicians. They oversee treatment planning, medication management and tailor support to each patient's needs as they move through the levels of care. Working closely with Pathlight clinical managers and directors, they are ultimately responsible for ensuring all care provided is appropriate and aligned with best practices.

### **Psychotherapy**

An interactive, talk-based process between a person or group and a qualified mental health professional (psychiatrist, psychologist, licensed clinical social worker, licensed counselor or other trained practitioner). The focus of the work is to explore thoughts, feelings and behaviors for the purpose of problem solving or achieving higher levels of functioning. Psychotherapy at Pathlight is provided by the patient's primary therapist and is part of every patient's treatment plan.

### **Radically Open DBT (RO-DBT)**

An innovative and evidence-based treatment offering patients a practical framework for working with emotional overcontrol and emotional undercontrol. Radical openness is the core skill of RO-DBT. It contends that emotional well-being involves three things: openness, flexibility and social connectedness.

### **Residential Program (RES)**

Patients who would benefit from around-the-clock support in a highly structured environment live in our 24-hour care program. Outings and passes can give patients opportunities to practice the skills they are learning and then return to process these experiences in a therapeutic setting.

### **Virtual Programming**

Robust online treatment programs targeted at supporting patients who are in the lower levels of treatment. Virtual programming is designed to run several days a week, for several hours at a time. Virtual programming is run by a master's-level therapist.

# WHAT IS RECOVERY?

Recovery is defined as the ability to create and live a meaningful, enriching, values-driven life. Recovery is a journey, not a destination.

“Recovery means that I will do whatever it takes to love myself and to live my life to its fullest potential.”

– Dave, former patient and Recovery Ambassador

“I think recovery feels like opportunity. I get the opportunity to explore now.”

– Katie, former patient and Recovery Ambassador

“Mental wellness is a daily habit. Knowing you are in control of only you and working toward improvement step by step is key.”

– A.I., former patient

“Recovery in my life has meant that I no longer live in shame and fear. I embrace life with a sense of freedom and have a contentment I never had before recovery.”

– Kelli, former patient

“Recovery takes work but is totally worth the effort.”

– Shana, former patient





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# BUILD YOUR MENTAL WELLNESS TOOLBOX TODAY

## RESOURCES FOR FAMILY AND FRIENDS

While your loved one is getting the care they need, you're getting the tools you need to support them along the way. Start building your own toolbox (and community) today – and remember, these are just a few of the many resources available to you.



### DON'T MISS PATHLIGHT ORIENTATION

Free 60-minute orientation for anyone with a loved one newly in treatment



### JOIN THE VIRTUAL FAMILY & FRIENDS EDUCATION SERIES

Free weekly 90-minute education sessions



### ATTEND FAMILY & CAREGIVER SUPPORT GROUPS

Free weekly connection and support with peers



Start here—scan to access  
these helpful resources



Pathlight has helped thousands of patients and their families find lasting mental wellness.  
To learn more, visit [PathlightBH.com](https://PathlightBH.com).