

Sneak Peek: B2B College Referent Journey (9,142 subscribers)

Discover Effective Treatment Strategies for Young Adults

Complimentary continuing education courses available on demand in our content library

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Top Course Recommendations for Heather

Addressing Ambivalence for Treatment and Recovery Among Adults (1 CE hour)

Presented by Susan McClanahan, PhD, CEDS

This presentation addresses trends in mental health among young adults, considers factors that contribute to these trends and presents ways of addressing common ambivalence for seeking and receiving adequate mental health treatment resources.

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What Does Bio-Temperament Have to Do With It? How to Help our Clients Optimally Engage in their Lives (1 CE hour)

Presented by Lara Etland, LICSW

Virtual IOP Treatment for College Students

[READ BLOG](#)

According to the National Alliance on Mental Illness (NAMI), 1 in 5 US adults experience mental illness each year.

Given the high prevalence of mental health issues among college students, Pathlight Mood & Anxiety Center offers an effective treatment solution: our Virtual Intensive Outpatient Program (Virtual IOP). Whether living at home or on campus, students have access to experienced clinicians who specialize in treating college students struggling with mood, anxiety and trauma-related disorders. Our compassionate clinicians provide students with the support they need to set them up for ultimate academic success.

Read Q&A with Heather A. Dlugosz, MD, FAPA, CEDS, Rebecca Hansen, PhD, and Anne Kubal, PhD, to learn more about mood, anxiety and trauma-related disorders—and virtual treatment options for college students.

[READ BLOG NOW](#)

Learn More About Virtual IOP Services

To learn more about virtual treatment for your patients, we have provided the following resources:

- [Virtual Care YouTube Video](#)
- [Virtual IOP Flyer Download](#)

Pathlight Mood & Anxiety Center

FEATURED BLOG

Mental Wellness in College: 7 Tips to Help You Cope

Strategies to help students practice self-care, find support and plan for challenges on campus

[READ BLOG](#)

College can be a particularly difficult time for those with mood, anxiety or trauma-related disorders. Remaining focused on mental wellness in college is essential or unhealthy methods of coping can resurface. Pathlight Mood & Anxiety Center shares the following strategies for preparing students to handle potential anxieties or triggers during an exciting but challenging time.

Share these tips with your students to help them have a successful college experience.

- Identify possible treatment options
- Seek our supportive peers
- Ask for help

[READ BLOG FOR MORE TIPS](#)

Pathlight Mood & Anxiety Center

How to Effectively Treat College Athletes & Address Mental Health Concerns

[LEARN MORE](#)

The following resources outline various ways to effectively treat college athletes with mental health issues and help navigate barriers to treatment.

From canceled seasons in 2020 to restricted games this year, student athletes have continued to deal with uncertainty and disappointment, often leading to increased feelings of anxiety and depression. Additionally, performance-related fears, maladaptive beliefs and an identity solely rooted in athletics can result in unhealthy coping mechanisms and serve as barriers to recovery.

At Pathlight Mood & Anxiety Center, student athletes receive support from a multidisciplinary clinical team that promotes mental and physical wellness both on and off the field. Pathlight recognizes that not all patients are the same—particularly student athletes with specialized needs—and their treatment plans should reflect that. Our **Transdiagnostic Care Approach** leverages evidence-based modalities including DBT, CBT and ERP to provide individualized treatment for the whole person and ensure long-lasting recovery.

FEATURED BLOG

Leadership Q&A: Amy Gooding, PsyD, On Treating Athletes

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FEATURED PODCAST

Episode 38 - Perfectionism and Running, Featuring Rachael Steil

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Pathlight Mood & Anxiety Center

How to Diagnose and Support Students with Mood & Anxiety Disorders

It's important to recognize which students can be treated on campus, and which need a higher level of care. Being knowledgeable about resources available on and off campus and helping students eliminate barriers to treatment is key to successful intervention.

For those who require additional support, Pathlight Mood & Anxiety Center offers specific college-targeted programming and an array of support groups for both students and families. With a continuum of care including Residential (RES), Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP) with on-site and virtual options, Pathlight's Transdiagnostic Approach is designed to meet a spectrum of mood, anxiety and trauma-related needs.

[DOWNLOAD OUR FACT SHEET](#)

KNOW THE STATS



4 out of 10 college counselors report anxiety disorders are the most frequent disorder among their patients.

 **30%**

30% of college students reported that stress has negatively affected their academic performance in the past year.

Pathlight Mood & Anxiety Center

Comprehensive Care Approach

For Students with Mood, Anxiety, & Trauma-Related Disorders

[LEARN MORE](#)

Patient diagnoses often don't fit neatly into a box, and their treatment plans should reflect that. At Pathlight Mood and Anxiety Center, we use a **Transdiagnostic Care Approach** to offer innovative, collaborative and comprehensive treatment strategies to help engage patients. Our evidence-based modalities help students continuously move forward in their recovery, recognizing that each student brings a unique set of needs, histories and experiences.

And because healing is rarely a direct road, our expert clinicians help guide our patients through a **full continuum of care**, including Residential (RES), Partial Hospitalization (PHP) and Intensive Outpatient Programs (IOP), in addition to Virtual IOP.

Our **comprehensive care approach** helps patients develop skills to continue their recovery beyond treatment, whether that involves continuing work with individual therapists or connecting with our team for additional support and encouragement throughout the year post-discharge.

[LEARN MORE](#)

Refer Your Patients Today

There are four ways to make a referral:

- Contact our master's level Clinical Assessment staff at 1-866-623-4599
- Email us at info@ERCPatlight.com
- Fax your patient's information to 425-974-1530
- Complete the [Quick Admit form](#)

Pathlight Mood & Anxiety Center

Pathlight Mood & Anxiety Center's College-Focused Programming: Meet the Experts

Our team of experts share a passion for education and decreased stigmatization around mental illness and eating disorders, specifically among college students.

Learn more about the ways our team at Pathlight Mood & Anxiety Center supports students in recovery from mood, anxiety and trauma-related disorders.

[MEET OUR EXPERTS](#)

Our team's experience working with college students



I really loved the developmental aspects where individuals are getting to know who they are amidst an incredibly challenging time in their life. I'm passionate about equipping college providers with tools needed to identify, assess and treat mental health disorders and reduce barriers for students in need of higher levels of care nationwide. I'm fortunate for the opportunity to daily support this passion through my work at ERC and Pathlight.

Casey Talent, PhD
Director of Collegiate & Telebehavioral Health Initiatives

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Pathlight Mood & Anxiety Center

Partnering with College Providers from Initial Intake to Discharge

[LEARN MORE](#)

Given the following statistics,* Pathlight Mood & Anxiety Center is actively partnering with colleges to augment and support campus counseling centers and services.

 **63%**

A combined 63% of college students say that their emotional health is worse than before the pandemic



Over 1/2 of college students are concerned about their ability to care for their mental health

 **77%**

77% of college students acknowledged currently needing help for emotional or mental health problems.

Pathlight's master's level clinicians from our clinical assessment team partner with you from intake to discharge. We work with college and university student health and counseling centers to determine the most appropriate level of care.

Admissions Process

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Virtual Programming

Based on the 71% of college students who reported they would use telemental services if they had access, our Virtual Intensive Outpatient (Virtual IOP) programs meets their needs by allowing them to take part in treatment while actively participating in their lives.

[LEARN MORE](#)