



NEWS & UPDATES

ERC and Pathlight Have Expanded Levels of Care Across the Midwest

In the Midwest, an average of 18% of adults* surveyed report having a mental health condition. The number of people hospitalized for eating disorders has doubled since 2019*, impacting the entire nation. To meet the need for higher levels of care in mental health and eating disorder services, we have expanded programming and added a location, now providing treatment in eight centers across three states. Help is close.

Eating Recovery Center (ERC) and Pathlight Mood & Anxiety Center offer a continuum of care for children and adolescents, and adults that includes Residential (RES), Partial Hospitalization (PHP), Intensive Outpatient (IOP) and Virtual Intensive Outpatient (VIOP) programming. Review the following list for locations in each state.

Illinois

- Pathlight Chicago
- Pathlight Chicago, Erie
- Pathlight Oak Brook
- ERC Chicago
- ERC Chicago Erie
- ERC Chicago, Huron

Ohio

- ERC Cincinnati

Wisconsin

- ERC Milwaukee, opened in November, 2021

[LEARN MORE ABOUT OUR PROGRAMS](#)

Our multidisciplinary teams at each center partner with you before, during and after treatment to ensure long-lasting recovery for your patients and their families. [Refer a patient today.](#)

* U.S. Department of Health & Human Services, Substance Abuse and Mental Health Services Administration and Journal of the American Medical Association (JAMA Network)

Introducing "Dialogue with Dave" Consultation Series



Questions about [Eating Recovery Center \(ERC\)](#) programming? Bring them to "Dialogue with Dave," a new clinical consultation series taking place every Friday from 12:00 to 12:30 p.m. CST. [David Drajkowski, MSW, LCSW](#), Clinical Director for [ERC Milwaukee](#) leads this Q&A series and shares how our team supports patients with eating disorders. Email Lisa Bloom at Lisa.Bloom@ERCPATHLIGHT.COM to register.

[REGISTER NOW](#)

What is Weight Stigma and What are the Impacts?

While declarations of love abound in the month of February, many find it challenging to love even themselves due to weight stigma. [Elizabeth Wassenaar, MS, MD, CEDS-S](#), Medical Director, ERC and Pathlight Denver, shares the ways in which weight stigma can lead to eating disorders and how movements such as [HAES](#) are making a difference.



[READ MORE](#)

Burnout and Self-Care Resources for You



Could you be at risk for burnout? As caseloads increase to meet the growing need for mental health services, clinicians and their staff can feel overworked and stressed. Learn how to protect and maintain your own mental wellness in our popular CE course: "Burnout and Self-Care for Clinicians," presented by **Allison Chase, PhD, CEDS-S** and **Gracie Moncibaiz, LPC-S**. The recording is available in our digital content library. If you need an account, [sign up here](#) and use to **Academy2022** to access.

[READ MORE ON SELF-CARE](#)

Join ERC and Pathlight at the Virtual iaedp Symposium

If you are attending the **Virtual iaedp Symposium**, be sure to join our expert presenters from **Eating Recovery Center** and **Pathlight Mood & Anxiety Center** for their on-demand sessions.



How Can Psychotropic Medications Help in the Management of Eating Disorders with Co-Occurring Conditions? Learn more in this workshop led by **Delia Aldridge, MD, FAPA, CEDS-S**.

[REGISTER NOW](#)

ERC and Pathlight Resources

RSVP for upcoming continuing education webinars and learn more with the following resources:



Third and Final Webinar of the Winter Education Series: RSVP for **Exposure and Response Prevention for OCD: How it Works, How to Administer and How to Enhance** | 1.5 CE hours with **Charles Brady, PhD, ABPP**



On-Demand CE Webinar: Watch "Assessment and Treatment of Trauma in Children, Adolescents and Adults" on our digital content library. If you do not have an account, [sign up here](#) and use code **Academy2022**



Support Group: RSVP for Pathlight's **Monday Evening Mental Health Support Group for People of Color**



Blog: Read **6 Self-care Tips and Resources for Healthcare Providers**



Blog: Read **How Nutrition Affects Eating Disorder Recovery, Body Awareness and Myths**



DON'T MISS OUT ON THE MOST IMPORTANT MENTAL HEALTH TOPICS AND CONVERSATIONS OF 2022.

Fantastic presentation. Speakers were incredibly **knowledgeable, personable, and so interesting** to listen to and learn from. **Amazing overall!**

— Kelly Souza, Psychologist

On-demand courses available online in our digital content library. Use Code **Academy2022** to access.

ABOUT EATING RECOVERY CENTER AND PATHLIGHT MOOD & ANXIETY CENTER

Eating Recovery Center (ERC) and Pathlight Mood & Anxiety Center (Pathlight) comprise the nation's leading mental health care system dedicated to the treatment of eating disorders and primary mood, anxiety and trauma-related disorders. ERC specializes in treating patients struggling with eating disorders and related conditions including anorexia nervosa, bulimia nervosa, diabulimia, binge eating disorder, avoidant restrictive food intake disorder (ARFID), and unspecified eating disorders (OSFED) and co-occurring conditions. Pathlight specializes in treatment for mood and anxiety disorders such as generalized anxiety disorder, panic disorder, depression and mania, trauma-related disorders including post-traumatic stress disorder, as well as co-occurring substance use disorder. ERC and Pathlight provide innovative, evidence-based, treatment programs tailored for patients of all