



Lightfully™ Behavioral Health offers clearly superior mental health care with deep compassion, clinical excellence and a rigorous commitment to measurable results.



What We Treat

Lightfully is Here to Help You Find Your Shine

We work with every patient as a whole person, not a diagnosis. We treat adults ages 18 and up and teens ages 12-17 of all genders. Your mental health treatment will be aimed at the core issues that underpin experiences such as:

- ✦ Depression and other mood disorders
- ✦ Anxiety/OCD disorders
- ✦ Personality disorders
- ✦ PTSD and Trauma-related disorders
- ✦ Symptoms like suicidality and self-harm

Levels of Care

Everybody's circumstances are different. Depending on your unique goals and needs, your mental health care may involve various services levels (or a mix of them).

✦ Residential (RTC)

Lightfully's inpatient treatment facilities provide 24-hour residential care in a beautiful, home-based setting where a maximum of 6 clients can focus on their treatment and mental health needs in a supportive and relaxing space.

✦ Partial Hospitalization Program (PHP)

Lightfully's Partial Hospitalization Programs (PHP) provide structured, supportive care for clients in need of programming during the day without overnight supervision. This allows clients to receive similar treatment and services to those in residential care while having the opportunity to practice new skills as they prepare for life after completion of the program.

✦ Intensive Outpatient Program (IOP)

Lightfully's Intensive Outpatient Program (IOP) is a comprehensive evidence-based treatment program providing partial day care for clients struggling with primary mental health and psychiatric disorders. Comfortably furnished housing close to our treatment centers is available for clients enrolled in our PHP and IOP levels of care.

✦ Virtual Services (vIOP)

Lightfully's Virtual Intensive Outpatient Program (vIOP) broadens access to care by providing flexible program options to accommodate clients with unique needs and schedules. Clients receive the same robust clinical offering of our physical intensive outpatient program from the comfort of home.

Clinical Model

Lightfully's Holistic, Data-Driven Clinical Model. Process-Based Therapy (PBT) is an innovative, unified framework for mental health care that integrates fundamental elements of evidence-based therapies to address the whole person and their core challenges. PBT provides a systematic framework for applying the most effective interventions across all modalities, including EMDR, ACT, DBT, and others, to treat these core challenges. Lightfully is one of the first and only behavioral health organizations to use this transformative model.

Equip™ Training for Clinicians

The Lightfully Clinical Model requires intensive and ongoing clinician training, as well as data collection and analysis. Our Equip Training program ensures mastery in all therapeutic techniques used in the PBT framework, as well as data-driven decision-making. We have also centered our entire organization in the use of data to systematically improve our clinical model and everything else we do.



At Lightfully, in addition to the individual therapist, each patient is assigned a family therapist who works exclusively with the patient and the family system, at every level of care.

We understand family therapy is integral to building a long-term supportive environment that sustains lasting change. We are dedicated to providing families, both of origin and of choice, with skills on assertive communication, developing and managing healthier boundaries, mirroring, validation, and empathy in relationships, building natural support systems, and robust reflective listening skills that help deepen our understanding of ourselves and our loved ones. Our goal is to create continuity of care from the Lightfully treatment team to the outpatient team to ensure recommendations are clear for the client's ongoing recovery process. Our clinical team reaches out to referents upon admission and frequently provides them with updates. Utilizing standard assessments, we routinely deliver outcomes and measurable progress reports.

Aftercare Support

Each client will receive monthly communications with support, tips, and resources following their discharge. Lightfully also offers alumni and community support groups that can be utilized as a part of their aftercare plan.

Payment

Lightfully is in-network with many commercial insurances — with the exception of Medicare and Medicaid (MediCal). Lightfully accepts PPO policies and will gladly help guide you through resources available to you through your insurance. The Lightfully Concierge Admissions team is also available to work with you on payment options.