

Become a Client

Schedule an Assessment

Begin admission to The Light Program by calling **(610) 644-6464**.

Complete an Assessment

These assessments allow The Light Program to identify the appropriate level of care and develop a highly individualized and effective outpatient treatment plan.

Determine Payment

An admissions professional will verify that treatment services are covered by your insurance provider. We accept a wide variety of commercial and third-party insurances. If services are not covered, they will discuss other payment options with you.

Develop Your Treatment Plan

If a completed assessment indicates that treatment with The Light Program is right for you, an admissions professional will help you develop and arrange your treatment plan.

If The Light Program doesn't provide services that are compatible with your needs, we can refer you to an outside treatment provider so that you receive the care best suited for you.



Get Help Today

At The Light Program, we are dedicated to helping you lead a fulfilling and satisfying life.

Life can be difficult, but there are ways to enjoy it despite those challenges.

If you or a loved one could benefit from The Light Program's services, call us at **(610) 644-6464** or visit us online at **mylightprogram.com** today to schedule an assessment and begin developing your treatment plan.

Locations in the following counties:

Chester | Delaware | Lancaster
Montgomery | Philadelphia | York

For a full list of locations and services, visit **mylightprogram.com**.



A Member of Onward Behavioral Health



Mental Health Treatment



About The Light Program

The Light Program is a leading provider of outpatient and intensive outpatient mental health services for adults or teens in crisis or struggling to function on a regular basis.

Our caring and professional staff of psychiatrists, psychologists, licensed social workers, licensed professional counselors, and more can help you develop a unique treatment plan focused on setting and achieving goals that allow you to change your life for the better. It is possible to redevelop a healthy and happy lifestyle.

Our multiple locations and flexible outpatient schedule, which includes weekend and evening hours, make treatment convenient and easily accessible.

What to Expect

Most individuals who enter The Light Program attend between 12 and 16 sessions over the course of three to six weeks. Participants typically meet in a group format to offer more support than traditional outpatient care. Incorporation of family and social support is also a vital part of the program.

Upon discharge, individuals are referred back to their individual therapist. If they do not have an individual therapist, they will be provided with a referral prior to leaving the program.

Is The Light Program Right for Me?

Individuals who are referred to The Light Program are typically experiencing depression or hopelessness, having thoughts of suicide, or feeling overwhelmed or constantly worried.

To find out if The Light Program is right for you, call (610) 644-6464 today.

Treatment Services

The Light Program recognizes that everyone experiences life struggles, and we strive to serve our communities as a comprehensive treatment provider and resource for those who need help to cope. Our treatment services are available to both adults and adolescents.

Outpatient Counseling & Therapy

The Light Program provides general outpatient counseling and mental health services covering a wide range of topics including trauma, relationships, divorce, and grief.

Intensive Outpatient Program

Our IOP provides group treatment four days a week in sessions that last 2 hours and 15 minutes. These sessions provide more support and direction than outpatient care.

Psychiatric Therapy

Our psychiatrists offer a conservative approach to medication and the most up-to-date care in the field. Services provided include psychiatric evaluations, psychiatric assessments/testing, medication management, and adoption evaluations.

Partial Hospitalization Program

We offer clinically-intensive, multi-faceted programs for adults, teens, or tweens who need structure and intensity in their mental health treatment, but have appropriate environmental supports at home.

Eating Disorders Treatment

Seeds of Hope is The Light Program's intensive outpatient program specializing in the treatment of eating disorders in both male and female teens and adults.

