



Child Anxiety Center

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4555 Lake Forest Drive
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Treatment Providers:

Nathan Fite, PhD
Robyn Coleman, EdS
Hilary Kalra, PhD

Payment Options:

Self-pay
Sliding Fee Available

Populations Served:

Adolescents
Children

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Group Therapy
Family Therapy
Habit Reversal
Home Visits
Prescribe Medication
Skills Training
Teletherapy

Areas of Specialty

Obsessive Compulsive Disorder (OCD)
Perfectionism
Scrupulosity

Violent/Sexual Obsessions
Body Dysmorphic Disorder
PANDAS/PANS
Skin Picking
Tics/Tourettes
Trichotillomania (Hair pulling disorder)
Autism Spectrum Disorders (ASD)
Treatment of Co-occurring Disorders

Summary of our services:

The Child Anxiety Center specializes in offering intensive treatment of OCD using the best in evidence-based treatments and technologies in behavioral health, including exposure and response prevention and medication management. We provide a multidisciplinary client-centered model that prioritizes transparency. We're routinely measuring how well our interventions are working so we can make treatment adaptations in real time. We call it measurement-based care. We're sharing those data with parents in an easily digestible manner, so that we stay accountable and transparent in our treatment decisions. We are continually adopting treatment innovations such as virtual reality, smartwear, and biofeedback to enhance outcomes.

Our mission is to exceed the expectations that many mental health service providers have neglected. That means doing things like providing more accessibility and crisis management, meaning that your child can seek and receive help when it's needed and parents can have the relief of knowing they can access real-time coaching with only a mobile device. Also, as dually licensed school psychologists who are experts in special education law, we help parents obtain school-based services and navigate the red tape of 504's and IEPs. The Child Anxiety Center is ready to help you and your child achieve the best possible outcome.

Treatment Planning Process

At the Child Anxiety Center, we believe that optimal treatment begins with high quality assessment. That is why every child that comes to our center undergoes comprehensive diagnostic and functional assessment using best-in-class assessments. These assessments are conducted to solidify treatment targets and ensure adequate dosage. Each child is assigned to a treatment team which is picked based on the child's individual needs and the strengths of the clinician. From there all staff at CAC is regularly informed on the case and be able to provide regular feedback to your clinician based on your child's progress and needs. Over the course of treatment outcomes are continually monitored using short sensitive measures that are delivered via the patients' mobile device. The data collected are then reviewed with all stakeholders and the treatment team as a means to inform treatment decision/adjustments. Our protocols are flexibly adjusted to each individual case while adhering to evidenced treatment procedures. In the case of OCD our protocols are structured around exposure and response prevention.

Core Treatment Components

The core treatment components of our program are centered on exposure and response prevention. However, core elements from ACT and other third wave cognitive behavioral

therapies are incorporated depending on specific patient needs. Our general philosophy is to begin with psychotherapy and then progress onto psychopharmacological options based on the patient's response. However, if the child's family members are in favor of using a combined approach or if medication is warranted to facilitate ERP, then medication may be used from the onset.

Parents, Family Members, Friends, Teachers, etc. Involvement

We include all relevant stakeholders within our treatment plans. Family members are provided with comprehensive psychoeducation and coached on how to appropriately facilitate ERP within their homes (e.g., how to reduce accommodations). Depending on family circumstances training may also involve improving family dynamics (e.g., communication). School-based consultation is provided as part of our treatment package. As board licensed school psychologists, we are able to provide clear recommendations on how to design 504's and IEPs that facilitate continuity of care and do not inadvertently reinforce compulsive behaviors. This is done with the child's full educational team.

Treatment of Co-Morbid Disorders

Our program is for children, adolescents, and young adults with anxiety and related disorders. More specifically we focus on treating disorders that involve the exposure-based therapies. Our team is competent in treating anxiety and related disorders. Commonly occurring comorbid disorders such as anxiety, depression, autism, and ADHD can all be addressed within our programming.

Length of Stay

We try to facilitate treatment programs that offer rapid relief to our patients. The majority of our patients will complete their program within 10-20 sessions, however more complex cases can take longer.

“Census” (i.e., the maximum number of clients seen at any given time)

We have just opened up and are taking clients. We limit each clinician to a maximum 25 patient hours per week. With three clinicians on staff (not including our practicum trainee) that would limit us to 75 patient hours per week. It is difficult to provide a maximum number of patients as it would depend on the frequency/intensity of the services be provided to each patient at the time.

Additional Resources

We provide the full continuum of mental health services including medication management, psychological testing, school consultation, group therapy, and family therapy.

School Facilities

We do not have school facilities available but would be able to contract in-house tutoring services.

Diversity Statement

Our mission is to grant greater access to the best in evidence-based cognitive behavioral treatments for children, adolescents, and young adults. This includes children and their families

from every walk of life, race, ethnicity, gender, sexual orientation, creed, socio-economic status or other diversity factor. Our approach in assessment and intervention, is to consider diversity factors in every step of analysis and goal setting. We believe that by analyzing these factors the resulting interventions are more credible because they are based on an authentic approach to assessment and on research relevant to target population.