



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# McLean OCD Institute for Children and Adolescents (OCDI Jr.)

Clinic/Program Director: Lisa Coyne, PhD

Name of Intake Coordinator: Michelle Pellegrino, Unit Secretary

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[www.mcleanhospital.org/programs/child-and-adolescent-ocd-institute](http://www.mcleanhospital.org/programs/child-and-adolescent-ocd-institute)

23 Isaac Street  
Middleborough, MA 02346

### **Treatment Providers:**

Lisa Coyne, PhD

Stacey Rice, PhD

Carl Fleisher, MD

### **Payment Options:**

Private Insurance

Self-pay

### **Populations Served:**

Adolescents

Children

### **Treatment Strategies Offered:**

Acceptance and Commitment Therapy (ACT)

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Habit Reversal

Prescribe Medication

Skills Training

### **Areas of Specialty (in addition to OCD in general):**

Body Dysmorphic Disorder (BDD)

Hoarding Disorder

PANDAS/PANS

Perfectionism

Scrupulosity

Skin Picking  
Tics/Tourettes  
Trichotillomania  
Violent/Sexual Obsessions

### **Summary of our services:**

The OCD Institute for Children and Adolescents (OCDI Jr.) opened in 2015 as a residential treatment program for children ages 10-17 with OCD and related disorders. As a McLean facility, we are closely affiliated with the renowned adult OCD Institute that opened in 1997. Our program director Lisa Coyne, PhD, has been providing evidence-based assessment and treatment for children and teens with OCD and anxiety for over ten years. Our medical director Dr. Carl Fleisher, MD is an expert in state-of-the-art medication treatments for OCD.

### **Treatment Planning Process**

At OCDI Jr. we value a collaborative approach with children and families taking an active role as members of the treatment team. Upon admission, each child is assigned a behavior therapist, psychiatrist, and a family therapist/case manager who are in regular consultation with one another. In addition, our staff includes a psychiatric nurse, several Masters level therapists, and a large staff of trained mental health counselors. Our twelve-bed facility allows children to live on the premise and receive intensive treatment in both individual and group settings. This program is ideal for children with moderate to severe OCD who may have had limited success with past treatment.

### **Core Treatment Components**

OCDI Jr. utilizes evidence-based treatment, including cognitive behavioral therapy (CBT), exposure response prevention (ERP), acceptance and commitment therapy (ACT), and medication therapy.

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

Family members are identified as members of the child's treatment team and often collaborate with clinicians and staff. Collaboration also occurs with the child's school, as well as any other outside treatment providers. This is done to ensure a continuum of care across settings and provide the best possible treatment and discharge planning.

### **Treatment of Co-Morbid Disorders**

OCDI Jr. treats individuals with OCD and related anxiety disorders. Co-occurring disorders such as anxiety, trichotillomania, and depression are also treated alongside OCD symptoms.

### **Individual Therapy**

Residents meet with a behavioral therapist at least three times a week for individual and exposure therapy. Each session is typically 60-90 minutes. Residents also meet with a psychiatrist 1-2 times per week. Family meetings are typically conducted once a week for 60 minutes and can be done via phone or Skype if families live out of state.

**Length of Stay**

The length of stay at OCDI Jr. is flexible and depends on the severity of symptoms and motivation for treatment. Typically, residents reside at OCDI Jr. for 30-45 days.

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

We are a twelve-bed, co-ed facility.

**School Facilities**

Residents receive two hours of tutoring services a day from a licensed teacher. Instruction is individualized, as residents continue working on the same curriculum they receive at their home school. Our tutor works in close collaboration with each resident's school to make sure they are completing assigned work and not falling behind academically.