



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Youth Treatment and Evaluation of Anxiety and Mood (Y-TEAM) Program

Clinic/Program Director: Paula Yanes-Lukin, PhD

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Website: <https://childadolescentpsych.cumc.columbia.edu/youth-treatment-evaluation-anxiety-mood-program>

1051 Riverside Drive
New York, NY 10032

Treatment Providers:

Paula Yanes-Lukin, PhD

Laura Mufson, PhD

Randy Auerbach, PhD

Payment Options:

Scholarships Available

Populations Served:

Children

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Areas of Specialty:

Obsessive Compulsive Disorder (OCD)

Additional Languages Provided:

Spanish

Summary of Services

The Youth Treatment and Evaluation of Anxiety and Mood (Y-TEAM) is a specialty research clinic that is part of the Department of Psychiatry at Columbia University and dedicated to improving the lives of children and adolescents suffering from anxiety, mood, and obsessive-compulsive and related disorders. Through clinical research studies funded by the National Institutes of Health, we provide comprehensive evaluations and treatment with evidence-based therapy for children ages 7-12 with Obsessive-Compulsive Disorder. All assessment and treatment services at Y-TEAM are free of charge.

Treatment Planning Process

Patients are evaluated at our clinic to determine their eligibility for our NIH-funded research study. Feedback and results of the evaluation are given to patients; if patients are not eligible for the research study, they will be given specific treatment recommendations and referrals to mental health providers if necessary. Eligible patients with a diagnosis of Obsessive-Compulsive Disorder will receive 12 weekly sessions of Cognitive Behavioral Therapy (CBT) with Exposure and Response Prevention. The evaluations and treatment are provided at no cost to the patient. After the course of treatment is completed, patients are provided with referrals to mental health providers if necessary.

Core Treatment Components

In treating OCD, our clinicians administer a standardized course of Cognitive Behavioral Therapy (CBT), specifically utilizing Exposure and Response Prevention.

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

Parents are included in all evaluations. They are also involved in treatment although level of involvement is determined on a case by case basis. At minimum, parents attend all treatment sessions for a check in and there are designated parent sessions included in the treatment course.

Treatment of Co-Morbid Disorders

Children diagnosed with OCD are offered a course of treatment that specifically targets their OCD symptoms. Children may present with co-occurring disorders which may also improve, however OCD must be the primary diagnosis as treatment focuses on the treatment of OCD.

Emphasis on OCD

The Y-TEAM program assesses and treats youth with anxiety, mood, and obsessive-compulsive and related disorders. Currently, treatment for OCD specifically is provided through an NIH-funded research study.

Length of Stay

The program offers 12 treatment sessions over a maximum of 16 weeks. After this point, patients are provided with referrals to other mental health providers if needed.

Other Resources for Outpatients

OCD patients receive treatment via participation in research studies. If a patient is eligible as a research participant and is in need of day treatment they may be considered for the day treatment program on our unit.

Diversity Information

Our staff is a multicultural staff based in New York City with years of experience working with children and families from all backgrounds. In addition to having undergone multicultural competency training in graduate programs, our staff receives ongoing trainings and updates to maintain cultural competency.