



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Alexian Brothers Behavioral Health Hospital's (ABBHH) Center for Anxiety and Obsessive Compulsive Disorders

Clinic/Program Director: Patrick B. McGrath, PhD
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ABBHH
1650 Moon Lake Blvd.
Hoffman Estates, IL 60169

Treatment Providers:

Patrick B. McGrath, PhD
Jennifer Leber, LCSW

Payment Options:

Medicare
Private Insurance
Self-pay

Populations Served:

Adults
Adolescents

Treatment Strategies Offered:

Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Group Therapy
Prescribe Medication
Skills Training

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

Perfectionism
Scrupulosity
Violent/Sexual Obsessions

Summary of our services

Patrick B. McGrath, PhD, Director of the Center for Anxiety and OCD opened this ABBHH Center in January 2006 in order to address the devastating effects OCD can have on a person's life. Clinical focus is on addressing the entire environment from which a patient comes. The Center has two levels of programming – a 6 hour partial hospital program (PHP) and a three hour intensive outpatient program (IOP). Patients work one-on-one with staff doing exposure and response prevention work on a daily basis. Family members are also encouraged to be a part of treatment in both programs. Additionally, daily interaction with other patients helps increase socialization.

We are very close to O'Hare airport making it easy to get to ABBHH from anywhere in the country. The clinic also has relationships with local hotels allowing patients to stay close to the hospital and get great rates on rooms. Some hotels also include shuttle service, eliminating the need for a car. ABBHH takes almost all insurances both in and out of state.

Treatment Planning Process

Patients design their own treatment plan in conjunction with an OCD therapist at the Center. So, the treatment planning process starts with patients talking with clinic staff about what he or she is willing and wanting to work on. Once a treatment plan is set, clinicians will work with the patient to address each item on the plan at his or her pace. No one is ever pressured to do an exposure exercise.

Core Treatment Components

The core treatment components of the program are cognitive behavior therapy (CBT) and exposure response prevention therapy (ERP). ERP treatment consists of individual therapy with a clinician in the program.

If a patient is in the PHP, he or she will also meet weekly with a psychiatrist, who will consult with the patient about medications. It is entirely up to the patient if he or she wants to take medications while in the program.

Finally, there are also some therapy groups available that are primarily educational in nature.

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

The Center staff encourages family and friends to be involved in a patient's treatment. We have a bi-weekly anxiety support group open for all to attend. We also conduct family sessions for people in the program so patients and their family can meet with a therapist together and discuss what OCD is, how treatment is progressing, how the family can support the treatment goals and any other concerns.

Treatment of Co-Morbid Disorders

All ERP work is done individually with a case manager. In a larger sense, this Center works with people with both OCD and anxiety. You will be in education, goal, and check-in groups with people who have OCD, as well as others who do not, as these groups are for all patients enrolled in the Center. However, the Center also holds smaller group sessions limited to

people with OCD. This is a fun group that allows everyone with OCD to speak freely about their OCD knowing that all in the room will understand what they are discussing.

Individual Therapy

Patients meet with staff individually on a daily basis. Meetings include 2 to 3 hours of ERP work individually each day (barring an OCD group day or other changes in schedules that may occur around holidays, etc.).

Length of Stay

People are usually at the Center for 3 to 5 weeks. There is no set time for people to stay in the program. Length of stay is judged by progress in the program.

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

There is no maximum census for the program at this time.

School Facilities

Adolescents in the program do receive an hour of school per day. ABBHH Center staff will work with your adolescent’s school to ensure their time with the Center counts toward their education. ABBHH also has school liaisons who will assist your adolescent with his or her return to school. At this time we are not treating children in the program.