



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Bradley Hospital Intensive Program for OCD

Clinic/Program Director: Jennifer Freeman, PhD, & Abbe Garcia, PhD (Co-Directors); Brady Case, MD (Medical Director)

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[www.bradleyhospital.org/The\\_OCD\\_Intensive\\_Outpatient\\_Program.html](http://www.bradleyhospital.org/The_OCD_Intensive_Outpatient_Program.html)

1011 Veterans Memorial Parkway  
East Providence, RI 02195

### **Treatment Providers:**

Jennifer Freeman, PhD

Abbe Garcia, PhD

Brady Case, MD

### **Payment Options:**

Private Insurance

Offer a sliding fee

Scholarships available

Self-pay

### **Populations Served:**

Adolescents

Children

### **Treatment Strategies Offered:**

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

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

Bradley Hospital's intensive program opened on April 29, 2013. The Pediatric Anxiety Research Clinic at the Bradley-Hasbro Research Center has been providing outpatient care for children and adolescents with OCD and OC spectrum disorders for 13 years. The program team includes a psychiatrist, three psychologists, a social worker, and four milieu therapists. The program's directors all have extensive experience in research and implementation of evidence-based treatments for children and adolescents with OCD and other severe anxiety disorders.

The Pediatric Anxiety Research Clinic has been at the forefront of developing and testing treatments for pediatric OCD for more than a decade. It was one of the three sites (with

University of Pennsylvania and Duke University) selected to conduct the largest federally funded series of treatment outcome studies for youth with OCD – The Pediatric OCD Treatment Studies (POTS). The treatment used in this program is an extension of the treatments tested in those studies and, as such, has strong empirical support.

### **Treatment Planning Process**

The treatment plan will be developed upon admission and revised as needed in daily multidisciplinary program rounds. Planning will involve the input of the psychologist, lead clinician, the medical director, social worker, and milieu therapists. Planning will focus on maximizing duration and success of in vivo ERP in the hospital and community, promoting patient and family insight and collaboration, optimizing medication management, and transitioning to the appropriate level of care at the conclusion of treatment in the program.

### **Core Treatment Components**

The program involves daily treatment from 3-6pm at Bradley Hospital, a freestanding teaching hospital of the Warren Alpert Medical School of Brown University devoted to providing mental health care exclusively for children and their families. The program also involves twice-weekly extended home, school, or other community-based treatment for 2.5 hours per treatment. The core treatments include:

- In vivo ERP conducted in individual and group sessions daily at the hospital and twice weekly in the community
- Family therapy sessions at least once weekly at the hospital
- Group motivational enhancement, peer support, and/or art therapies daily at the hospital
- Medication management visits at least weekly at the hospital and more frequently as needed

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

Parents are asked to make a substantial commitment to treatment. Parents will participate in the initial evaluation, in family therapy sessions at least once weekly, and in community-based exposures twice weekly. Parents will also check in with program staff daily when dropping off the child at the hospital regarding progress with ERP homework. Teachers and other important individuals in patients' lives may be included, particularly in community-based exposures conducted at school and in the home.

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

This program is intended to deliver intensive treatment for OCD, but OC spectrum disorders, other anxiety disorders, and other co-morbidity affecting treatment will be addressed.

### **Individual Therapy**

Patients will meet with their primary psychologist for individual sessions twice weekly. They will also meet individually with their milieu therapist for twice-weekly community exposures.

### **Length of Stay**

There is no set time period for treatment. We anticipate a typical treatment will last approximately four weeks (20 treatment days). The duration of the stay is contingent on insurance approval (or other payment arrangements).

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

The census for this program is 12.