



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Mayo Clinic Pediatric Anxiety Disorders Program

Clinic/Program Director: Stephen P. H. Whiteside, PhD, ABPP

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www.mayoclinic.org/departments-centers/psychiatry/services/pediatric-anxiety-disorders-clinic

Mayo Clinic, West 11
200 First Street, SW
Rochester, MN 55905

Treatment Providers:

Stephen P.H. Whiteside, PhD, ABPP

Mark Olsen, MD

Bridget Biggs, PhD

Payment Options:

Medicaid

Medicare

Private Insurance

Scholarships available

Self-Pay

Populations Served:

Adolescents

Children

Treatment Strategies Offered:

Exposure and Response Prevention (ERP)

Family Therapy

Prescribe Medication

Summary of our services:

Our program is a 5-day intensive treatment for pediatric anxiety and obsessive compulsive disorder. The Pediatric Anxiety Disorders Clinic at Mayo Clinic provides efficient and effective treatment to children and adolescents with anxiety disorders and obsessive compulsive disorder (OCD). This program offers two unique innovations. First, parents are thoroughly involved in treatment to develop the tools and confidence to support their child's efforts to

master anxiety and OCD. Second, treatment is available in an intensive package of nine therapy sessions completed over five days (Monday through Friday). Treatment consists of exposure-based cognitive behavioral therapy designed to empower families to manage anxiety and OCD through a better understanding of behaviors that maintain symptoms and how therapy can improve functioning. Local services are offered on a weekly basis. Medication management is available as needed.

The goals of treatment are as follows:

- 1) Build an understanding of the fundamental components of therapy for anxiety and OCD
- 2) Relieve symptoms through confidence-building exposure exercises (facing one's fears)
- 3) Provide parents with guidance and hands-on practice to support their child's efforts to master anxiety and OCD

Treatment Planning Process

Multidisciplinary evaluations performed by a dedicated team of psychology and psychiatry providers are available to evaluate potential patients for treatment within the program and to provide additional treatment recommendations. Each patient's treatment is based on an individualized treatment plan developed by the clinician in partnership with the child and parent(s).

Core Treatment Components

The primary treatment is parent-assisted exposure and response prevention. This treatment is provided in a group setting.

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

Parents are involved in all sessions. The goal of the program is to train parents to be "exposure coaches" and build their confidence to help their child work on OCD after returning home.

Treatment of Co-Morbid Disorders

Youth with OCD and anxiety disorders are treated together.

Individual Therapy

The assessment is conducted individually. Each patient also has one individual appointment during the week. Individual discussions with the therapist occur throughout the treatment.

Length of Stay

The intensive treatment program consists of eleven appointments over five days. Some patients return for a second round of treatment.

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

Treatment program consists of groups with typically 6 to 8 child/parent dyads.

Other Resources

Comprehensive treatment resources (therapy, medication, testing) are available through the Mayo Clinic Department of Psychiatry and Psychology.