



Western Psychiatric Institute and Clinic (Adult Program)

Clinic/Program Director: Robert Hudak, MD

Name of Intake Coordinator: Terri Laterza, LCSW

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www.upmc.com/locations/hospitals/western-psychiatric/pages/default.aspx

100 North Bellefield Avenue, 4th Floor

Pittsburgh, PA 15213

Payment Options:

Private Insurance

Offer a sliding fee

Populations Served:

Adults

Treatment Strategies Offered:

Exposure and Response Prevention (ERP)

Family Therapy

Summary of our services:

The Adult OCD Intensive Outpatient Program (IOP) first opened its doors in 1998. The program is staffed by Robert Hudak, MD, the medical director, and two therapists who provide ERP therapy. Terri Laterza has been working as a behavioral therapist since 2000 and completed the IOCDF's Behavior Therapy Training Institute in 2007. Rebecca Mackin trained in the clinic during an internship and has experience working with people with mood and anxiety disorders. She also has extensive training in behavioral therapy.

The Adult OCD IOP also utilizes interns and psychiatric residents, as WPIC is a teaching facility. The adult program meets quarterly with the pediatric program team in order to share new treatment strategies, discuss challenging cases, review cutting edge research, and provide a referral source for each program.

Treatment Planning Process

The entire adult OCD staff meets weekly for treatment planning and education.

Core Treatment Components

Core treatment components include pharmacotherapy and ERP in a group setting 3 hours per day for 3 days a week.

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

Family sessions with patients are included in the treatment program.

Treatment of Co-Morbid Disorders

The Adult OCD IOP primarily treats people with OCD but will accept people with OCD spectrum disorders on a case-by-case basis.

Individual Therapy

Patients meet with staff individually at intake, discharge, and periodically during treatment as appropriate.

Length of Stay

There is not a set time period. The average length of stay is 8 weeks. The length of stay is determined individually based on progress and continued treatment needs.

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

Full census for this program is 10.