Northwell Health OCD Center

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Name of Intake Coordinator: Samantha Weltz, PhD
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https://www.northwell.edu/find-care/locations/obsessive-compulsive-disorder-center

75-59 263rd Street
Ambulatory Care Pavilion
The Zucker Hillside Hospital
Glen Oaks, NY 11004

Treatment Providers:
Anthony Pinto, PhD
John Christman, PhD
Laura Braider, PhD

Payment Options:
Private Insurance
Medicare
Medicaid
Self-pay
Offer a sliding fee

Populations Served:
Adults

Treatment Strategies Offered:
Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Group Therapy
Habit Reversal
Home Visits
Medication
Skills Training
Teletherapy
Treatment for Co-occurring Conditions
Areas of Specialty (in addition to OCD in general):
Body Dysmorphic Disorder (BDD)
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)
Tics/Tourettes
Trichotillomania (Hair Pulling Disorder)
Violent/Sexual Obsessions

Summary of our services:
The OCD Center, located on the border of Queens and Nassau on Long Island, offers an interdisciplinary treatment for adults (ages 18 and older), with specialists in psychiatry and psychology. It is one of the only facilities in the New York metropolitan area that accepts most health insurance plans (including Medicare and Medicaid) to provide evidence-based treatment for OCD. This enables Northwell Health to make the gold standard treatment for OCD more affordable to the general public. The OCD Center provides treatment informed by the most current research in the field and is committed to advancing greater understanding of the disorder through its research program. The OCD Center is also affiliated with the Hofstra Northwell School of Medicine and serves as a training site for developing clinicians in psychology and psychiatry in evidence-based treatment for OCD. Depending on treatment needs, clients may be seen at the OCD Center multiple times per week during active treatment with follow-up booster sessions provided upon successful completion of treatment.

Treatment Planning Process
Initially, prospective patients undergo a telephone screening by a clinician to determine eligibility. After this, they are scheduled for a complete diagnostic evaluation conducted by on-site OCD specialists. This evaluation includes individual meetings with a medical doctor and a licensed clinical psychologist. Following the diagnostic evaluation, the treatment team develops a customized interdisciplinary treatment plan which is then discussed with the client.

Core Treatment Components
The Northwell Health OCD Center utilizes evidence-based treatment approaches provided by experts in the field. These include pharmacotherapy as well as the gold-standard psychotherapy for OCD: exposure and response prevention. Depending on client needs, adjunctive therapies, such as motivational enhancement, acceptance-based approaches, behavioral activation, emotion regulation, and stress management, are applied. Group therapy for OCD using an exposure model is offered as well as family therapy. For impulse control disorders, habit reversal therapy is offered, enhanced by an acceptance-based approach.

Parents, Family Members, Friends, Teachers, etc. Involvement
The OCD Center offers family therapy as well as education opportunities and other supportive resources that enable patients’ families and friends to attain a greater understanding of OCD and how they may provide support during the treatment process without accommodating symptoms.
**Treatment of Co-Morbid Disorders**
The OCD Center is a specialized program specifically devoted to treating OCD and related disorders including body dysmorphic disorder, trichotillomania, skin picking, and obsessive compulsive personality disorder (e.g., self-limiting perfectionism). We will also treat cases with OCD and comorbid tics.

**Individual Therapy**
Psychotherapy is provided 1-2 times per week depending on severity of illness. These sessions range from 45-60 minutes. Frequency of individual medication management sessions ranges from weekly to monthly as clinically indicated.

**Length of Stay**
Duration of individual therapy can be approximately 25 sessions but varies depending on severity of illness and the presence of co-morbid conditions. Treatment plans and progress toward treatment goals are reviewed with the client regularly. Decisions regarding frequency and dose of treatment are informed by periodic evaluation of symptom severity.

**Other Resources for Outpatients**
The OCD Center is one of the programs offered by the Zucker Hillside Hospital, Northwell Health's nationally recognized behavioral health center known for its pioneering clinical, teaching, and research programs. While the OCD Center provides specialized evidence-based treatment for OCD and related disorders, a range of inpatient and outpatient treatment options are also available within Zucker Hillside Hospital for other mental health conditions.