



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# Pediatric Anxiety and Mood Research Clinic

Clinic/Program Director: Moira Rynn, MD

Name of Intake Coordinator: Dylan Braun

Phone Number: (646) 774-5793

E-mail: [braundy@nyspi.columbia.edu](mailto:braundy@nyspi.columbia.edu)

[columbiapsychiatry.org/pamrc](http://columbiapsychiatry.org/pamrc)

1051 Riverside Drive  
New York, NY 10032

### **Treatment Providers:**

Paula Yanes-Lukin, PhD

Pablo Goldberg, MD

Moira Rynn, MD

### **Payment Options:**

Scholarships available

### **Populations Served:**

Adults

Adolescents

Children

### **Treatment Strategies Offered:**

Cognitive Behavioral Therapy (CBT)

Exposure and Response Prevention (ERP)

Family Therapy

Group Therapy

Prescribe Medication

Skills Training

Treatment for Co-occurring Conditions

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

We are a specialty research clinic dedicated to improving the lives of children, adolescents and young adults suffering from anxiety and mood disorders. Directed by Dr. Moira Rynn, PAMRC is part of the Department of Psychiatry at Columbia University and is located in Washington Heights, New York City. At PAMRC, we provide comprehensive evaluations, treatment with evidence-based therapy and medications, and a day treatment program with academic services for youth requiring intensive care. All assessment and treatment services at PAMRC are free of charge.

The Columbia University Pediatric OCD Research Program is dedicated to improving the lives of youth with OCD by conducting cutting-edge research to transform how we understand and treat OCD. At PAMRC, we specialize in treating youth that have not yet received treatment for OCD, or those who have tried first-line treatments like medication or CBT but continue to struggle with OCD. We are currently investigating brain changes that occur following a course of CBT for OCD, as well as novel treatments for children, adolescents and young adults with OCD.

### **Treatment Planning Process**

Interested and eligible families will receive an initial phone evaluation, followed by a comprehensive diagnostic evaluation at no cost. The treatment team will then review each case to confirm that treatment within one of our clinical research studies is appropriate. If it is felt that the child would be better served by obtaining treatment elsewhere, the treatment team will provide treatment suggestions and referrals for the family.

### **Core Treatment Components**

We are offering treatment for youth (ages 5-20) with OCD through our current research studies. If eligible, patients could receive a clinical evaluation and research medication or cognitive behavioral therapy (CBT) which consists of Exposure/Prevention (ERP). All treatment is provided at no cost with up to three months of additional follow-up care.

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

Parents are included in all evaluations and in certain components of the treatment process. In addition, other family members (e.g., siblings, other caregivers) may also be invited in the therapeutic process if it is felt to be in the best interest of the family and patient.

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

In addition to OCD, the PAMRC focuses on the following problems in children, adolescents and young adults: Generalized anxiety (GAD) or worry, Social anxiety, Separation anxiety, and Depression.

### **Individual Therapy**

Frequency of visits depends on the specific treatment protocol, and can be as frequent as twice weekly, 90-minute sessions to biweekly medication and safety check-ins.

### **Length of Stay**

Typically the length of treatment is 3 months, with an additional 3 month follow-up period during which time additional treatment is provided free of charge.

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

Currently we do not have a census for our program.

### **School Facilities**

Adolescents in need of more intensive support have access to our day treatment program, the Children's Day Unit. The Children's Day Unit (CDU) is an outpatient day hospital program located at the New York State Psychiatric Institute/Columbia University Medical Center. The

CDU is comprised of research participants and adolescents ages 13 to 18 years from the community who require intensive outpatient care. All children and adolescents attending the CDU receive a comprehensive evaluation and then enter a structured therapeutic program. During the academic year, the CDU partners with the New York City Board of Education to provide education for students through the public school PS186X located on the unit. Students attend class daily and are often eligible to earn school credits while attending the CDU. In addition, during the 6-week summer program in July and August, the CDU provides educational support and tutoring.

### **Other Resources for Outpatients**

In addition to state of the art evidence-based treatment and evaluations, our clinic provides support for parents and academic support via our day treatment program if needed.