



International  
OCD  
Foundation

## OCD and Related Disorders Clinic Profile

# UCSD CREST Community Program

Clinic/Program Director: Catherine R. Ayers, PhD, ABPP  
Name of Intake Coordinator: Catherine R. Ayers, PhD, ABPP  
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140 Arbor Drive  
San Diego, CA 92103

### **Treatment Providers:**

Catherine R. Ayers, PhD, ABPP  
Elizabeth Twamley, PhD  
James Pittman, PhD

### **Payment Options:**

Medi-Cal  
Medi-Medi  
Self-Pay

### **Populations Served:**

Adults  
Older Adults

### **Treatment Strategies Offered:**

Exposure and Response Prevention (ERP)  
Family Therapy  
Group Therapy  
Home Visits  
Skills Training

### **Areas of Specialty (in addition to OCD in general):**

Hoarding Disorder

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

Hoarding in the elderly community is a relatively common issue that can have a serious impact on individuals, family members and the community. Changes in life conditions, including living alone and less frequent social interaction, in addition to mental health issues such as preexisting personality disorders, depression or dementia all place seniors at a greater risk.

The Cognitive Rehabilitation and Exposure/Sorting Treatment (CREST) community program

offers a personalized and compassionate approach for helping older adults with hoarding behaviors and mental health needs.

### **Treatment Planning Process**

We work with each individual to develop a comprehensive treatment and recovery plan, tailored to each person's unique needs. Our team includes psychologists, social workers, care managers, peer support specialists and mental health professionals in training.

### **Core Treatment Components**

**Care management:** Includes weekly meetings or check-ins (as needed) with a care manager to help improve wellbeing, independent functioning and quality of life. Care managers assist individuals in identifying their goals and coordinating support services.

**Peer support:** Graduates of the CREST program help patients learn and practice new skills, develop effective coping techniques and foster advocacy skills.

**Family group support:** We offer information on hoarding and its treatment, tips on how to talk to family members about their hoarding behaviors, health and safety issues related to hoarding, boundary setting and self-care. Family members are linked to counseling or mental health services as needed.

**After-care and recovery:** We provide ongoing care management, after-care groups, additional individual psychotherapy sessions (as needed), and access to peer support.

**Community linkages:** Financial assistance, housing, food, and legal and physical health services are among the resources we help you obtain. We also collaborate with our community partners to help reduce the risk of homelessness for our patients.

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

Individuals are encouraged to involve family in treatment. We offer family groups consisting of information on hoarding and its treatment, tips on how to talk to family members about their hoarding behaviors, health and safety issues related to hoarding, boundary setting and self-care.

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

The CREST Community Program is devoted to treating individuals with hoarding disorder. Other disorders will be addressed during the course of treatment or through referral and care management.

### **Individual Therapy**

Individuals enrolled in the program meet individually with a therapist every week for 50 minutes and receive individual care management as needed.

### **Length of Stay**

The primary intervention in our program is a six-month evidence based treatment for hoarding disorder — cognitive rehabilitation and exposure/sorting therapy (CREST). Aftercare is also

available which includes care management, after-care groups, additional individual psychotherapy sessions (as needed) and access to peer support.

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

Our current maximum client caseload is 30.