



International
OCD
Foundation

OCD and Related Disorders Clinic Profile

Mountain Valley Treatment Center

Clinic/Program Director: Don Vardell, MS
Name of Intake Coordinator: Jennifer Fullerton, LICSW
Phone Number: (603) 616-6693
E-mail: jfullerton@mountainvalleytreatment.org
www.mountainvalleytreatment.org

703 River Road
Plainfield, NH 03781

Treatment Providers:

Jennifer Fullerton, MSW, Med
Jeanette Nogales, LCMHC
Timothy DiGiacomo, PsyD
Rachel Morin, MA
Kevin Menasco, LICSW
Colleen Porter, LCMHC

Payment Options:

Self-Pay
Scholarships Available

Populations Served:

Adolescents

Treatment Strategies Offered:

Acceptance and Commitment Therapy (ACT)
Cognitive Behavioral Therapy (CBT)
Exposure and Response Prevention (ERP)
Family Therapy
Group Therapy
Home Visits
Prescribe Medication

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

Autism Spectrum Disorders (ASD)
Body Dysmorphic Disorder (BDD)
PANDAS/PANS
Perfectionism
Scrupulosity
Skin Picking (Excoriation Disorder)

Trichotillomania (Hair Pulling Disorder)
Treatment of Co-occurring Disorders

Summary of our services:

Mountain Valley Treatment Center is a not for profit, short term, residential treatment program that offers an evidence based, holistic approach to treating 13-20 year old's with anxiety, ODC and related disorders. Campus is located near Hanover, NH and Dartmouth College, Mountain Valley provides a unique treatment environment as well as an ideal locale to implement exposure exercises.

Mountain Valley adds clinically intensive CBT-based Exposure and Response Prevention within and experiential activity therapy program and mindfulness-based milieu. Our program was featured in the October 15, 2017 New York Times Magazine.

Treatment Planning Process

The treatment planning process begins prior to admission, with each resident reviewing an initial treatment plan prior to admission. Upon admission, a resident completes a range of assessments that guide the treatment planning process. Treatment Plans and progress are reviewed during weekly team meetings for staff and during weekly sessions and calls with residents and parents. Mountain Valley will also provide recommendations for next steps post-Mountain Valley.

Core Treatment Components

Our treatment model is primarily driven by CBT, ERP, and ACT in individual, group, and family contexts. Our program also utilizes motivational interviewing, behavioral activation, mindfulness training, and DBT-skills training. Residents benefit from a supportive milieu which provides opportunities to face challenges, take healthy risks, and build confidence and self-esteem while increasing overall functioning.

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

Families engage in weekly sessions via videoconference or in-person. The focus of family therapy is to provide education on anxiety, OCD, mental health challenges faced by the family and CBT/ERP/ACT; to increase awareness of family accommodation of anxiety and OCD; to increase awareness of family dynamics; and, to work to improve communication. Family visits typically occur once per month and focus on practicing CBT/ERP and reducing accommodation as a family. Visits may be local or clients may return home. Bi-weekly educational and support webinars are provided for parents of current residents and recent graduates Mountain Valley.

Treatment of Co-Morbid Disorders

Typically, clients at MV arrive with comorbid depression in addition to anxiety and/or OCD. Clients may also present with disordered eating but need to be medically stable in order to participate in our program.

Individual Therapy

Individual sessions are 60 minutes and occur three times per week.

Length of Stay

The average length of stay is approximately three months.

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

The census is typically between 16 and 24 clients.

Availability of School Facilities

The Academic Module in which all MVTC residents are enrolled, is designed to mimic a classroom environment. Instructors prepare specific lesson plans and activities for each day's class and partner with clinicians to gradually increase exposure to academic stressors. The Academic Module provides a supportive opportunity to bolster fundamental learning skills at no added cost to the family. Instructors incorporate specific exposure activities, as recommended by clinicians, into the framework of daily lesson plans for residents.

Individualized Academics (IA) is customized one-on-one instruction. IA can involve parallel-work exchange in which the Mountain Valley teacher and resident's sending school create a plan so the resident can earn credits while in treatment. IA teachers and MV clinicians partner to address overlapping mental health and academic concerns. IA is recommended if the clinical team has determined that an increased academic focus is an appropriate part of the resident's Hierarchy of needs and therapeutic goals. IA programming is offered at an additional cost to the family.