

Mount Sinai Center of Excellence for OCD and Related Disorders

Program Director: Wayne Goodman, M.D.

Contact:

Elisabeth Cordell
Mount Sinai Center of Excellence for OCD and Related Disorders
One Gustave L Levy Place
Box 1230
New York, NY 10029
Phone: 212-241-8177
Fax: 212-987-4031-Departmental Fax
Email: Elisabeth.cordell@mssm.edu
Website: <http://www.ocdscales.org/>

Intensive Outpatient Program and Traditional Outpatient Therapy
Adult, adolescent (ages 13-18) and child (ages 4-12) services available
Crisis intervention available
Treatment for comorbid conditions available
A separate program for OCD clients

Full Census for this program is 60
Average length of stay for this program is 3 months

This program is self pay only

INTENSIVE TREATMENT PROGRAM DESCRIPTION

1. When did you open your program?

This program opened on December 1, 2009.

2. Please describe the staff that works at your program in terms of their backgrounds, credentials and experience?

Our Program Director, Wayne Goodman, MD, joined Mount Sinai in 2009 as Chairman of the Department of Psychiatry. Dr. Goodman is the principal developer of the Yale-Brown Obsessive Compulsive Scale (Y-BOCS), the gold standard for evaluating OCD, and he co-founded the Obsessive Compulsive Foundation, serving as Chair of its Scientific Advisory Board for 10 years. Additionally, Dr. Goodman is an expert in the development and application of deep brain stimulation (DBS) for treatment-resistant OCD.

Our Medical Director, Andrew Gilbert, MD, is board certified in general psychiatry and child and adolescent psychiatry and has expertise in the treatment and study of both adult and pediatric OCD. He joined Mount Sinai from the University of Pittsburgh Medical Center, where he founded and was Medical Director of the OCD Intensive Outpatient Program for Children and Adolescents. Dr. Gilbert

carries out neuroimaging and clinical research studying OCD in children and adolescents and across the life-span.

Our Clinical Director, Alicia Hirsch, PsyD, is a clinical psychologist with expertise in the treatment of OCD and related disorders in adults and children. Dr. Hirsch joined the Mount Sinai faculty in 2001, at which time she began working as a psychologist and study therapist for the Traumatic Stress Studies Program, and then became the Director of Clinical Services for the Mount Sinai Eating and Weight Disorders Program in 2005. She is an expert in cognitive-behavioral therapy and its application to multiple psychiatric disorders. Dr. Hirsch uses a range of techniques to provide comprehensive care to meet the unique needs of each individual.

Annette Hernandez, Ph. D. is a licensed clinical psychologist with a primary interest in the treatment of children with internalizing disorders. Dr. Hernandez is a Clinical Assistant Professor at the Mount Sinai School of Medicine and the Supervising Psychologist at the Child, Adolescent, and Family Services Center at Mount Sinai Hospital. Dr. Hernandez's has over a decade of clinical experience in treating children suffering from traumatic stress, depression, anxiety, and related disorders. In addition, she has functioned as a supervisor and consultant on the implementation of evidence-based clinical practice in community-based settings. She has lectured extensively and authored manuscripts on the implementation of cognitive-behavioral interventions with diverse clinical populations.

Stacey Klein, LCSW received her master's degree in clinical social work from the Wurzweiler School of Social Work of Yeshiva University in 1995. She received post master's training in Gestalt Therapy at the New York Institute for Gestalt Therapy and Psychoanalytic training at the Greenwich Institute for Psychoanalysis. Stacey has been trained in Cognitive Behavioral Therapy for the treatment of child and adult trauma, addictions and anxiety disorders in children and adults by some of the nations' leading experts. She has worked at a variety of outpatient mental health and substance abuse programs in the New York area including the Jewish Board of Family and Children's Services and Parallax Center.

3. Is this program devoted entirely to treating individuals with OCD or will other OCD spectrum disorders or anxiety disorders also be addressed?

This program is for individuals OCD and OCD spectrum disorders

4. Please describe the core treatment components of your program (e.g., use of medication, ERP, group therapy, etc.).

Our Intensive Outpatient Program consists of comprehensive diagnostic evaluations conducted by licensed psychologist and psychiatrist; 75 minute ERP twice weekly sessions, 1x a week with psychiatrist, support group 1x a week. All sessions are conducted by licensed clinicians.

5. Please describe the treatment planning process at your program.

Upon completing the initial comprehensive evaluation, in which a patient meets with a licensed psychologist and a licensed psychiatrist, both providers generate a consensus on the patient's diagnosis and recommended treatment plan. Thereafter, team treatment process meetings are held twice a week where all providers meet together to discuss cases; focusing on topics such as ongoing treatment plans, potential modifications, effective strategies, past experiences, and outcomes. There is constant and fluid cross-communication between any two providers who are seeing a given patient.

6. If someone has a co-morbid condition, can he or she participate in your program? Will there be treatment for the co-morbid condition? If so, can you give an example?

Yes, they can absolutely participate in our program. Our staff specializes in treating a range of disorders. For example, if a patient presents with an eating disorder, then our clinician who specializes in treating eating disorders can offer treatment, while the patient still continues to receive therapy for their OCD symptoms. If in fact, an individual presents with a co-morbid condition that is not within our area of expertise, then the appropriate referral will be made. However, they will still be able to receive treatment from our team for their OCD symptoms.

7. Are parents, family members, friends, teachers, etc. included in the treatment? If yes, please describe how.

Yes. For adults with OCD, we encourage patients to bring in family or close friends for both psychoeducation and to act as a coach. While we strongly encourage it, it is not mandatory.

For pediatric patients the provider always meets with the patient's parents at each visit, and will involve siblings, teachers, and other family members when appropriate.

8. How often do patients in the program meet with staff individually? How long are these individual sessions?

Individual sessions with the psychiatrist are 30 minutes weekly; sessions with the therapist are 75 minutes, twice a week; and participation in a weekly support group.

9. Is there a set time period for a patient's treatment in the program? What is the overall time commitment to the program (for example, attend daily for three weeks)? How much flexibility is there in extending someone's stay if needed?

Our treatment plan for someone with OCD is for 3 months. The three months includes: 2x a week ERP sessions (75 minutes) with a licensed therapist; 1x a week with a psychiatrist (30 minutes) and a support group. We assess symptom severity throughout the treatment, and if after three months, symptoms have not reduced, then they can continue in the program.

10. Is there a homework or "self directed" component to the treatment?

Yes, patients are given homework assignments to be completed between sessions.

11. Please describe the relapse prevention strategies you use in your program.

During treatment, providers encourage active participation from patient's family and friends to create a web of support in a network that currently exists in the patient's every-day life. This support network can help to improve the patient's long-term treatment outcomes after separating from intensive treatment. Patients are also encouraged to attend booster sessions and to remain engaged in group therapy sessions after ending the three month treatment program.

12. What kind of follow-up do you do for those who complete your program? Will the members or your treatment team be in contact with or willing to consult with the individual's regular treatment provider(s)?

Booster sessions will be recommended, and we collaborate with all treatment providers.

13. Do you offer a sliding fee scale or scholarships for those who cannot afford your program?

Yes, we offer a sliding scale option based upon person's income and availability in our program.

14. Does your program only work with individuals who are local or are there arrangements for those who come from farther away (for example, lodging arrangements)?

While the majority of our patients are local, we do not discourage patients from traveling to our clinic for treatment, especially in treatment refractory cases. While our program is unable to provide free accommodations to visiting patients, we are conveniently located in Manhattan where lodging options exist for all budgets.

15. Please add any information you think would be helpful in describing the unique aspects of your program if this has not been covered in the questions above.

Our program is able to offer two unique treatment options. The first, home visits, is a unique feature where the provider travels to the patients home to do exposure and response prevention exercises.

Secondly, our clinic is able to offer Deep Brain Stimulation, a treatment option for severe treatment refractory cases of OCD.

LIST OF TREATMENT TEAM STAFF WITH BACKGROUND AND CREDENTIALS:



Research Scientists:

Heather Berlin, Ph.D.: neuroscientist

Jin Fan, Ph.D.: neuroscientist