

Intensive Treatment Program Description:
The Mayo Clinic Child and Adolescent Anxiety Disorders Program,
Rochester, Minnesota
February 2009

1. When did you open your program?

We opened our program in 2004.

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

Dr. Whiteside is a Board certified child psychologist with 7 years of experience working with OCD and child anxiety disorders. In addition, our staff includes a second Board certified child psychiatrist with expertise in child anxiety disorders and two masters level therapists with 10 plus years of experience working with children and families

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

Other disorders will also be addressed including depression, behavioral problems, separation anxiety, social phobia, GAD, specific phobias.

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

The core treatment component is ERP administered in an individual format. Treatment is traditionally administered once or twice weekly. The intensive program is a week long treatment consisting of 10 twice daily sessions. Medication treatment is followed by our child psychiatrist.

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

Treatment planning is conducted by the psychologist and psychiatrist with the child and parents.

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?

Comorbid conditions will be addressed including oppositional behavior and depression. Comorbid conditions can be more fully addressed during traditional weekly therapy, but do not exclude participation in the intensive program

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

Parents are integral to treatment. The therapeutic approach focuses on teaching parents and the child or adolescent how to work together to implement ERP at home. Teachers are incorporated as needed.

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

Individual sessions are typically 50 minutes, but can extend to 90 minutes as needed for exposures. Sessions are once or twice weekly, except for the intensive program where they are twice per day for one week.

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?

Intensive treatment is one week (plus an evaluation the week before).

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

Home based ERP is integral to treatment.

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

The primary strategy for relapse prevention is teaching the parents how to conduct ERP with their child. In addition, follow-up contact is strongly encouraged after patient's return home.

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)?

We plan specific dates for follow-up conversations and encourage families to call at other times as needed. We also consult with home providers.

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

Scholarships are available in unique cases.

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)?

Our intensive program is specifically designed for families that do not have access to care in their home area. Families stay at one of the many extended stay hotels or Ronald McDonald house during the intensive treatment.

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.

To my knowledge our program is the only one that offers intensive treatment over a single week or focuses *primarily* on teaching child and parents how to conduct ERP without the therapist after treatment.