

Intensive Treatment Program Description:
Adult Intensive Outpatient Program at the
Western Psychiatric Institute and Clinic in
Pittsburgh, Pennsylvania
May 2009

1. When did you open your program?

The Adult OCD IOP first opened its doors in 1998

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

The Adult OCD IOP program is staffed by a Medical Director, Robert Hudak, MD, and two full time social workers, Terrie Laterza and Kalie Pierce, who provide E/RP therapy. Both have completed the OCF's Behavior Therapy Training Institute. The Adult OCD IOP also utilizes interns and psychiatric residents as WPIC is a teaching facility.

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

The Adult OCD IOP treats primarily OCD but will accept OCD spectrum disorders as well.

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

Pharmacotherapy and E/RP in a group setting, 3 hrs per day-3 days a week.

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

The entire Adult OCD staff meet weekly for treatment planning and education.

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?

The adult OCD IOP will accept people with co-morbid conditions as long as they can benefit from treatment.

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

Family sessions with patients are included in the treatment program.

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

Patients meet with staff individually at intake, discharge and periodically during treatment as appropriate.

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?**

There is not a set time period. The average length of stay is 8 weeks.

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

Homework is given to all patients as part of the therapy.

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

The Adult OCD IOP uses homework as examples of self directed exposures to help ensure treatment relapse, and appropriate referrals for medication and continued treatment as needed are done at the time of discharge.

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)?**

The Adult OCD IOP is always open to contacting patients outpatient providers in order to ensure best treatment and to provide consultation. There are many OCD trained therapists and psychiatrists in the community.

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

Any sliding fee scales are done on an individual basis.

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)?**

The OCD IOP frequently assists people from other locales on lodging arrangements while they are in Pittsburgh receiving 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.**

The OCD IOP offers a maintenance group for patients who can benefit from continued group therapy after discharge from the IOP.