

Obsessive-Compulsive Disorder (OCD) Intensive Outpatient Program

Treatment, referrals and insurance coverage

The Obsessive-Compulsive Disorder (OCD) Intensive Outpatient Program offers evidence-based cognitive behavioral treatment for OCD and anxiety.

Who do you treat?

We treat children and teens ages 11 to 18 diagnosed with OCD or an anxiety disorder who have not been able to make progress in regular outpatient treatment.

Depending on the age of other participants in the group, we may be able to accept children as young as age 9 and young adults up to age 21.

What does treatment include?

- **Cognitive Behavior Therapy** for OCD emphasizing exposure and response prevention (ERP) is our main treatment focus.
 - **ERP is a therapy approach** where your child is exposed to the thoughts, images, objects or situations that cause them anxiety. They are exposed to these until their anxiety lessens.
 - Our approach also includes showing parents how to help their child practice these activities at home. We do this in two ways:
 - **Daily group sessions.** We teach groups of 6 patients the skills they need to manage OCD and anxiety. This includes in-session exposure practice and teaching parents how to do exposure and response prevention at home.
 - **Weekly parent group.** This group provides support and education about how to practice exposure and response prevention at home. You'll also learn how to avoid accommodating OCD in the home.
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What if my child takes medication?

We'll refer you to a psychiatrist and nurse practitioner for a medication management consultation.

Who is eligible?

Children and teens may participate if they have: (any of the following)

- Tried clinic-based therapy 1 to 2 times a week for at least 10 sessions and have been unable to make significant progress.
- Severe symptoms or are at risk for an inpatient psychiatric hospitalization or psychiatric residential treatment.
- Been in an inpatient psychiatric unit or a psychiatric residential treatment and need treatment more intensive than routine outpatient and/or are at risk to be hospitalized again.

Note: To be eligible, a parent or guardian must attend each session (4 days per week, 3 hours per day) for your child's entire program.

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To Learn More

- Ask your child's healthcare provider
- Visit seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.

How long is the program?

It runs about 3 hours per day, 4 days per week. Typically, it lasts 8 to 12 weeks, and may be longer if your child has persistent, severe symptoms and impairment.

After your child completes the program, they are expected to return to their current community mental health providers for follow-up care.

When and where is it?

When: Morning session: Tuesday 8 to 11 a.m.; Wednesday–Friday, 9 a.m. to noon
Afternoon session: Tuesday, 1 to 4 p.m.; Wednesday–Friday, noon to 3 p.m.

Where: Seattle Children’s Bellevue Clinic
1135 116th Ave. NE, Suite 400, Bellevue, WA 98004

How can we get in?

Contact your primary care provider or your child’s current mental health therapist if you are interested in signing your child up for this program.

- They will need to send us a referral for an evaluation and screening to see if the program is appropriate for your child’s needs.
- Once we receive a referral from your provider, we will contact you to schedule a screening interview and evaluation.
- The evaluation takes place over two sessions. During these sessions, we will confirm your child’s diagnosis and the need for an intensive program.
- If your child’s needs can be met in a less intensive program, we will recommend other options.
- If your child meets criteria for this program, we will contact your insurance provider to get authorization for this treatment.

Note: If you are a current Seattle Children’s Hospital Psychiatry Department patient, please talk to your provider about being referred for the evaluation and screening.

Is it covered by insurance?

Most insurance plans cover the treatment but require pre-authorization. We will request authorization from your insurance provider when it is time for your child to start the program. If there are any problems obtaining authorization, we will let you know.

To find out what your plan covers, contact your insurance provider and ask about coinsurance, copay and deductible. Tell them that the program is billed as a facility charge for intensive outpatient treatment with a procedure code of S9480.
