



Obsessive-Compulsive Disorder (OCD)

Intensive Outpatient Program

Treatment, referrals and insurance

What is the program?

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

Who do you treat?

Children and teens ages 6 to 18 diagnosed with OCD or an anxiety disorder who have not been able to make progress in regular outpatient treatment.

What does treatment include?

- Daily exposure and response prevention (ERP). ERP is a therapy approach where the patient is exposed to the thoughts, images, objects or situations that cause them anxiety. They are exposed to these until their anxiety lessens, which you can expect to happen. Our approach also includes showing parents how to help their child practice these activities at home.
- Daily group sessions with 6 to 8 patients that teach skills to manage OCD and anxiety, including talking about their exposure practice, and helping them plan new exposure practice to try at home
- Weekly 90-minute parent group that provides support and education about how to practice exposure and response prevention at home
- Weekly medication management consultation by psychiatrists and nurse practitioners (if your child is taking medication)

Who is eligible?

Children and teens ages 6 to 18, who have:

- Tried clinic-based therapy 1 to 2 times a week for at least 10 sessions and have been unable to make significant progress
- A parent or guardian who can attend each session (3 to 4 days per week, 3 hours per day) for 4 to 8 weeks, depending on the patient's needs
- Severe symptoms and 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 more intensive treatment than routine outpatient
- A risk to be hospitalized again

To Learn More

- Ask your child's provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's 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 it?

- It runs 3 hours per day, 3 to 4 days per week. Typically, it lasts 4 to 8 weeks, and may be longer if your child has severe symptoms and impairment.
- After your child completes the program, they are expected to return to their current community mental health providers for continued treatment.

When and where is it?

When: Tuesday, 1 p.m. 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?

1. If you are interested in signing your child up for this group, please contact your primary care provider. They will need to send us a referral for an evaluation of your child to see what kind of intervention is needed.
2. Once we receive a referral from your provider we will contact you to schedule a screening interview and evaluation.
3. 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 meets criteria for the program, you will move on to the insurance pre-authorization step. If your child's needs can be met in a less intensive program, we will recommend other options.
4. If you are a current patient, please talk to your provider about attending this group
5. **Insurance pre-authorization.** If your child is approved for the group, we will work with our insurance department to get the necessary insurance pre-authorization. We will call you if we have issues with your insurance.
6. **Orientation session.** Once insurance is processed, we will call you to schedule a session before you start the program. You and your child will meet the clinical provider to make sure you can meet the program requirements, and the provider will answer questions.

Is it covered by insurance?

Most insurance plans cover the treatment, but usually it requires a pre-authorization from them. We need authorization before your child can start the program. To find out what your plan covers, contact your insurance and ask about coinsurance, copay and deductible.

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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