



## INFORMATION FOR PROVIDERS

# 5-day Intensive Treatment for Pediatric Anxiety and Obsessive Compulsive Disorder

The Pediatric Anxiety Disorders Clinic at Mayo Clinic provides efficient and effective treatment to children and adolescents with anxiety disorders and obsessive compulsive disorder (OCD). This program offers two unique innovations. First, parents are thoroughly involved in treatment to develop the tools and confidence to support their child's efforts to master anxiety and OCD. Second, treatment is available in an intensive package of nine therapy sessions completed over five days (Monday through Friday). Treatment consists of exposure-based cognitive behavioral therapy designed to empower families to manage anxiety and OCD through a better understanding of behaviors that maintain symptoms and how therapy can improve functioning. Local services are offered on a weekly basis. Medication management is available as needed.

The goals of treatment:

- Build an understanding of the fundamental components of therapy for anxiety and OCD
- Relieve symptoms through confidence building exposure exercises (facing one's fears)
- Provide parents the guidance and hands-on practice to support their child's efforts to master anxiety and OCD

Multidisciplinary evaluations performed by a dedicated team of psychology and psychiatry providers are available to evaluate potential patients for treatment within the program and to provide additional treatment recommendations. Each patient's treatment is based on an individualized treatment plan developed by the clinician in partnership with the child and parent(s).

Preliminary research conducted through the Pediatric Anxiety Disorders Clinic in collaboration with our external partners suggests that symptom improvement with the 5-day intensive program is similar to that found with treatment offered in other research settings.

### To make a referral or request a phone consultation

Please call the Department of Psychiatry and Psychology Appointment Office at 507-266-5100 to request a phone consultation or refer a patient to the 5-day program. *This service is available only at the Rochester facility.*

