Western Psychiatric Institute and Clinic’s

Pediatric OCD Program

The Western Psychiatric Institute and Clinic’s Pediatric Obsessive Compulsive Disorder (OCD) Program is a specialty clinic serving children diagnosed with OCD and their families. The Pediatric OCD Program staff conducts evaluations to assess OCD symptoms and obtain diagnosis as well as to recommend appropriate levels of care. The Pediatric OCD Program is able to provide therapy on an outpatient basis and also is home to an intensive outpatient program (IOP) to treat more severe OCD. The Pediatric OCD Program has two different IOP groups (one meeting from 9am-12pm and one meeting from 3-6pm on Mondays, Tuesdays and Thursdays) that provide group therapy, family therapy, parent support group, and medication management services. The IOP is one of a small number of such programs in the United States and the only one in Western Pennsylvania.

Interns at the Pediatric OCD Program will have the opportunity to work directly with children and families involved in the IOP groups, will participate in interdisciplinary treatment team meetings to discuss OCD cases (held on Mondays from 12-3pm), and will become familiar with the assessment tools used to diagnose OCD and the specialized therapy (Exposure and Response Prevention, a form of CBT) that is used to treat it. Interns will become familiar with the documentation (daily progress notes, outpatient notes, evaluations, treatment planning) completed by Pediatric OCD Program staff. Based on scheduling and intern availability, interns might also have the opportunity to observe evaluations at intake to the Pediatric OCD Program or outpatient sessions. As the Pediatric OCD Program is connected to Western Psychiatric Institute and Clinic, interns will have some opportunity to learn about other services offered by the Institute and to participate in relevant trainings.
Western Psychiatric Institute and Clinic  
Addiction Medicine Services  
Center for Psychiatric & Chemical Dependency Services (CPCDS)  
Scope of Service

I. Philosophy
The Center for Psychiatric and Chemical Dependency Services (CPCDS) strives to improve the quality of life for people with substance use and mental health problems. The CPCDS team supports individuals’ recovery journey to wellness. The program provides patient-centered recovery-oriented, evidence-based rehabilitation services, working collaboratively with the individual and their caretakers.

II. Overview of Program
CPCDS is located in the Oxford Building at 3501 Forbes Avenue in Oakland. The Center provides outpatient evaluation and treatment for adolescents and adults with dual and/or multiple problems related to substance abuse and mental health. CPCDS maintains a special focus on clients who have multiple psychiatric problems that need assessment and care in an outpatient setting. Services offered include:
- comprehensive psychiatric and substance abuse assessments;
- individual & group counselling; intensive outpatient treatment;
- psychiatric treatment;
- health care education, counseling and psychotherapy for clients and families;
- treatment planning to include and not limited to symptom management, vocational, educational, family relationships and community supports;
- specialized services, such as Intensive Outpatient Treatment (IOP) for those clients in need of more intensive care;
- referrals to community services and higher levels of care when needed;
- consultations with referring physicians and other community health care providers

III. Population Served
CPCDS serves adolescents and adults in need of this specialty care.

IV. Hours of Operation
The ambulatory program operates Monday through Friday 8:30AM-5:00PM.

V. Staffing
The current staff complement at the CPCDS includes professionals with specialized training in/or certification in addiction and mental health. In addition there are other staff members that provide secretarial/clerical support, administrative support, and client assistance. Intake and counseling staff includes master’s level counselors and adolescent and adult psychiatrists.
VI. **Goal(s) of Program**
1. Continue to emphasize service to the multiply impaired at-risk clients.
2. Strengthen the multidisciplinary team approach to assessment, treatment and management of dual diagnosed clients’ needs.
3. Aim for abstinence and stability of symptoms so that clients may be healthy and achieve their goals.
4. Increase accessibility and availability of services.
5. Develop a coordinated and responsive approach to community-based care through integrating existing services, assuring continuity and streamlines access of care, improving communication, and eliminating unnecessary duplication of effort.
6. Develop clinical, educational and research/demonstration programs for clients and their families.
7. Develop client centered treatment plans based on assessment information and in accordance with our philosophy of care.

VII. **Collaboration**
CPCDS is part the Presbyterian/Shadyside and Ambulatory Operations Division of Western Psychiatric Institute and Clinic. CPCDS communicates with various levels of care (medical and psychiatric in-patient along with other community providers of treatment) through physician to physician contact/communication, counselor to counselor contact/communication and the ability to access electronic medical records in accordance with the security and privacy policies.

VIII. **Services Provided**
CPCDS offers Intensive Outpatient Program (IOP) and individual and group outpatient therapy focusing on the stabilization of client symptoms. In addition, medication management sessions are provided by psychiatrists.