



Bradley Hospital

A Lifespan Partner

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Bradley Hospital's Obsessive-Compulsive Disorder



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A MAJOR TEACHING AFFILIATE OF THE WARREN ALPERT MEDICAL SCHOOL OF BROWN UNIVERSITY

SUMMER
PROGRAM



Bradley Hospital's Obsessive-Compulsive Disorder Summer Program offers children and adolescents intensive, focused treatment with the fun and excitement of a summer camp. Children from ages 8 through 18 whose lives are significantly affected by Obsessive-Compulsive Disorder (OCD) are welcome.

Childhood and adolescence are typically times of imagination, exploration and possibility; however, OCD can distort a young person's sense of self and dreams for the future. A major goal of our program is to help free each child from fear and allow him or her to rediscover joy in learning and enthusiasm for new experiences.

Our clinicians have extensive experience treating children and adolescents with OCD, including expertise in the use of exposure and response prevention (ERP), a specific form of cognitive behavioral therapy that is the treatment of choice for OCD. By attending our summer program, youth will participate in exposure exercises that are tailored to meet individual treatment goals in the context of summer fun activities.

Outdoor activities will include sports such as basketball and swimming and indoor activities will include art projects, board games, videos and psycho-educational discussion groups. Off-campus activities will allow children to practice new skills in the community, while enjoying summer fun during trips to the beach, the zoo and other locations in the Ocean State.



Program Sessions

The main goal of the summer program is to provide children and adolescents with intensive treatment by expert staff, in order to achieve maximal gains in two weeks. The program is located at a full-service pediatric psychiatric hospital, but will also include frequent trips off campus to enrich the treatment experience.

Overnight Camp:

Overnight camp sessions are for youth 10 to 18 and run Monday-Sunday throughout August (August 4–10, August 11–17, August 18–24, August 25–31). Upon request, youth may attend multiple sessions.

Day Camp:

For those youth ages 8 to 18 who do not want to be away from loved ones overnight, we offer a day camp option. Day camp sessions run Monday-Friday throughout August (August 4–8, August 11–15, August 18–22, August 25–29). Upon request, youth may attend multiple sessions. Daily drop off is at 8:30 a.m. and pick up is at 4 p.m.

Each session will have a maximum of 16 participants, and youth will be grouped for age appropriate treatment and activities.



Our clinicians have extensive experience treating children and adolescents with OCD.

Program Overview

The OCD Summer Program is a program of Bradley Hospital, which is the nation's first psychiatric hospital devoted exclusively to children and adolescents. A major teaching affiliate of The Warren Alpert Medical School of Brown University, Bradley Hospital is widely recognized as a national center for training and research in child and adolescent psychiatry.

The program is centered at our campus in East Providence, Rhode Island, conveniently close to a wide variety of community activities and opportunities for excursions that allow real-world practice that reinforces the therapeutic benefits of the program. During their stay each child in the overnight program will have a private room in a wing of one of our comfortable, bright and cheerful units.

Children and families participating in the program can expect:

- assessment and treatment planning
- education about OCD
- comprehensive cognitive behavioral treatment
- consultation with a child psychiatrist
- individual and group therapy
- activities that are enjoyable and therapeutic

Clinical content includes individual sessions with a psychologist, group sessions both on campus and in the community, and individual sessions with a child psychiatrist. The predominant treatment approach is cognitive behavioral with an emphasis on exposure with response prevention (ERP).

Continuing Support

Our staff will stay in contact with parents before, during and after their children's participation in the program. After a child leaves the program, staff will help with referrals to clinicians in each family's community and will follow up with local care providers. In addition, Bradley Hospital offers a year-round continuum of care including a specialized intensive program for OCD.



Program Leadership

The program team includes a psychiatrist, two psychologists, a social worker and four milieu therapists. The program's directors have extensive experience in research and implementation of evidence-based treatments for children and adolescents with OCD and other severe anxiety disorders.

The Pediatric Anxiety Research Clinic (PARC), which is co-directed by Jennifer Freeman, PhD, and Abbe Garcia, PhD, has been at the forefront of developing and testing treatments for pediatric OCD for more than a decade. PARC was one of three sites (along with the University of Pennsylvania and Duke University) for the Pediatric OCD Treatment Studies—the largest federally funded treatment outcome studies for youth with OCD. The treatment used in this summer program is an extension of the treatments tested in those studies and as such has strong empirical support.





Abbe Garcia, PhD

clinical co-director of Bradley Hospital's Intensive Program for OCD, is also the assistant director of child outpatient psychiatry at Rhode Island Hospital, the co-director of PARC at the Bradley/Hasbro Children's Research Center, and an assistant professor (research) of psychiatry and human behavior at The Warren Alpert Medical School of Brown University. She has published extensively on the topic of pediatric OCD and has conducted a number of treatment outcome studies on the subject.



Jennifer Freeman, PhD

clinical co-director of Bradley Hospital's Intensive Program for OCD, is also the director of child outpatient psychiatry at Rhode Island Hospital, the co-director of PARC at the Bradley/Hasbro Children's Research Center, and an associate professor (research) of psychiatry and human behavior at The Warren Alpert Medical School of Brown University. She has published extensively on the topic of pediatric OCD and has conducted a number of treatment outcome studies on the subject.



Brady Case, MD

is the medical director of the Intensive Program for OCD and the director of the Health Services Research Program at Bradley Hospital. He is an assistant professor in the Department of Psychiatry and Human Behavior at The Warren Alpert Medical School of Brown University and in Brown University's Public Health Program. Case is a board-certified child and adolescent psychiatrist with extensive experience assessing and treating children and families with OCD. His research focuses on the quality and availability of pediatric mental health services in the community.

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Program Cost

Cost per day is:

\$800 for day camp

\$950 for overnight camp

Registrations will be accepted until 4/15/14. Deposits (half of tuition) are due on 5/1/14. The balance is due by 7/1/14.

Referral

For additional information about Bradley Hospital's Obsessive-Compulsive Disorder Summer Program, please call 401-432-1516.

