



Diane Davey, RN, MBA
Program Director



Jeff Szymanski, PhD
Director of Psychological
Services

NONPROFIT ORG.
US POSTAGE
PAID
BOSTON, MA
PERMIT NO. 58168

McLean Hospital
115 Mill Street, Belmont, MA 02478



Facts about OCD

OCD occurs in two to five percent of the population and is the fourth most common psychiatric diagnosis. It usually involves having both obsessions and compulsions that limit a person's ability to function.

Common obsessive symptoms include:

- The persistent fear that harm may come to one's self or a loved one.
- Excessive concerns with being contaminated.
- Intrusive religious, violent or sexual thoughts.
- An excessive desire to do things correctly or perfectly.

Common compulsive symptoms include:

- Excessive checking of door locks, stoves, water faucets, light switches, etc.
- Repeatedly making lists, counting, arranging or aligning things.
- The collection and hoarding of useless objects.
- Repeatedly washing hands.



McLean Hospital
An Affiliate of Harvard Medical School

The Obsessive Compulsive Disorder Institute



A clinical collaboration between
McLean Hospital and
Massachusetts General Hospital

The OCD Institute opened in 1997 as the country's first and only residential treatment program for individuals with obsessive compulsive disorder.



Consistently ranked the nation's top psychiatric hospital by U.S. News & World Report, McLean is an affiliate of Harvard Medical School and Massachusetts General Hospital, and a member of Partners HealthCare.



About OCD and the OCD Institute

The Obsessive Compulsive Disorder Institute is an internationally sought-after center dedicated to advancing the clinical care, teaching and research of obsessive compulsive disorder (OCD). OCD is a brain disorder in which individuals suffer from unwanted repetitive thoughts and behaviors. Patients at The Institute are age 16 and older who suffer from severe or treatment-resistant OCD and other co-existing psychiatric conditions.

Treatment Goal

To improve our patients' lives by reducing symptoms, normalizing behavior and preventing relapses.

Treatment Components

Through partial hospital and intensive residential levels of care, The OCD Institute provides a unique integration of somatic, behavioral and milieu treatments, both in individual and group settings.

Treatment Includes:

- A thorough initial evaluation.
- The development of a customized and realistic treatment plan collaboratively created by the patient, his or her family, referring clinicians and Institute staff.
- A highly supportive treatment milieu with active participation by patients.
- A comprehensive medication evaluation and ongoing medication management.
- Four hours of daily exposure and response prevention, the key behavioral treatment used in OCD.
- Individual coaching, as needed, for completion of daily tasks.
- Rigorous group therapy that addresses patient issues of affect regulation/management, motivation, family, coping skills, relapse prevention, specific symptom management and interpersonal relationships.
- Family education and therapy.
- Access to consultation and/or evaluation resources at McLean Hospital and Massachusetts General Hospital.
- Close coordination of care between patients, families, insurers and outpatient/referring clinicians.
- Active discharge planning.

Highly Trained Staff

The OCD Institute is led by Michael Jenike, MD, one of the most highly regarded clinicians and researchers in the field of OCD. Dr. Jenike's tireless efforts have led to a greater understanding of OCD, its underlying causes and most effective treatment approaches.



Michael Jenike, MD

Medical Director, The OCD Institute
McLean Hospital

Instructor in Psychiatry
Harvard Medical School

Director, Psychiatric Neuroscience Program
Massachusetts General Hospital

Chairman,
Scientific Advisory Board
Obsessive Compulsive Foundation

Staff members at The Institute have extensive training and experience in the treatment of OCD and related disorders, and utilize data analysis, outcome studies, patient feedback and updated research for ongoing development of the program and continuous quality improvement.

Contact Us

For further information, please call 617.855.3279, email davey@ocd.mclean.org or visit us on the web at www.mclean.harvard.edu. The OCD Institute accepts Medicare, Massachusetts Medicaid, Blue Cross and many other private health insurance plans. It also has working arrangements with many managed care companies.

“Dr. Jenike had the idea that people with severe OCD could get better if they were offered intensive daily behavior therapy. At The Institute, this idea has become a reality.”

Patti Perkins, Executive Director of the Obsessive Compulsive Foundation

