

Facts about OCD

OCD occurs in one in 100 adults and is the fourth most common psychiatric diagnosis. It involves having both obsessions and compulsions that limit a person's ability to function.

Common obsessive symptoms include:

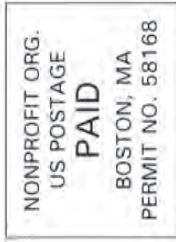
- Persistent fear that harm may come to one's self or a loved one.
- Excessive concerns with being contaminated.
- Intrusive religious, violent or sexual thoughts.
- Extreme desire to do things correctly or perfectly.

Common compulsive symptoms include:

- Excessive checking of door locks, stoves, water faucets, light switches, etc.
- Repetitive hand washing, list making, counting, arranging or aligning things.
- Hoarding useless objects.

"I can now live my life more freely."

Tom, former OCD patient



McLean Hospital
A Harvard Medical School Affiliate

115 Mill Street, Belmont, MA 02478



Consistently ranked the nation's top psychiatric hospital by U.S. News & World Report.

McLean is the largest psychiatric facility of Harvard Medical School, an affiliate of Massachusetts General Hospital and a member of Partners HealthCare.

The Obsessive Compulsive Disorder Institute

"I felt more like a participant than a patient."

Eva, former OCD patient



McLean Hospital
A Harvard Medical School Affiliate

mclean.harvard.edu



About The OCD Institute

The Obsessive Compulsive Disorder Institute, established in 1997, is an internationally sought-after center dedicated to advancing the clinical care, teaching and research of obsessive compulsive disorder (OCD). The OCD Institute serves individuals age 16 and older who suffer from severe or treatment-resistant OCD and other co-existing psychiatric conditions.

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 Goal

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

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Treatment Components:

- Thorough initial evaluations.
- Development of a customized and realistic treatment plan collaboratively created by the patient, his or her family, referring clinicians and OCD Institute staff.
- Supportive treatment milieu with active participation by patients.
- 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 among patients, families, insurers and outpatient/referring clinicians.
- Active discharge planning.



Michael Jenike, MD

Medical Director
The OCD Institute
McLean Hospital

Professor of Psychiatry
Harvard Medical School

Director
Psychiatric
Neuroscience Program
Massachusetts
General Hospital

Chairman
Scientific Advisory Board
Obsessive Compulsive
Foundation

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.

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

Contact Us

Please call Diane Davey at 617.855.3279 or e-mail her at ddavey@mclean.harvard.edu for more information.

You can also visit us on the web at 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.



Diane Davey, RN, MBA

Program Director
The OCD Institute
McLean Hospital