

OCD can occur in people of all ages. It involves having both obsessions and compulsions that limit a person's ability to function.

**Common obsessions include:**

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

**Common compulsions include:**

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

## About McLean and MGH

McLean Hospital and Massachusetts General Hospital are world-renowned clinical care, teaching and research affiliates of Harvard Medical School. They are consistently ranked among the nation's top hospitals by *U.S. News & World Report*. McLean Hospital is an affiliate of Massachusetts General Hospital; both are members of Partners HealthCare.

### Call Us

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. Please call Program Director Diane Davey, RN, MBA, at 617/855-3279 or send an email to [davey@ocd.mclean.org](mailto:davey@ocd.mclean.org).



# The Obsessive Compulsive Disorder Institute



## McLean Hospital

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*A clinical collaboration between  
McLean Hospital and  
Massachusetts General Hospital*

Obsessive compulsive disorder (OCD) is a brain disorder in which individuals suffer from unwanted repetitive thoughts and behaviors.

## Comprehensive services

The Obsessive Compulsive Disorder Institute, a joint venture of McLean Hospital and Massachusetts General Hospital, serves as a national and regional center dedicated to the advancement of clinical care, teaching and research of OCD. The program, located on the historic grounds of McLean Hospital, just outside Boston, provides partial hospital and intensive residential levels of care for individuals age 17 and older who suffer from severe or treatment-resistant OCD. Dedicated professionals with specialized training and experience staff the Institute, led by Michael Jenike, MD, a pioneer in the treatment and research of OCD.

OCD occurs in two to five percent of the population and is the fourth most common psychiatric diagnosis. The majority of individuals with OCD who have not experienced symptom relief may have not received adequate trials of appropriate medications and/or behavioral therapy. Adequate treatment for OCD often requires that medication trials be longer than those for other psychiatric illnesses, while behavioral interventions are time- and labor-intensive, frequently requiring close supervision and support.



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

## Treatment overview

The OCD Institute provides a comprehensive program that integrates somatic, behavioral and milieu treatments for those with difficult-to-treat OCD and co-existing psychiatric conditions.

Upon admission to the program, individuals are thoroughly evaluated and assigned a full treatment team, consisting of a psychiatrist, a behavioral therapist and a social worker. Customized and realistically focused treatment plans are developed as a collaborative process among the patient, his or her family, referring clinicians and Institute staff. Treatment emphasizes symptom reduction, normalization of behavior and relapse prevention, and includes:

- ▶ Full medication evaluation and ongoing medication management.
- ▶ Four hours daily of 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 issues of affect regulation/management, motivation, family, coping skills, relapse prevention, specific symptom management and interpersonal relationships.
- ▶ Family education/therapy, as needed.
- ▶ Highly supportive treatment milieu that stresses active participation.
- ▶ Access to other McLean Hospital and MGH resources for consultation and/or evaluation.
- ▶ Close coordination of care between patients, families, insurers and outpatient/referring clinicians.
- ▶ Active discharge planning.

## Program 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. In addition to his role as Medical Director of the OCD Institute, he is a Professor of Psychiatry at Harvard Medical School, Director of the Psychiatric Neuroscience Program at Massachusetts General Hospital and Chairman of the Scientific Advisory Board for the Obsessive Compulsive Foundation.



Michael Jenike, MD

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

**“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*