

REACH Adult OCD and Anxiety Disorders Track

Bridgeport Hospital's REACH Program now offers the Intensive Outpatient Program (IOP) for Adult OCD and Anxiety Disorders.

To make a referral, please call 203-384-3377.

OCD and Anxiety Disorders Track

The OCD and Anxiety disorders track is a specialty track for individuals with OCD and impairing anxiety disorders. OCD (obsessive-compulsive disorder) includes unwanted or intrusive thoughts, images, or urges (obsessions) that cause distress. Individuals suffering from OCD engage in repetitive behaviors or thoughts (compulsions) that temporarily alleviate the distress caused by the obsessions. Similarly, individuals with impairing anxiety, such as phobias, experience excessive fear and often engage in persistent avoidance behaviors. The IOP provides three hours of treatment 4 days a week for a period of 6-8 weeks.

Symptoms that may indicate a need for treatment include:

- Unwanted or intrusive thoughts that cause significant anxiety or distress:
 - o I might get sick.
 - o I might hurt someone.
 - o I might be contaminated by dirt, germs, or feces.
 - o Something bad might happen to me.
 - o My appearance is wrong (e.g., my nose is too big).
 - o Everything needs to be "just right."
 - o I repeatedly doubt my own memory.
- Personally unacceptable religious or sexual thoughts
- Feeling like you must do certain behaviors:
 - o Seeking reassurance from others about what you are worried about (e.g., "Am I going to be ok?")
 - o Excessive handwashing or washing other body parts
 - o Checking/rechecking objects (e.g., doorknobs, light switches, locks, the stove)
 - o Ordering/arranging objects
 - o Praying, counting, or rereading excessively
 - o Performing a behavior an exact number of times
 - o Thinking certain thoughts repeatedly in your mind

Addressing OCD and Anxiety

In OCD and the anxiety disorders, patients feel fear or distress followed by the need to engage in compulsions or avoidance to feel better. This relief is only temporary, however, and often returns stronger than before.

The Adult OCD and Anxiety Disorders Track at REACH is designed to break this cycle. This is done through an evidence-based technique called cognitive-behavioral therapy with exposure. The program is highly structured and individualized. With this technique, REACH staff encourage gradual, supported approaches of feared

experiences. It includes individualized interventions in a group environment that increase one's ability to face feared experiences in a safe and tolerable way.

Cognitive-behavioral therapy with exposure is recommended for OCD and anxiety disorders by National organizations including the International OCD Foundation, American Psychological Association, American Psychiatric Association, and Anxiety and Depression Association of America.

Bridge2Care Medication Management

Available for patients discharging from one of our Intensive Outpatient Programs who need a medication management visit to bridge them to their aftercare provider. These are typically 15–30 minutes with a focus on psychopharmacology. Patients are encouraged to have after-care support in place for therapy, and our staff will provide CBT-specific referrals.

Referrals

Referrals are accepted from psychiatrists, therapists, primary care providers, inpatient and outpatient psychiatric treatment programs, or other healthcare providers. Self-referrals and family referrals are also encouraged. Call 203-384-3377 to refer.

Staff

The IOP is led by Brian Zaboski, PhD, licensed psychologist and Associate Director for Clinical Psychology at the Yale OCD Research Clinic. Dr. Zaboski has years of experience providing cognitive-behavioral therapy with exposure and is listed in the International OCD Foundation's (IOCDF) therapist directory. Our treatment team also includes consultation with Christopher Pittenger, MD, PHD, Director of the Yale OCD Research Clinic and Elizabeth Mears and House Jameson Professor of Psychiatry at Yale University. Dr. Pittenger is internationally recognized for his clinical-research and expertise in the pharmacotherapy of OCD. The IOP is further supported through advanced practice and registered nurses, licensed social workers, activity therapists, and support staff.

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