

The Little Program that Could: Treatment of OCD and Sustaining an OCD Outpatient Program

Treatment of OCD is highly specialized. Many OCD providers are only self-pay, which creates significant accessibility issues. The CU Anschutz OCD Program is a self-supporting program that provides affordable specialized treatment to patients. This presentation will discuss the treatment of OCD and the creative ways this program sustains itself. OCD interventions and treatment planning will be reviewed.

- Introduction
- What is OCD
- Co-Morbidities/Differential Diagnosis
- Treatment
 - Exposure Response Prevention
 - Important treatment considerations
- Data on specialized mental health care/need for it with certain mental illnesses
- Overview of the CU Anschutz OCD Program
- Strategies that have worked for our program
 - Consultation and supervision
 - Trainings/Courses within CU
 - Community trainings
 - Community outreach
 - Newsletter
 - Conference presentations
 - Fundraising
- Future of the program



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Presenters

Emily Hemendinger, LCSW, MPH, CPH, ACS is Assistant Professor, Clinical Director, and DBS Coordinator with the OCD Program, at the University of Colorado Anschutz Campus. She specializes in the treatment of OCD, anxiety disorders, and eating disorders. Emily has a background in behavioral and community health sciences, health education, and health promotion. She is dedicated to combining her mental health and public health backgrounds to increase access to affordable and inclusive specialized mental health care.

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Rachel A. Davis, MD is Associate Professor of Psychiatry at CU Anschutz School of Medicine, Vice Chair for Clinical Affairs, and Chief of the CU Medicine Outpatient Psychiatry Practices. Dr. Davis specializes in obsessive-compulsive disorder and serves as medical director of the OCD Program and co-director of the OCD Surgical program, providing deep brain stimulation therapy for treatment-resistant OCD.

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Stephanie Lehto, PsyD (she/her) is a Licensed Psychologist in Colorado and currently is Assistant Professor at the University of Colorado Anschutz Medical Campus. Dr. Lehto is a therapist with the OCD Program and Clinical Director of the University of Colorado Anschutz's Student and Resident Mental Health. She specializes in the treatment of OCD and Eating Disorders.

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Resources

Links:

<https://medschool.cuanschutz.edu/psychiatry/PatientCare/obsessive-compulsive-disorder-program>

<https://www.erp4ocd.com>

The OCD Program:

Services offered:

- Cognitive Behavioral Therapy/Exposure and Response Prevention (ERP)
- Individual psychotherapy
- Group psychotherapy
- Medication Management
- Deep Brain Stimulation

The OCD Program accepts most major insurances



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