

OCD and anxiety treatment

ROGERS
Behavioral Health



Request a free screening
rogersbh.org

OCD and anxiety treatment at Rogers

Rogers is a leader in the treatment of obsessive-compulsive disorder and anxiety disorders. We offer a range of treatment for children, teens, and adults that empowers patients to gain control over their symptoms.

What we treat

- Obsessive-compulsive disorder (OCD)
- Obsessive-compulsive (OC) spectrum disorders including:
 - Hair pulling
 - Skin picking
 - Body dysmorphic disorder
 - Hypochondriasis
 - Tourette Syndrome and other tic disorders
- Anxiety disorders including:
 - Generalized anxiety disorder
 - Panic disorder and agoraphobia
 - Social anxiety disorder

Admission starts by completing a free, confidential screening. To request a screening, visit [rogersbh.org](https://www.rogersbh.org) or call **800-767-4411** for inpatient, residential, or outpatient care in Brown Deer, Oconomowoc, and West Allis or **888-927-2203** for all other locations.



An evidence-based approach

Led by Brad Riemann, PhD, an internationally recognized expert in OCD and anxiety disorders, and Brenda Bailey, PhD, our board-certified psychiatrists and multidisciplinary teams work with patients and families to develop personalized treatment plans.



Cognitive behavioral therapy (CBT)

Research shows that CBT is highly effective in helping people make changes in their thoughts, emotions, and behaviors. Rogers is a national leader in the use of CBT, with more than 52 published research studies and 230 national and international presentations.

Exposure and response prevention (ERP)

A component of CBT, ERP ranks obsessions, then gradually and repeatedly exposes patients until anxieties subside. Working through these "hierarchies" of behavior provides a thorough, creative approach for effective treatment.

Medication management

Rogers' experienced medical staff will assess each patient's medical history and symptoms to determine which medication and dosage may be a helpful supplement to behavioral therapy.

Family involvement

Family participation is a key part of recovery that allows for more effective treatment and eases the transition back home. This includes family sessions and Parent University for some programs.

Levels of care

Inpatient Care

To help patients with acute needs for medical stabilization, Rogers offers inpatient care at three hospital locations in southeastern Wisconsin (Brown Deer, Oconomowoc, West Allis).

Outpatient Care

Partial Hospitalization Care (PHP)

6 to 6.5 hours per day, 5 days per week

Intensive, structured treatment that provides more hours of therapy in a week and allows patients to remain connected with family, school, or work. On average, PHP treatment lasts four to six weeks.

Intensive Outpatient Care (IOP)

3 to 3.5 hours per day, 4 to 5 days per week

Specialized, short-term treatment to alleviate symptoms, and are helpful for patients transitioning between levels of care. On average, IOP treatment lasts six to eight weeks.

Patients, families, and treatment teams work together to determine length of programs based on individual progress and situations.



Levels of care

Residential Care

Residential care provides a supportive, home-like setting for intensive treatment. Residents work with treatment teams to significantly reduce symptoms and promote long-term recovery. Patients stay at our residential centers in Oconomowoc for an average of two months.

For adults



OCD and Anxiety Adult Residential Care is one of a few programs in the United States specializing in the treatment of adults with OCD, OC-spectrum, and anxiety disorders. Using a comprehensive CBT approach, patients learn effective strategies they can use throughout their lives.

For children and adolescents



Rogers' nationally recognized **OCD and Anxiety Center** and the new **OCD, Anxiety, and Depression Center** put children and teens at the center of care. With separate spaces for each group, treatment focuses on helping youth and families work as partners to regain the life they enjoy.

For adolescents and adults with eating disorders



Oftentimes, patients struggling with eating disorders also experience OCD and anxiety. To address the unique complexities of these co-occurring diagnoses, Rogers offers **residential care for Eating Disorder Recovery** for both adolescents and adults.

Outcomes Data

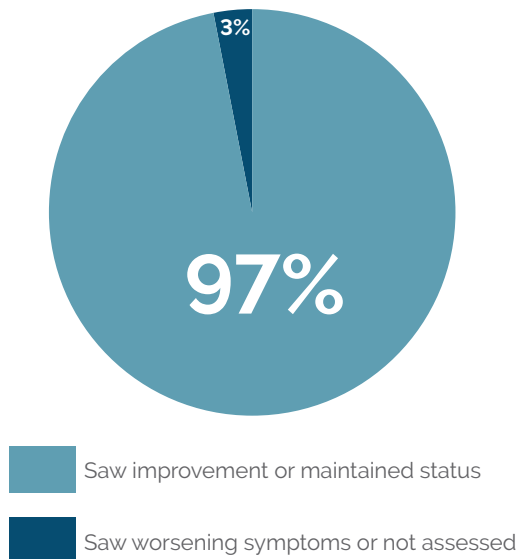
For more than 20 years, Rogers has been measuring outcomes of our care in the most transparent, scientifically reliable way possible.

Each year, Rogers conducts nearly a million patient assessments: taken at the start of treatment, at various points of care, at discharge, and for many programs, 12 months after care.

Our research team analyzes this data to adjust individual treatment plans based on a patient's progress during treatment, evaluate the effectiveness of each program, and replicate the therapies and approaches that get the best results for our patients across the Rogers system.

Clinical Global Impressions-Improvement (CGI)

Clinician-rated assessment of patient severity upon admission and assessment of improvement at time of discharge. 97% of our patients saw improvement or maintained status by the end of their treatment, as rated by the attending psychologist or psychiatrist.



Yale Brown Obsessive Compulsive Scale (YBOCS)

This 10-item measure rates the severity and type of symptoms. It measures both obsessions and compulsions and is used to monitor symptom improvement during treatment.

Adult results

	Admission	Discharge
Residential Care	27	17
Partial Hospitalization Care	25	16

Child and adolescent results

	Admission	Discharge
Residential Care	25	13
Partial Hospitalization Care	25	15

Interpreting the scores

Scores range from 0 (no symptoms) to 40 (extreme symptoms). Patients scoring in the mild or higher range are likely experiencing a significant negative impact on their quality of life.

Severity Range:

- 0-7 = Subclinical
- 8-15 = Mild
- 16-23 = Moderate
- 24-31 = Severe
- 32-40 = Extreme

To see the results of evidence-based treatment at Rogers, visit rogersbh.org/outcomes.

To get started

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Locations

For more information on the services nearest you, visit rogersbh.org/locations.

California

Los Angeles
San Diego
San Francisco

Florida

Miami
Tampa

Georgia

Atlanta

Illinois

Hinsdale
Skokie

Minnesota

Minneapolis
St. Paul

Pennsylvania

Philadelphia

Tennessee

Nashville

Washington

Seattle

Wisconsin

Appleton
Brown Deer
Kenosha
Madison
Oconomowoc
Sheboygan
West Allis