

# Anxiety Institute Intensive Outpatient Program (IOP) vs. Traditional IOP

We encourage prospective families to do their homework when they select a specialized anxiety and OCD program for their loved one. When comparing programs, parents should ask the following questions to ensure they select the most suitable one for their needs.

Here are some key questions to guide this important program assessment process.



## 1. Gold Standard Treatment

### Questions to Ask:

1. Does the program utilize evidence-based techniques for anxiety, OCD and related disorders?
2. Who will be treating your child? Will it be a fully licensed clinician or an intern who is still in school?
3. Who supervises the clinician treating your child? Are they on-site for easy collaboration?
4. Does the entire clinical team hold advanced degrees and undergo rigorous training?
5. How are outcomes tracked?
6. Is the program specifically tracking anxiety/OCD symptoms and progress while in the program?

### Anxiety Institute IOP:

- Utilize evidence-based techniques like cognitive behavioral therapy (CBT), exposure response prevention (ERP), and acceptance and commitment therapy (ACT).
- Supported by over 120,000 patient hours exclusively treating anxiety/OCD.
- Fully-licensed clinical teams with advanced degrees and training.
- 90% of clients reintegrate into academics or work post-treatment, and 95% maintain participation six months later.
- 96% report reduced anxiety or depression levels post-treatment.
- 100% of graduates' parents would refer others to Anxiety Institute.

### Traditional IOP:

- Do not offer or have experience in individual exposure response prevention (ERP), the evidence-based protocol for anxiety and OCD.
- Most programs advertising anxiety/OCD treatment utilize a "pull-out" track consisting of just a couple of group sessions vs. a full program dedicated to ERP for anxiety/OCD.
- Do not track outcomes and use more generalized measures not specific to OCD and anxiety.

## 2. Personalized Attention

### Questions to Ask:

1. How many hours of Individual therapy sessions will my child receive every week?
2. How many family sessions?
3. What is the clinician-to-client ratio?
4. Are the sessions in-person or remote?

### Anxiety Institute IOP:

- Each client in our Intensive Outpatient Program receives ten hours of individual treatment sessions weekly.
- Family sessions are available once weekly with increased frequency as needed.
- Our lead clinicians are dedicated to a maximum of three clients.
- In-person treatment helps us develop connection and gauge non-verbal cues while fostering a sense of safety and comfort for clients with anxiety and OCD.

### Traditional IOP:

- Clinicians treat ten or more clients, meeting them individually only once or twice per week.
- Deliver services via remote telehealth, making it more difficult to foster deep connection and gauge non-verbal cues.

### 3. Expertise in Exposure Therapy

#### Questions to Ask:

1. Are exposure response prevention (ERP) sessions done in a group or individual setting?
2. Who is working with my loved-one during ERP sessions?

#### Anxiety Institute IOP:

- Exposure response prevention (ERP) sessions are conducted in individual sessions with a licensed clinician.
- 96% of clients feel more equipped to face their fears.

#### Traditional IOP:

- If they utilize ERP, most programs use group or self-directed sessions for ERP.
- ERP is typically conducted by unlicensed professionals.

### 4. Comprehensive Parent Coaching

#### Questions to Ask:

1. Does the program offer parent support, coaching and psychoeducation?
2. Do the clinicians conduct in-vivo ERP to help client reintegrate into academic and social activities?

#### Anxiety Institute IOP:

- Provide extensive parent coaching to sustain progress including weekly small group parent collaboratives and parent newsletters.
- Integrate clients' local academic and social activities, ensuring smooth reintegration into daily life.
- Parents appreciate our approach, with 96% noting responsiveness and flexibility from therapists, and 96% agreeing that Anxiety Institute partnered with them in treating their child.

#### Traditional IOP:

- Provide general parent education, but lack the necessary skills to address anxiety and OCD specifically.

### 5. Clients

#### Questions to Ask:

1. What is the profile of the clients in your program?
2. Are the clients dual diagnosis (including substance use disorder)?
3. Do you specialize in anxiety, OCD and related disorders?

#### Anxiety Institute IOP:

- Serve bright, high-functioning adolescents and young adults who struggle with avoidance and procrastination to manage anxiety.
- Common diagnoses include generalized anxiety disorder, social phobia, and OCD spectrum disorders, often with major depressive disorder (29%) and ADHD (15%).
- Rule-out conditions include disruptive behavior disorders and severe mood disorders.

#### Traditional IOP:

- Add an OCD or anxiety "track" to a more generalized program.
- The clientele is more broad-based and may include substance use and addiction disorders, disruptive behavior disorders, thought disorders, and mood disorders.

### Notes: