



INFORMATION FOR PROVIDERS

5-day Intensive Treatment for Pediatric Anxiety and Obsessive Compulsive Disorder

The Pediatric Anxiety Disorders Clinic at Mayo Clinic provides efficient and effective treatment to children and adolescents with anxiety disorders and obsessive compulsive disorder (OCD). This program offers two unique innovations. First, parents are thoroughly involved in treatment to develop the tools and confidence to support their child's efforts to master anxiety and OCD. Second, treatment is available in an intensive package of nine therapy sessions completed over five days (Monday through Friday). Treatment consists of exposure-based cognitive behavioral therapy designed to empower families to manage anxiety and OCD through a better understanding of behaviors that maintain symptoms and how therapy can improve functioning. Local services are offered on a weekly basis. Medication management is available as needed.

The goals of treatment:

- Build an understanding of the fundamental components of therapy for anxiety and OCD
- Relieve symptoms through confidence building exposure exercises (facing one's fears)
- Provide parents the guidance and hands-on practice to support their child's efforts to master anxiety and OCD

Multidisciplinary evaluations performed by a dedicated team of psychology and psychiatry providers are available to evaluate potential patients for treatment within the program and to provide additional treatment recommendations. Each patient's treatment is based on an individualized treatment plan developed by the clinician in partnership with the child and parent(s).

Preliminary research conducted through the Pediatric Anxiety Disorders Clinic in collaboration with our external partners suggests that symptom improvement with the 5-day intensive program is similar to that found with treatment offered in other research settings.

To make a referral or request a phone consultation

Please call the Department of Psychiatry and Psychology Appointment Office at 507-266-5100 to request a phone consultation or refer a patient to the 5-day program. *This service is available only at the Rochester facility.*



PHYSICIAN PROFILES

Stephen P. H. Whiteside, Ph.D., Program Director

Stephen P. H. Whiteside, Ph.D., A.B.P.P. is an Associate Professor of Psychology and Director of the Pediatric Anxiety Disorders Program at Mayo Clinic in Rochester, MN. Dr. Whiteside's research group is focused on improving access to evidence-based care for pediatric OCD and anxiety disorders through the development of effective and efficient approaches that integrate technology into the assessment and treatment process. He has received research funding from National Institute of Mental Health, the International OCD Foundation, and the Mayo Clinic Center for Innovation. He has published over 45 articles, co-authored the book *Exposure Therapy for Anxiety: Principles and Practice*, and is the co-developer of Mayo Clinic Anxiety Coach, an iOS application.



Bridget K. Biggs, Ph.D.

Dr. Biggs is a clinical psychologist with board certification in Clinical Child and Adolescent Psychology through the American Board of Professional Psychology and is a professional member of the International OCD Foundation. She received specialty training at UCLA and Stanford University in the treatment of pediatric anxiety disorders and OCD. Dr. Biggs has been a staff psychologist conducting assessments and research in the Mayo Clinic Pediatric Anxiety Disorders Clinic since 2009. Dr. Biggs has authored over 25 peer-reviewed publications, including empirical studies of anxiety symptoms and peer relations in children and adolescents.



Julie E. Dammann, M.A., L.P.

Julie E. Dammann, M.A., L.P. is a Master's level Psychologist working with the Pediatric Anxiety Disorders Clinic and Behavioral Medicine Clinic at Mayo Clinic. Ms. Dammann has been on staff at Mayo Clinic for over 25 years and involved in assessment, treatment and research in the delivery of evidenced-based care with pediatric OCD and anxiety for more than 10 years. Ms. Dammann leads the local treatment groups for children and co-leads the intensive treatment programs.



Mark Olsen, M.D.

Mark Olsen, M. D. is a board certified child and adolescent psychiatrist with over 20 years of experience treating children and adolescents with anxiety and other psychiatric disorders. He has been a part of the Pediatric Anxiety Disorders Clinic treatment team from its inception and serves as the medical director. Dr. Olsen collaborates closely with other team members in the evaluation and treatment of Pediatric Anxiety Disorders Clinic patients and has a particular interest in pharmacotherapy for anxiety disorders



Michael S. Tiede, M.A., L.P.

Mike Tiede, M.A., L.P. is a Master's level Psychologist and the clinical coordinator for the Pediatric Anxiety Disorders Clinic. Mr. Tiede facilitates the screening and triaging of new patients and oversees the operations of the clinic. Mr. Tiede has been on staff at Mayo Clinic for over 15 years and involved in assessment, treatment and research in the delivery of evidenced-based care for OCD and anxiety for more than 10 years. Mr. Tiede leads the local treatment groups for adolescents and co-leads the intensive treatment programs.



ONLINE SERVICES FOR REFERRING PHYSICIANS

Referring physician partners are valued at Mayo Clinic. Online Services for Referring Physicians allow you to see your patients' Mayo Clinic medical records the same time we do. Please inquire about this complimentary service by calling 800-634-1417 or visiting mayoclinic.org/medicalprofs.

INSURANCE

Mayo Clinic has agreements with nearly 100 insurance carriers, third-party administrators and employers. Patients should check with their insurance plan for specific coverage details before confirming an appointment with our scheduling office.