

## **ABSTRACT: 2016 ELAM Institutional Action Project Symposium**

**Project Title:** Development of an Obsessive Compulsive and Related Disorders (OCRD) Center of Excellence

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**Collaborators at the University of Florida:** Regina Bussing MD, Division of Child Psychiatry and Interim Chair of Psychiatry, Joseph McNamara PhD and Gary Geffken PhD, Division of Medical Psychology, William Perlstein PhD, Department of Clinical and Health Psychology, Michael Okun MD, Irene Malaty MD, and Heather Simpson OT, Department of Neurology

**Background, Challenge or Opportunity:** Obsessive compulsive and related disorders (OCRDs; obsessive compulsive disorder (OCD), chronic tic disorders (CT), Hoarding Disorder (HD), and Grooming Disorders (GD)), are common and impairing disorders that begin in childhood and affect ~5-10% of the population. The University of Florida has substantial clinical and research expertise in the OCRDs, however, this expertise is distributed rather than coordinated. The creation of an OCRD CoE provides an opportunity for faculty and trainees to come together and share their expertise, improving clinical and research outcomes, as well as providing an avenue for interdisciplinary teaching.

**Purpose/Objectives:** This project represents Phase I of a three phase plan. Phase I aims to begin development of an infrastructure for a top-tier multidisciplinary center of excellence focused on evaluation, treatment, research, and education in OCRDs at the University of Florida. Phase II is the submission of a center application to the College of Medicine at UF, formalizing this infrastructure, and Phase III will focus on engaging community members (e.g, National Alliance on Mental Illness and the Mental Health Coalition of North Central Florida) and on expanding OCRD-related clinical, research, and teaching activities across UF through collaboration and targeted recruitment of faculty and trainees.

### **Methods/Approach:**

- 1) Identify the currently available resources (including faculty expertise) and infrastructure needs
  - a. Interview relevant stakeholders and identify additional potential stakeholders
  - b. Document currently available resources (including expertise, space, funding) and needs
- 2) Develop an infrastructure to support ongoing discussion and collaboration
  - a. Create a weekly interdisciplinary OCRDs clinical case conference
  - b. Create a bimonthly OCRD research meeting
- 3) Draft a CoE proposal for stakeholder review and identify a CoE Steering Committee.

### **Outcomes and Evaluation Strategy:**

**Evaluation:** Short-term outcome metrics: 1) identification of stakeholders and resources across UF, 2) attendance at OCRD clinical and research meetings, 3) stakeholder involvement (e.g., research presentations and clinical referrals). Long-term outcome metrics: clinical productivity, patient/family satisfaction, submitted/funded research grants, presentations and publications, community engagement.

**Outcomes to date:** 1) Stakeholders and resources: Six faculty-level stakeholders were initially identified; with an additional five identified following outreach and interviews. 2) Clinical: Ten individuals from across disciplines attend weekly clinical case conferences. An efficient clinical referral and feedback process between medical psychology, psychiatry, and neurology has been established and is in pilot testing. 3) Research: Approximately 20 people attend the bimonthly research meetings, and individuals from psychiatry, medical psychology, and clinical and health psychology have presented their work. Four collaborative grant applications have been submitted or are in process. One student, jointly mentored by Drs. Mathews and Perlstein, has been accepted to the psychology graduate program.



# Development of an Obsessive Compulsive and Related Disorders (OCRD) Center of Excellence

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## Background/Opportunity/Challenge

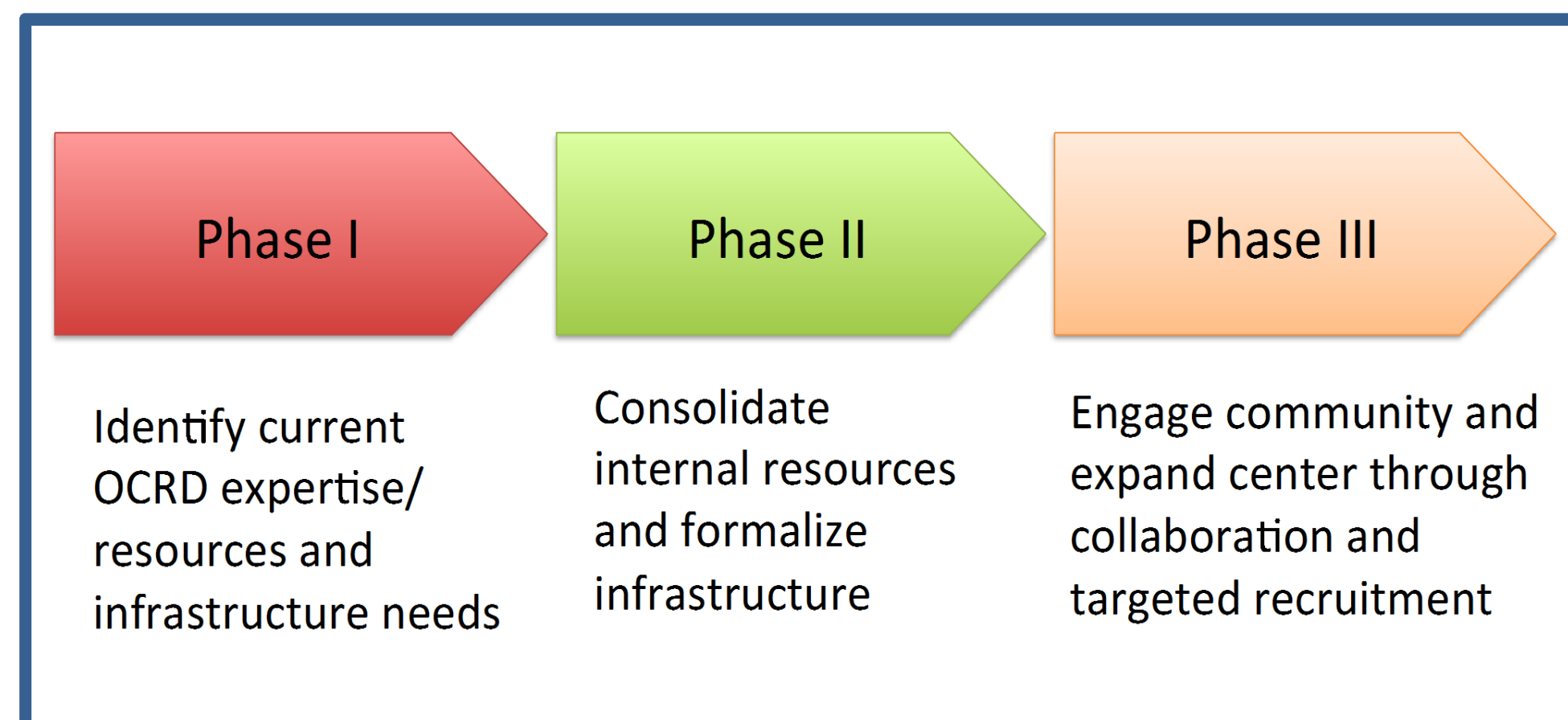
- Obsessive compulsive and related disorders (OCRDs) include:
  - Obsessive Compulsive Disorder (OCD)
  - Chronic Tic Disorders (CT) and Tourette Syndrome (TS)
  - Hoarding Disorder (HD)
  - Grooming Disorders (GD)
    - Trichotillomania (chronic hair pulling)
    - Excoriation Disorder (problematic skin picking)
- Begin in childhood, typically around age 5 for tics and age 8 for OCD
- Affect ~5-10% of the population
- Are impairing—OCD is in the top 10 diseases world-wide for global (non-fatal) illness burden
- The University of Florida has substantial clinical and research expertise in the OCRDs
- This expertise is distributed rather than coordinated
- Creating an OCRD CoE provides an opportunity for clinical and research faculty and trainees to come together and
  - Share expertise
  - Improve clinical outcomes
  - Collaborate in research
  - Provide interdisciplinary teaching

## Objective

Develop a top-tier Center of Excellence focused on clinical evaluation, treatment, research, and education in obsessive compulsive and related disorders.

## Approach and Evaluation Strategy

- Interview relevant stakeholders
  - Identification of interested faculty and trainees
- Develop a weekly interdisciplinary case conference
  - Attendance and referrals
- Develop a biweekly collaborative research meeting
  - Attendance and number of presentations



## Outcomes (Phase I)

- Eleven faculty members across five disciplines (two colleges) have joined the Center
  - Psychiatry, Medical Psychology, Clinical and Health Psychology, Neurology, Obstetrics and Gynecology, and Occupational Therapy
- Additional faculty are interested in establishing collaborations with Center members
  - Genetics, Biostatistics, Health Outcomes
- Clinical
  - Weekly case conferences are attended by 10-15 faculty and trainees
  - Cross-departmental referrals and consultations have been facilitated
  - Access to care for patients is improved (shorter wait times, better communication between providers)
- Research
  - Biweekly research meetings attended by ~20 individuals (faculty and trainees)
  - Five grants have been submitted or are in process (three to NIH, two internal)
  - Presentations by group members have occurred in multiple venues across UF
  - An additional research group has approached members of the Center about potential collaborations
- Education
  - One graduate student, jointly mentored by faculty from Psychiatry and Clinical Psychology, has been accepted into UF's Graduate Program
  - Two graduate students in Counseling Psychology are conducting thesis work in OCRDs
  - One MD/PhD student is co-mentored by faculty from Psychiatry and Psychology

## Discussion

- Initial outreach to faculty and trainees has been very successful
- Logistics (space, identifying meeting times, coordinating efforts) is a challenge
- Excitement and engagement are growing

## Next Steps

- Formal CoE application to the College of Medicine
- Community outreach (e.g., NAMI)

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