

Joint proposal to partner with TRAM network and grant application from Debbie Sookman, PhD and Peggy Richter, MD on behalf of The Canadian Institute for Obsessive Compulsive Disorders (CIOCD, www.ciocd.ca) and the Canadian OCD Research Collaborative Group

What are the **objectives** of the proposed team?

Assess current services. Develop/implement educational programs to improve early detection, accurate diagnosis, and timely referral for evidence based specialty treatment for pediatric and young adult OCD and related disorders (RD). Train mental health clinicians to deliver evidence based (EB)treatments for OCD/RD, building urgently needed capacity widely across Canada. Develop/utilize criteria to evaluate the efficacy of new initiatives. Educate the public on evidence based treatments and appropriate referral sources.

What are the **biggest challenges** your proposed team has to overcome?

- Research indicates pediatric & youth OCD/RD are often curable contingent on timely specialty psychological interventions. Dissemination of expertise is urgently needed in many regions. Current training models have demonstrated inefficacy in achieving EB best practice. “Stepped” care for OCD/RD is not empirically supported, delays timely treatment, results in progression to disability and ineffective health care utilization.

Who are the **key leaders** in your team?

Debbie Sookman, PhD,
Director OCD Clinic,
McGill University
Health Centre (MUHC),
Associate Professor,
Department of
Psychiatry, McGill
University, President,
The Canadian Institute
for Obsessive
Compulsive Disorders
(CIOCD, www.ciocd.ca)

http://www.medicine.mcgill.ca/psychiatry/Faculty/facultydir_show.asp?ID=282

Peggy Richter, MD,
Associate Professor of
Psychiatry, University
of Toronto, Head
Frederick W. Thompson
Anxiety Disorders
Centre, Sunnybrook
Health Sciences
Centre, and Head
Canadian OCD Research
Collaborative Group

<http://sunnybrook.ca/research/team/members.asp?t=12&m=494&page=172>

The 40 members of our team are psychiatrists and psychologists experienced with OCD)who represent top academic and clinical sites across Canada. The existing national network of professionals affiliated with the CIOCD has been established to collaboratively achieve CIOCD mandates in progress.

The Volunteering and Networking Group of the CIOCD comprises 30 members, patients and their families as well as community leaders, that is also an established network.

Which **organisations** are part of the team?

The Obsessive Compulsive Disorder (OCD) Clinic, McGill University Health Centre and McGill University (Director, Dr. D. Sookman), The Frederick W. Thompson Anxiety Disorders Centre, and Clinic for OCD and Related Disorders, Sunnybrook Health Sciences Centre and University of Toronto (Head, Dr. P. Richter), The Canadian Institute for Obsessive Compulsive Disorders, (President, Dr. Sookman), Canadian OCD Research Collaborative Group (Head, Dr. Richter), Manitoba Centre for OCD, Quebec Obsessive Compulsive Disorder Foundation.

How will your team **contribute to a transformation** in adolescent mental health in 5 years?

- The CIOCD (www.ciocd.ca) is the federal charitable Institute in Canada dedicated to improving the quality and accessibility of clinical care for these disabling disorders. Ongoing CIOCD mandates include programs for educators, primary care physicians, and the public to improve early detection, accurate diagnosis, and appropriate referral; and basic/intermediate training for mental health practitioners. Additional to the existing national network of affiliated professionals, the CIOCD has established the international Accreditation Task Force (ATF) of 28 top OCD experts representing eleven nations collaborating for 18 months. The ATF mandate is development of international specialty OCD certification/accreditation standards throughout the life span: specific clinical competencies in psychological and pharmacological treatments required to optimize speed and rate of illness recovery. Within 5 years the CIOCD plans to offer specialty OCD certification/accreditation training to clinicians and centres to substantially increase Canadian practitioners with EB skills required to optimize illness recovery.

What expertise, skills, resources, networks or infrastructure **could your team bring** as a network collaborator ?

The Team leaders are Directors of two of the largest OCD Clinics in Canada, as experienced service providers and researchers. The MUHC OCD Clinic, in operation since 1987, is a large non-sectorized bilingual specialty clinic for OCD/RD (65% pediatric & youth) collaborating with pediatric hospitals across Quebec. The CIOCD has established a national and international affiliated team of OCD experts. The Canadian OCD Research Collaborative Group headed by Dr. Richter also comprises a network of top national clinicians and researchers.

Who should other interested groups **contact** to learn more about you? (include phone/ e-mail)

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