

**Butler Hospital Referral Form
OCD & Anxiety Intensive Outpatient Program**



Butler Hospital Intake Department Contact Information:

Phone: (844) 401-0111

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The OCD and Anxiety Disorders IOP is a behavioral therapy program focused mainly on Exposure and Response Prevention (ERP) or Prolonged Exposure techniques. The program runs **Monday through Thursday from 1:45 p.m. – 5:00 p.m.** Length of stay is determined by the nature of the patient's symptoms, their progress, and engagement in the program. The average length of stay is 6 to 8 weeks. The program targets symptoms of OCD, Panic Disorder, Agoraphobia, Social Anxiety, and Severe Phobias.

During the initial phase of the program, we conduct a comprehensive evaluation and develop an individualized treatment plan. The treatment team consists of a psychologist, psychiatrist, and behavioral therapists. Patients coming into our program must be able to attend the program each day and participate in individual and group therapy sessions. Groups are small (6-10 patients) and are focused on assisting people overcome their fears (including fears of being in a group).

In order to determine whether patients are a good fit for our program, we ask you to provide the information detailed below and the treatment provider form. You may attach a medication list, D/C summary, and any other pertinent information, but please make sure that all the information requested is included. Missing information will result in a delay in access to treatment.

Our goal is to provide patients with skills to improve their functioning and be able to continue to make progress in outpatient care. Therefore, we usually require that a patient has a treatment provider that can continue working with him/her after discharge. In some cases (e.g. there are safety concerns or patient needs daily monitoring of medications), patients may need an alternative level of care (inpatient, partial hospital, or outpatient) before attending our program. We look forward to working with you and thank you for referring your patient.

Request for Services: please check target problem(s) below

OCD Anxiety Dx (panic, agoraphobia, social, health anxiety, phobia)

Demographic Information: MR#: _____ **(If Butler Hospital patient)**

Patient Name: _____ DOB: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Phone #: _____ Email Address: _____

How did you hear about us? (please check): Brochure Radio TV Colleague Family Friend

Clinical Information:

Referral Source Name: _____ Phone: _____

Referred from (where will patient be coming from? (please circle):

Inpatient Partial Hospital Outpatient PCP Emergency Room Residential

Insurance Information (if known):

Primary Insurance: _____

Policy #: _____ Policy Holder: _____

Secondary Insurance: _____

Policy #: _____ Policy Holder: _____

Patient Name: _____

Treatment Provider Referral Form

1. Please provide a psychosocial history of patient, description of current symptoms (OCD, panic disorder, social anxiety, phobias) and current level of impairment. You may attach a recent intake or progress note if it includes all the information.

2. Does the patient have any co-morbid psychiatric conditions that may interfere with treatment? What is the current status of these conditions?

3. Please check if any of the following symptoms are current (occurred in past month) and describe symptoms below.

____ Suicidal/Homicidal intent or behaviors _____

____ Substance abuse (other than nicotine) _____

____ Violent/aggressive behaviors _____

____ Self-injurious or impulsive behaviors _____

____ Legal problems _____

4. Describe patient's current support system and living situation.

Psychiatric History

5. Is there any past substance abuse history, including any treatment for substance abuse?

6. Is there a history of acting violently or demonstrating aggressive behavior?

Treatment: Current and Past

7. Please attach a current medication list and information about the patient's medication history.

8. Is patient currently attending psychotherapy? ____ Yes ____ No

9. Has patient tried ERP or prolonged Exposure? ____ Yes, current ____ Yes, past ____ No

10. Please include any relevant information regarding patient's experience with cognitive-behavioral therapy.

Thank you for your referral. We will contact you to let you know that we received the referral and let you know if there is a waitlist for the program.