Title: Postdoctoral Fellowship at The Pediatric Anxiety Research Center (PARC)

APA-accredited: YES __NO _X_

Site: Bradley Hospital

Supervisor(s): Jennifer Freeman, PhD (Primary Supervisor)
               Abbe Garcia, PhD
               Kristen Benito, PhD
               Jennifer Herren, PhD
               Brady Case, MD

The goal of this fellowship is to provide training in the assessment and treatment of child and adolescent anxiety and OCD, the conduct of health services oriented clinical research, and work with patient/family and community stakeholders on a large scale intervention trial. Training goals will be met primarily by working as part of a collaborative team on a Patient Centered Outcomes Research Institute (PCORI) funded study designed to compare the efficacy and feasibility of two outpatient service delivery models, patient-centered treatment and traditional provider-centered treatment, for youths with anxiety disorders. We anticipate that 378 anxious youth ages 5-18 seeking treatment for anxiety or OCD will be randomized to receive patient-centered treatment using home-based services or treatment as usual using a traditional provider-centered model. Assessment of patient and family treatment engagement, anxiety and OCD symptoms/severity, and functional impairment will be conducted on all patients at baseline and weeks 6, 12, 18, and 24, as well as 3- and 6-month follow-up by a trained Independent Evaluator (IE). Proposed project outcomes and methods will be generated and developed using an engagement plan of hospital, payer, and patient and family stakeholders who will contribute to the iterative process of protocol revision. Results of this study are expected to provide evidence for the efficacy and efficiency of patient-centered treatment, as well as increase treatment access and family engagement. Fellows will be responsible for some aspects of study coordination as well as conducting assessments and treating patients in both outpatient arms of the study. Fellows will gain supervision experience by supervising research assistants as well as bachelor’s level mobile exposure coaches. Additional opportunities exist to participate in other lab based research projects and the Intensive Program for OCD as time allows.

Description of Site
The Emma Pendleton Bradley Hospital, founded in 1931, is the nation's first psychiatric hospital devoted to children and adolescents. Its services include a 72-bed acute inpatient program for children and adolescents with emotional, behavioral, and developmental disorders; day hospital and intensive outpatient programs for children ages newborn to eighteen years with a range of emotional and behavioral issues; and a large and active outpatient treatment program offering individual, family, and group psychotherapy, medication management, occupational and speech/language therapy, and neuropsychological evaluations to children and adolescents with complex mental health needs.
Pediatric Anxiety Research Center (PARC) is a nationally recognized, integrated research and clinical program encompassing outpatient services and a range of partial hospital programs. Program leadership includes Dr. Jennifer Freeman (Director of Research and Training), Dr. Abbe Garcia (Clinical Director), and Dr. Brady Case (Medical Director). Five additional Ph.D.-level faculty serve as PARC researchers and clinicians, including Drs. Benito and Herren. The mission of PARC is to provide state-of-the-art assessment and behavioral and pharmacological treatment to children and adolescents with OCD and anxiety disorders. Research on the etiology, phenomenology, maintenance, and course of child OCD and anxiety is conducted at PARC and there has been ongoing grant-funded support since 1999.

PARC Outpatient. The Outpatient Program at PARC will serve as the front door for patients entering the PCORI study described above and the primary site of work for the fellow. The Outpatient Program serves youth with a wide range of presenting problems which include: Generalized Anxiety Disorder, Separation Anxiety Disorder, Social Phobia, Panic Disorder, Posttraumatic Stress Disorder, and Selective Mutism. Many patients have comorbid medical problems and/or physical complaints. The focus of training is on learning to provide exposure based CBT in either the patient centered treatment arm of the study (in conjunction with BA mobile exposure coaches) or the treatment as usual condition (weekly treatment with psychologist only). Fellows will carry a caseload of 6-8 outpatients and will have one hour of individual supervision and one hour of group supervision each week with more available as needed. Supervision will be provided by Jennifer Freeman, PhD and Jennifer Herren, PhD.

The Intensive Program for OCD: In the Intensive Program for OCD, the Fellow will have the opportunity (if desired) to develop skills in the delivery of assessment and treatment of obsessive compulsive spectrum disorders as well as other anxiety disorders to children and adolescents (ages 5-18) who require more than the standard outpatient level of care to benefit from exposure-based treatment. The Fellow would have the opportunity to carry 1 case, which would entail providing individual and family therapy for those cases. In addition, the Fellow has the opportunity to lead or co-lead weekly process and mindfulness group therapy. Individual clinical supervision will be scheduled for 1-hour per week, with access to more if needed. The Fellow will attend team rounds 2-3 days per week, and will be a venue for offering supervision to milieu therapists working on the Fellow’s cases. Supervision will be provided by Abbe Garcia PhD and Michael Walther, PhD.

Fellowship Aims

1. To provide the fellow with broad post-doctoral training in the area of assessing and treating anxiety disorders in childhood and adolescence using evidence based interventions.
2. To provide the fellow with a strong working knowledge and training on skills necessary to conduct research in the areas of treatment development and health services. This includes study coordination, supervision of staff, and working with key stakeholders.
3. To provide the fellow with experiences analyzing data, presenting results at national meetings, and writing original peer-reviewed publications. The fellow will also receive training in the writing of extramural grants.

Fellowship Timeline
The duration of the fellowship is 2 years, contingent upon satisfactory progress. The anticipated start date is July 1, 2018. Activities are distributed as follows: 75% research time, 15% clinical time, and 10% didactic time.

Research Activity Plan (75%)
75% of the Fellow’s time will be devoted to research activities including work specific to the PCORI funded grant examining described above (Comparison of Patient Centered versus Provider Centered
Delivery of CBT for Pediatric Anxiety and OCD, independent research time, and collaboration on other PARC research studies. This includes clinical service (outpatient assessment and treatment) provided as part of the research project.

- Work on PCORI grant: duties will include all aspects of study coordination including help with recruitment and screening, supervision of research assistants and data collection, and participation in weekly research meetings and regular meetings with stakeholders. Duties will also include provision of study assessments (e.g., independent evaluator duties) and study treatments (fellows will carry a caseload of 6-8 patients) and have individual and group supervision related to study cases. (40%)

- Scholarly productivity: Review of relevant literature, manuscript preparation and submission: The fellow will be encouraged to collaborate on manuscript preparation and poster submissions at national conferences. Individually tailored goals will be established in this area. (10%)

- Independent research project: The Fellow will develop a research proposal and complete a project in an area of interest within the broad area of anxiety/OCD treatment research and/or dissemination and implementation of evidenced based treatment for pediatric anxiety/OCD. (20%)

- Collaboration on ongoing PARC research studies: As interest and time allows, the Fellow will be able to attend research meetings for other funded projects and collaborate on data analysis and the creation of products from these studies. (5%)

**Clinical Activity Plan (15%)**

In order to ensure that the fellow receives a high level of clinical training in the area of assessing and treating youth with anxiety and OCD at higher levels of care, the following clinical activities in the Intensive Program for OCD will also be part of the fellowship:

**Intensive Program for OCD (1 case) (4 hrs/week, 10%)**

- Treatment services: The Fellow will conduct evidence-based individual, group, and family therapy. The fellow will also supervise milieu staff and less advanced trainees in the provision of skills based groups for patients.
- Clinical assessment: The Fellow will observe and have the opportunity to conduct clinical and diagnostic evaluations of children and adolescents as part of the Intensive Program’s intake process
- Clinical administration: The Fellow will participate in rounds and staff meetings and will be actively involved in treatment planning and program development activities in addition to completing all required documentation and clinical administrative duties.

**Clinical supervision (1 hour Individual and 1 hour group, 5%)**

- Supervision: The Fellow will receive 1 hour per week of individual and 1 hour per week of group supervision for the Intensive Program.
- Licensure: The Fellow will apply for licensure as a Psychologist in the State of Rhode Island.
**Didactics (10%)**

10% time (4 hours/week) is available for didactics (3hrs/wk) and research supervision (one hr/wk).

Postdoctoral Seminars: The fellow will participate in postdoctoral seminars through the Postdoctoral Fellowship Training Program.

- Mandatory Didactics: (approximately 1 hr/wk)
  - Core Seminars (1 per month).
  - DPHB Academic Grand Rounds (1 per month).
  - Clinical Ethics Seminar Series- (1 per month).
  - Child Track Seminar Series (1 per month).

- Optional Didactics: (approximately 2hrs/wk available; would come out of research time if chosen)
  - Academic Friday–Grantsmanship, Special Topics in Statistics

**Supervision and Evaluation**

The following supervision will be provided:

- Dr. Freeman serves as the primary supervisor for the fellowship and as such she will be responsible for making sure that all training objectives and supervision requirements are being met.
- 1-hour of individual, face-to-face supervision about Intensive Program clinical work (to be provided by either: Dr. Freeman, Dr. Garcia, or Dr. Walther) (time already counted in Clinical Activity section, see above)
- 1-hour of individual, face-to-face supervision about PARC Outpatient clinical work (to be provided by Dr. Herren or Dr. Walther) (time already counted in Clinical Activity Section, see above)
- 1-hour of individual research supervision (to be provided by either: Dr. Freeman, research supervisor selection to be based on research match for Fellow’s individual goals) (counted as part of the 4hrs/wk of didactic time)

At every 6 months for the duration of the fellowship, the fellow and the supervisors will provide formal evaluations, and evaluations of the program relative to the goals and learning objectives of the fellowship.

**Path toward licensure:** YES __X__ NO _____ The fellow will receive clinical hours toward licensing through the clinical activity plan at the Intensive Program for OCD and PARC Outpatient.

**Resource Requirements**

Fellow will be provided with the following resources:

- Access to space appropriate for clinical care
- A computer and project specific software
- Internet access
- Telephone

**Reporting and approval**

This fellowship will be part of the Child track. The position has been discussed and approved by the child track faculty in their monthly meeting of **xx/xx/xx**.

Postdoctoral Fellowship Track Coordinator

Associate Director, Research Fellowship Program

Director, Postdoctoral Fellowship Training Program