

# Anxiety and Mood Disorders Center



While feeling nervous or sad is normal, anxiety and mood disorders are chronic conditions that can interfere with all areas of a child's functioning and can be serious — and potentially life-threatening — conditions. The right treatment can give children and adolescents the tools to overcome these challenges and lead healthy, happy lives.

## Diagnostic Evaluations

Our evaluations include information collected from multiple sources, including the child and his or her parents, teachers, previous therapists and pediatricians. We also use gold-standard diagnostic measures to assess symptoms and concerns. Beginning with a careful evaluation allows us to understand a child's needs and provide tailored treatment recommendations.

## Behavioral Interventions

We incorporate the latest research about effective treatments and apply it with sensitivity to the needs of each person.

**Cognitive Behavioral Therapy (CBT):** Teaches about connections between thoughts, feelings and behaviors. Patients and therapists collaborate to meet specific goals, such as changing unhelpful thoughts, improving problem-solving abilities and increasing involvement in positive activities.

**Exposure With Response Prevention (ERP):** A form of CBT used to treat children with anxiety and OCD. Patients work with clinicians to gradually expose themselves to thoughts, images, objects and situations that make them anxious, without performing rituals or other compulsions, until they experience a natural drop in anxiety over time.

**Dialectical Behavior Therapy (DBT):** For adolescents and young adults who have difficulty regulating their emotions. DBT involves learning skills to tolerate distress, manage strong and upsetting emotions, decrease impulsive behaviors and improve relationships.

**Interpersonal Psychotherapy for Adolescents (IPT-A):** A time-limited treatment (12-16 sessions) focusing on common issues involving romantic relationships, communication with parents and effective interaction with peers.

## Trauma and Crisis Intervention Services

We prepare caregivers for dealing with disturbing events and supporting children, families and communities when they happen.

## Intensive Treatment Services

Our intensive treatment services permit a patient to be seen for several hours a day, several days a week, depending on need, to make progress as quickly as possible. This treatment approach can often be an alternative to in-patient hospitalization for children and teens with severe and persistent symptoms.

## Pediatric Psychopharmacology

When medication may be helpful, our team works with board-certified child and adolescent psychiatrists at the Child Mind Institute or collaborates with your physician. Our psychiatrists offer expert consultation on whether medication can improve treatment outcome, and provide ongoing medication management when desired.

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## Meet Our Clinicians



**Jerry Bubrick, PhD**

Dr. Bubrick, Senior Director of the Anxiety and Mood Disorders Center, specializes in the treatment of obsessive-compulsive disorder (OCD). He is widely recognized for developing an intensive outpatient pediatric program for OCD, and as a pioneer in the use of cognitive behavioral therapy (CBT) for children and teens with OCD and related anxiety disorders. Dr. Bubrick earned his doctorate in clinical and school psychology from Hofstra University.



**Lindsay Brand, PhD**

Dr. Brand specializes in evaluating and treating children, adolescents and young adults with anxiety and mood disorders, as well as chronic stress and trauma. She has particular interest and training in providing cognitive-behavioral therapy (CBT) to children who are diagnosed with generalized anxiety disorder, selective mutism, specific phobias, obsessive-compulsive disorder, depression and post-traumatic stress disorder. Dr. Brand received her doctoral degree from Hofstra University.



**Rachel Busman, PsyD**

Dr. Busman, Director of the Selective Mutism Service, has extensive experience providing cognitive behavioral therapy (CBT) to children, teenagers and young adults struggling with social anxiety, phobias, school difficulties and behavioral problems. Dr. Busman earned her doctoral degree from the University of Hartford's Graduate Institute of Professional Psychology.



**Janine Domingues, PhD**

Dr. Domingues has expertise in providing cognitive behavioral treatments to children, teenagers and young adults struggling with anxiety and mood disorders, behavioral problems and post-traumatic stress disorder. She received her doctorate degree in clinical psychology from the University of Connecticut.



**Stephanie Dowd, PsyD**

Dr. Dowd is trained in evidence-based treatments, including cognitive behavioral therapy (CBT), Dialectical Behavior Therapy (DBT) and Interpersonal Psychotherapy for Adolescents (IPT-A), and has provided therapy to children and adolescents with depression, bipolar disorder, self-injury, suicidality, generalized anxiety disorder and eating disorders. She earned her doctorate from Yeshiva University.



**Jill Emanuele, PhD**

Dr. Emanuele has a breadth of experience in the evaluation and treatment of children and adolescents with mood and anxiety disorders, as well as the supervision and training of psychology, psychiatry and social work students. Dr. Emanuele is intensively trained in Dialectical Behavior Therapy (DBT), with over a decade of experience providing DBT individual and group therapy to adolescents and their families. She earned her doctorate in clinical psychology from George Mason University.



**Alex Hamlet, PsyD**

Dr. Hamlet specializes in the evaluation and treatment of obsessive-compulsive disorder (OCD) in children and adolescents and provides intensive treatment for complex OCD presentations. She has specific training in the treatment of selective mutism, generalized anxiety disorder, specific phobias, social anxiety disorder, separation anxiety disorder and depression. Dr. Hamlet received her doctoral degree from St. John's University.



**Jamie Howard, PhD**

Dr. Howard, Director of the Stress and Resilience Service, has expertise treating post-traumatic stress and adjustment disorders across the lifespan. She is passionate about helping children and families adjust to difficult and unexpected life experiences. Dr. Howard earned her doctorate in clinical psychology from Northwestern University.



**Amanda Mintzer, PsyD**

Dr. Mintzer is skilled in Dialectical Behavior Therapy (DBT), Exposure With Response Prevention (ERP) and Interpersonal Psychotherapy for Adolescents (IPT-A), and has particular expertise in the treatment of obsessive-compulsive disorder (OCD), specific phobias, social anxiety disorder, separation anxiety disorder, selective mutism and depression. She received her doctoral degree from Yeshiva University.



**Elianna Platt, LMSW**

Elianna Platt specializes in evaluating and treating children with selective mutism, including vital training for family and the school community that ensures all caregivers in a child's life can be treatment partners. She is trained in motivational interviewing (MI) as well as in cognitive behavioral therapy (CBT). Ms. Platt is a graduate of the Silver School of Social Work at New York University and received her masters degree in child development from Sarah Lawrence College.

## About the Child Mind Institute

The Child Mind Institute is an independent nonprofit dedicated to transforming the lives of children and families struggling with mental health and learning disorders. Our teams work every day to deliver the highest standards of care, advance the science of the developing brain, and empower parents, professionals and policymakers to support children when and where they need it most. Together with our supporters, we're helping children reach their full potential in school and in life. We share all of our resources freely and do not accept any funding from the pharmaceutical industry. Learn more at [childmind.org](http://childmind.org).



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# Clinical Services

*The Child Mind Institute does not accept funding from the pharmaceutical industry.*

Our clinicians are experts in the diagnosis and treatment of children and adolescents with emotional, behavioral and developmental problems. We have particular expertise working with children with ADHD and disruptive behavior disorders, anxiety and mood disorders and learning and developmental disabilities and provide state-of-the-art diagnostic evaluations and treatment informed by the latest research.

## Our Team

We are a multidisciplinary team of psychologists, psychiatrists, neuropsychologists, social workers, speech-language therapists and learning specialists. We work closely with each other to ensure that each family gets the care and attention they need. Visit our clinician directory at [childmind.org/clinicians](http://childmind.org/clinicians).

## Intake and Scheduling

Following a brief phone call to discuss primary concerns, we explain where to start and schedule an appointment. We are always able to take new patients and never have a waiting list.

## Evaluation

All patients receive a thorough evaluation before starting treatment to understand a child's needs and provide families with clear feedback and tailored recommendations.

- Neuropsychological Evaluation: assesses how a child learns and processes information, highlighting strengths and weaknesses in cognitive functioning
- Diagnostic Evaluation: assesses difficulties in the behavioral, emotional and social realms of a child's life

## Treatment

All treatments are informed by research and tailored to the specific child and his or her situation and needs. We partner with parents, caregivers, teachers and other professionals in a child's life to ensure that he or she is supported, both at home and at school.

For children with severe symptoms, we offer intensive treatments (including daily treatment up to five hours per day) with highly specialized behavioral approaches that can enable a child to make progress in a shorter time.

## Financial Aid

Our financial aid program reduces the cost of treatment for families who qualify. The CMI Cares Fund offers a daily stipend for travel expenses to families from out of town.

## Science and Clinical Innovation

We want to help children everywhere, not just our patients. We collect information from all of our patients and obtain permission to share that information, deidentified, with researchers around the world. Our goal is to accelerate the pace of discovery and bring innovative clinical treatments to children everywhere.

## Schools

We partner with schools to provide treatment on-site and to aid in the professional development of their staff. We provide workshops, convene roundtable discussions, and offer in-classroom coaching and consultation on specific concerns such as response to traumatic events or classroom behavior management.

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# OCD Intensive Service

The Child Mind Institute's Intensive OCD Program helps children and teens struggling with Obsessive Compulsive Disorder (OCD) make significant progress in a short period of time. Led by Jerry Bubrick, PhD, a nationally recognized expert in the treatment of OCD, the program makes evidence-based care available to children and their families up to five hours a day, five days a week. This immersive approach enables most children to improve noticeably within three to six weeks and, in some cases, helps avoid hospitalization.

You may wish to consider intensive treatment if:

- Your child's symptoms are seriously interfering with school performance, family life and friendships
- Your child has already been to multiple treatment providers without making significant progress
- You live in an area lacking treatment options

## How the Program Works

Dr. Jerry Bubrick is directly involved in every child's treatment, providing an initial diagnostic evaluation, overseeing and participating in exposure therapy and meeting with parents weekly to discuss progress and homework. Dr. Bubrick works with a team of experienced clinicians with deep expertise in the treatment of OCD. Alex Hamlet, PsyD, provides training and education to parents, participates in exposure therapy and meets daily with parents. Samantha Birkenholz, our behavioral technician, works individually with each child providing exposure therapy.

## Program Highlights

**One-on-one treatment sessions:** Our program is dedicated exclusively to individual treatment sessions — your child and a clinician working one-on-one in exposure and response prevention therapy, distress tolerance skills and cognitive therapy.

**Parent involvement:** Parents spend the most time with their children, so it is important for family to be involved in treatment and reinforcing it outside the office. Parents will be asked to help children practice the new skills they are learning at home and participate in weekly wrap-up sessions with Dr. Bubrick.

**Follow-up care:** When the program concludes, each family will meet with Dr. Bubrick to discuss what happened in treatment. Dr. Bubrick will give recommendations for moving forward, including referrals to local providers. We will consult with other clinicians involved in treatment and develop a plan to help children transition back into school. We also offer home sessions, phone sessions and video conferencing.

## Financial Aid

The Child Mind Institute has financial aid available for families who qualify. If you have financial need, we will send you a financial aid application prior to scheduling. For those families who qualify for financial aid and are traveling from out of town, the Child Mind Institute Cares Fund offers a daily stipend for travel expenses.

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**Samantha Birkenholz**

Ms. Birkenholz is a behavioral technician in the Anxiety and Mood Disorders Center at the Child Mind Institute. She provides individual exposure therapy to children and adolescents in the Intensive OCD Program. Ms. Birkenholz has received intensive training in providing evidence-based behavioral modification interventions.



**Alexandra Hamlet, PsyD**

Dr. Hamlet is an associate psychologist in the Anxiety and Mood Disorders Center at the Child Mind Institute. She specializes in the evaluation and treatment of obsessive-compulsive disorder in children and adolescents and provides intensive treatment for complex OCD presentations. In addition to her focus on OCD, Dr. Hamlet has specific training in the treatment of selective mutism, generalized anxiety disorder, specific phobias, social anxiety disorder, separation anxiety disorder and depression.

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