The ANXIETY CENTER
Integrated NeuroHealth

Adolescent Anxiety & OCD IOP

For teens who need more than weekly therapy.



Our Blue Ash Location
12500 Reed Hartman Hwy
Cincinnati, OH 45241

What Is IOP?

At a high level, this IOP includes:

- **Group-Based**: 10 kids maximum per group
- **Evidence-based skill-building** focused on real-life application (ERP, CBT, DBT, ACT)
- **Time-intensive support** multiple days per week for multiple hours, to accelerate progress
- **Condition-based groups** so individuals with similar struggles move through treatment together
- **Anxiety & OCD** focused treatment

Who It Helps

Our Adolescent Anxiety & OCD IOP may be a fit for teens ages 14–18 struggling with:

- **Severe OCD** such as: contamination, checking, harm, symmetry/ordering, "just right," scrupulosity/moral, sexual intrusive thoughts, relationship/social, health/somatic, counting, repeating, mental rituals, and more.
- **Severe anxiety** such as: generalized, social, separation, specific phobias, panic disorder, agoraphobia, selective mutism, school, health, and trauma-related.
- Depression connected to anxiety or OCD.
- Symptoms disrupting school, home life, relationships, or daily routines.

Is IOP the Right Level of Care?

IOP may be a fit when your teen does not need overnight hospitalization but still needs more support than weekly therapy, especially if anxiety and OCD symptoms are interfering with school, home life, relationships, or daily routines.

After reviewing your teen's needs, our team will help determine whether IOP is the appropriate next step.

IOP is not a crisis stabilization or overnight program. If your child is in immediate danger, call 988 or go to the nearest emergency room.

Specialized Anxiety & OCD Treatment

- Our Adolescent IOP focuses on anxiety and OCD, with a primary emphasis on exposure-based treatment (ERP).
- ERP helps teens gradually face fears, reduce avoidance, and build confidence in daily life.
- Coping skills and emotional regulation may be included, but this is not a primary DBT or behavioral dysregulation program.

Safety & Parent Reassurance

We understand sending your child to a treatment program is a big decision and can be scary. Here's some things to note:

- The Anxiety Center serves both adolescents and adults, but adolescent programming is designed with appropriate structure, supervision, and safety in mind.
- While adult patients are also present in the building, our team remains mindful of adolescent safety, comfort, and supervision.
- Every Adolescent IOP room is secured with a badge and key system that only staff can access. We welcome tours for any parents interested.

Working Around Your Schedule

Parent involvement is included throughout the program to support progress at home, school, and daily life. You also have the ability for your child or teen to attend virtually in the group when life gets chaotic, and they can't make it.

Program Schedule

CURRENT SCHEDULE

Monday - Friday
4:00–7:00 PM

Typical program length is 10–12 weeks. Step-down decisions are based on progress, symptom severity, and clinical needs.

Insurance

- We accept TRICARE, Medicaid, Medicare, and most major commercial insurance plans.
- Coverage varies by plan. Our team can help verify benefits before starting care.

If you have Medicaid in Ohio or Kentucky, you can participate.

Dr. Nathan Fite
Owner / Founder

Dr. Lindsey Conover
Director of Clinical Services



SCAN TO REQUEST A CONSULTATION

To get started, you can either call us directly to speak with someone now or scan the QR code to request a callback. Either way, we'll gather the same basic information, answer your questions, and help schedule an intake evaluation to determine whether IOP is the right next step.

Contact Us:

Cincinnati: **513-547-2861**

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www.theanxietycenter.com