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Importance of Including the School Team

- Youth spend almost half of their waking hours in the school setting
- OCD negatively impacts school functioning for many youth
 - Academically
 - Socially
- School can be a major source of stress for children with OCD
- The school environment can impact treatment success

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Assessment and Treatment Planning

- CY-BOCS clinical interview
- Review of academic history
- Child Obsessive-Compulsive Impact Scale – Teacher Report (COIS-R)
- Teacher Report Form (TRF)



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OCD In The School Setting

OCD Symptoms Discussed In Your Office	Possible School Impacts To Ask About
<ul style="list-style-type: none"> · Perfectionism and 'just right' feelings · Rewriting · Rereading · Excessive checking · Fear of contamination (e.g., from school supplies) 	<ul style="list-style-type: none"> · Difficulty starting and completing assignments · Difficulty handing assignments in on time or at all · Difficulty completing tests or handing them in

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OCD In The School Setting

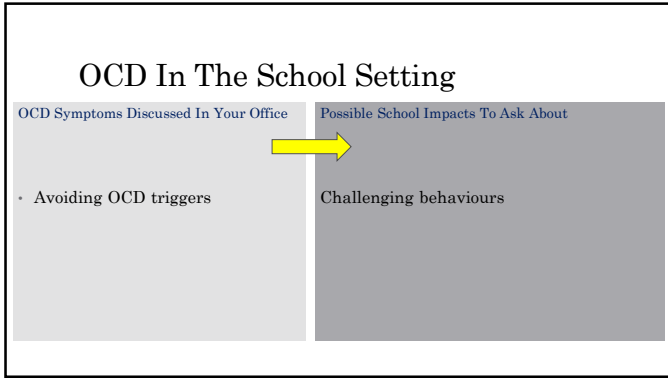
OCD Symptoms Discussed In Your Office	Possible School Impacts To Ask About
<ul style="list-style-type: none"> · Time-consuming evening rituals · Time-consuming morning rituals · Excessive checking (e.g., locks at family home, locker, backpack) · Time spent washing in the school bathroom · Fear of contamination from peers 	<ul style="list-style-type: none"> · Chronic lateness · Poor class attendance · Poor school attendance

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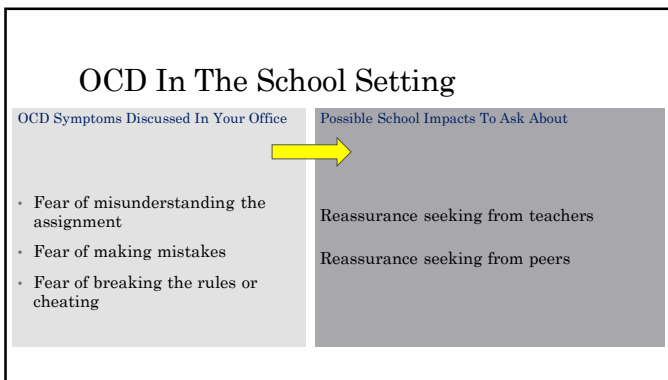
OCD In The School Setting

OCD Symptoms Discussed In Your Office	Possible School Impacts To Ask About
<ul style="list-style-type: none"> · Time-consuming evening rituals · Mental effort of obsessions and rituals 	<ul style="list-style-type: none"> · Fatigue at school · Difficulty concentrating and following instructions

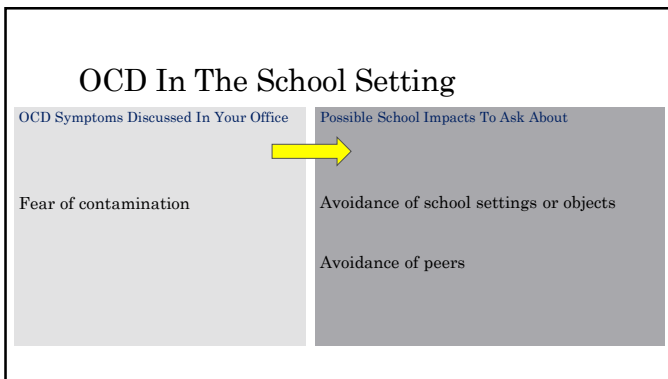
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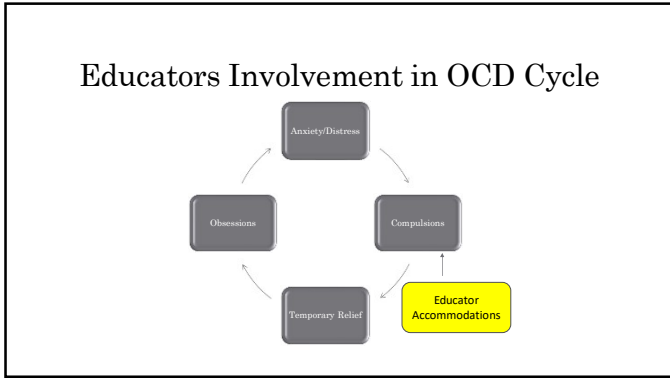
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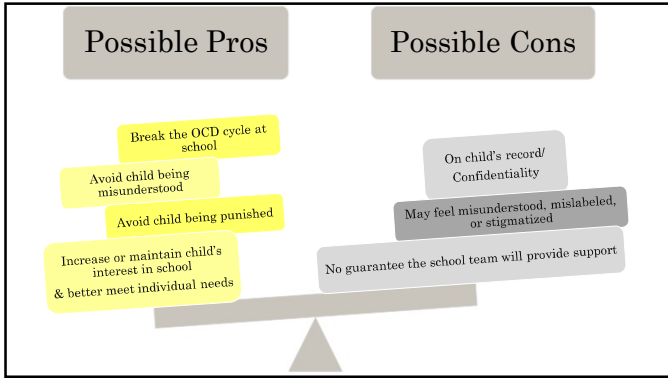
Examples of Educator Accommodations

- Telling the child that they have cleaned all of the desks with antibacterial wipes
- Providing reassurance throughout the day
- Consistently accepting late assignments
- Assigning a scribe to the student or offering a laptop
- Offering passes to safe retreats

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When to Include School Team

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Initial School Meeting

- Opportunity to build treatment team
 - Provide psychoeducation
 - Provide child-specific information
- Begin making a collaborative treatment plan
 - Establish communication system and school case manager
 - Establish a reward system
 - Offer resources
 - Determine what paperwork is required and review process
- Consider timing

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Who To Include

- Immediate school support team
- School counselor or psychologist if possible
- Classmates?

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About Tommy: - Great sense of humour - Loves math - Athlete	Tommy's School Plan 2020-2021	Things to keep in mind: - Don't draw attention - Don't punish him for not handing in assignments or missing class - No surprises
Obsessions related to: - Right/wrong - Making mistakes - Mom being hurt	Compulsions include: - Confesses small transgressions - Will ask his teacher repeatedly if he is doing the assignment correctly - Has a hard time getting started on assignments and finishing assignments - Asks to call his mom throughout the day	Contact: Email: Phone: Let's coordinate/here to support!
What OCD wants: His teacher to listen to full confession and say "It's okay" His teacher to say "Yes, that's right" Unlimited time on assignments, accept late assignments, tell him how to do the assignment Unlimited passes to go to the office and call mom	What to Try Instead: Let Tommy know 1:1 that you support Tommy and not OCD so you will gently interrupt and say "Remember the plan, we've got this" Have a time limit, offer less support on assignments in a graduated manner (can coordinate with family/therapist) Set a baseline on number of calls and reduce in a graduated manner	

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Behind the Scenes

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Educators' Role: Always in 1 of 2 Gears

Accommodations

- or -

Interventions

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Accommodations

Not ready to target a particular OCD symptom *yet*

=

Help child to stabilize
Prevent child from falling behind academically
Support the child
Everyone can make it through the day

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Interventions


Ready to target OCD symptom in school setting through ERP

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Help child move closer to looking like any other child in class

Help child to overcome OCD

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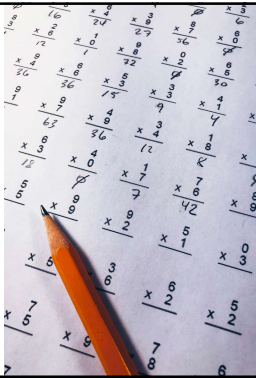
Examples of *Temporary* School Accommodations

- Extra time on assignments and tests
- Reduced workload
- Arranged seating
- Assigning a scribe or arrange for peer to share notes
- Use of a computer instead of writing/drawing
- Separate space for tests
- Alternatives to in-class presentations
- Testing alternatives
- Excuse lateness

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School Interventions

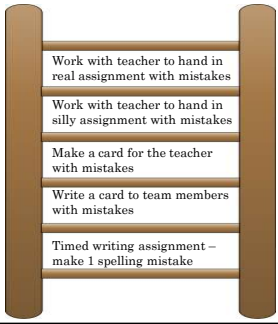
- Should be in-line with overall treatment plan and goals
- Collaborative process
- Practice in-session
- Keep it simple



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Example Fear Ladder: Making Mistakes

- Obsessional Triggers:
 - Writing
 - Math
 - Reading



Work with teacher to hand in real assignment with mistakes

Work with teacher to hand in silly assignment with mistakes

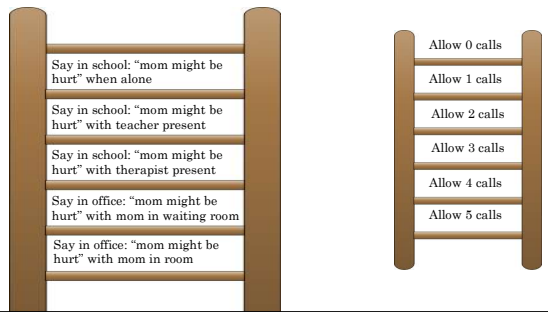
Make a card for the teacher with mistakes

Write a card to team members with mistakes

Timed writing assignment – make 1 spelling mistake

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Example Fear Ladder: Harm to Mom



Say in school: "mom might be hurt" when alone

Say in school: "mom might be hurt" with teacher present

Say in school: "mom might be hurt" with therapist present

Say in office: "mom might be hurt" with mom in waiting room

Say in office: "mom might be hurt" with mom in room

Allow 0 calls

Allow 1 calls

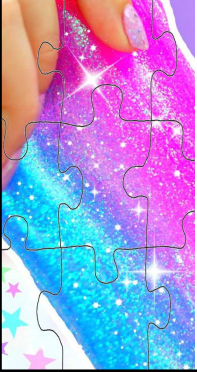
Allow 2 calls

Allow 3 calls

Allow 4 calls

Allow 5 calls

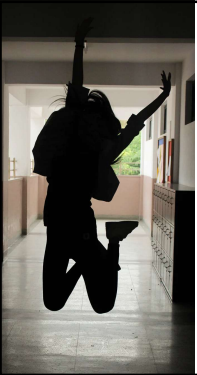
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Reward System (vs. Punishment)

- Rewards are very important!
 - Acknowledge the hard work of ERPs
 - Change the association
 - Increases motivation
- Keep it simple
- Incorporate into overall reward plan
- Have communication plan

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Educators' Role in Relapse Prevention

- Concluding call with school team (or case manager)
- Plan for any re-emerging symptoms in the school environment
 - Falling behind academically
 - Appear tired or distracted
 - Frequently late
 - Engaging in rituals
 - Etc.

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Resource & Questions

- IOCDF – Anxiety in the Classroom
 - anxietyintheclassroom.org

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