



The Brake Shop Clinic

EXPOSURE & RESPONSE PREVENTION (ERP) Group or Individual Treatment Fact Sheet

*Sometimes people just want to be able to stop better – they want their brakes to work like everyone else’s do! **In this service, we provide evidence-based treatment for OCD (called, “Exposure & Response Prevention” or “ERP”).***

Who Is This Service For?

- Children and adolescents diagnosed with OCD feeling distressed or impaired by intrusive thoughts and/or rituals
- Those looking for an alternative or enhancement to pharmaceutical treatment of OCD
- Familiarize caregivers with the treatment of OCD to better effectively support the child or adolescent

How This Service Can Help To, “Empty Your Beaker”:

- “Full Beakers” are how we describe feelings of being overloaded with too many pressures, demands or stresses unique to having leaky brakes. When a beaker overflows this can take the form of unmanageable anxiety, tearful “meltdowns”, or rage.
- Obsessions, compulsions and rituals that are embarrassing, inconvenient, disruptive, worrisome and time-consuming are beaker-fillers. Fighting to ‘hide’ these atypical thoughts and actions, dealing with the reactions of others to these ritualized behaviours, or the inability to ‘shift’ when expected also contributes to a full beaker.
- Learning to manage, decrease, and eliminate bothersome compulsions can decrease beaker levels by decreasing anxiety levels and ‘stuck thoughts’

What Happens In This Service?

- ERP (a form of cognitive-behavioural therapy) empowers our clients by giving them very effective tools to take charge of their obsessive thoughts and eliminate the anxiety surrounding them. It thereby helps them to **‘turn the tables’ on OCD, boss OCD back, and to begin living life more flexibly and freely’**. Clients who use this treatment are no longer compelled to give in to the compulsive behaviours they have targeted.
- **Symptoms Targeted For Treatment:** obsessions & compulsions (what we call, “leaky brakes over thoughts”)

Where Is The Service Held?

- CPRI campus (Crombie Building; check in at switchboard and go to waiting room) or via video-conferencing using a local **Ontario Telemedicine Network (OTN)** site.
- For families travelling long distances, ‘virtual’ options (e.g. participating via teleconference) can be explored

Who Will Participate in This Service?

- Brake Shop Club Members & Caregivers
- With the caregiver consent and client agreement, **significant others invested in supporting the client (e.g. a sibling, a grandparent, school staff) are welcome to attend.**

What If I Decline This Service?

- "How-to" guides & ERP workbooks are available in the Family Resource Centre.
- Medications are also available to manage OCD symptoms, but may not be as effective as ERP in youth who also have tic symptoms.
- Left untreated and unchallenged, OCD generally worsens over time

What Are the Requirements to Be In This Service?

- Significant problems with obsessions, compulsions and rituals.
 - Problem behaviours to be targeted are compulsive in nature (caused or driven by anxiety)
 - At least some of these problem behaviours are distressing to the client, and at least some insight into these symptoms exists
 - A motivation to engage in treatment
 - Client can commit to practicing assignments each week
 - A reasonably stable life situation
 - Overall cognitive functioning within the broad range of Average (IQ score > 80)
 - A mental age of **at least** 8 years (***wait times will be extended until this criterion is met***)
 - Caregivers can commit to attend all sessions, to support the client in treatment, and to read/watch various educational materials provided
 - Client & caregivers are prepared for a possible brief, initial increase in symptoms, and to discuss symptoms in a confidential format
 - Any ADHD symptomatology already treated
- * ***Medications are to remain stable for the duration of treatment.*** If this creates a problem, please notify the ERP Clinician to discuss.

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**Referrals to all Brake Shop treatment services are requested & arranged through your Brake Shop Case Management Coordinator.**

For more information on OCD and/or ERP please visit the ERP Toolbox section of our website ([www.leakybrakes.ca](http://www.leakybrakes.ca))

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Important Telephone Number:

- **CPRI –**
 - (519) 858-2774 or Toll Free: 1-877-494-2774, dial "0" and ask for the Brake Shop Case Management Coordinator