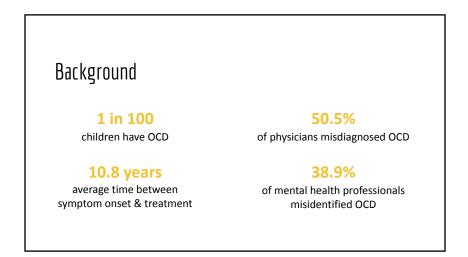
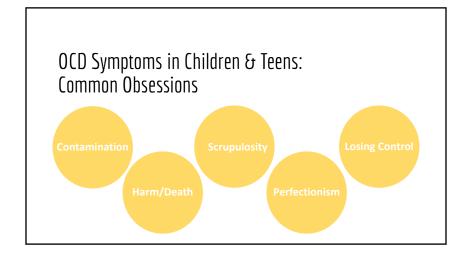
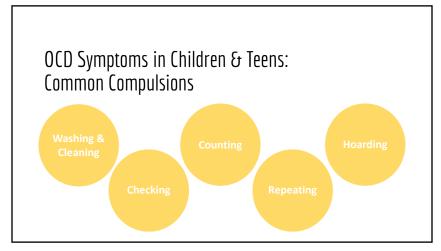
Recognizing Signs
of OCD in
School-Aged
Children

Laura Smestad, MA, LMHC, NCC, NCSC







#### **Cultural Considerations**

Cultural norms & symptom detection

Similarities across cultures

Underrepresentatior

## Children and Teens with OCD: Common Misdiagnoses



Attention Deficit Disorder
Separation Anxiety Disorder
Eating Disorders
Oppositional Defiant Disorder
Sensory Processing Disorder
Generalized Anxiety Disorder

### How to Support a Student with OCD

Helpful Consultation
Academic accommodations
Support

Unhelpful/
harmful Accommodating OCD requests

## Common Academic Accommodations for OCD

Reduced workload
Limited short answer/essay responses
Provided notes

\*\*Accommodations should be reassessed as the chil progresses in OCD treatment

#### OCD Treatment

Exposure and Response Prevention (ERP) is the gold standard treatment for  $\ensuremath{\mathsf{OCD}}$ 

It is extremely important to refer to an **OCD specialist** 

# Thank you!! Questions?

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