

- 1) Type of presentation: 1- Oral Communication
- 3) THEMATICS FOR SUBMISSION: Clinical Practice
- 4) ABSTRACT Preparation
  - a. Case Study – OCD with psychosis in an adolescent – treating child and family

**Title: It Takes A Village: Collaborating to facilitate youth client/family recovery**

**Introduction:** Severe Obsessive Compulsive Disorder in adolescents can present with psychotic features, making the differential diagnosis of OCD or schizophrenia complex. This case study presents the history of a young man with severe OCD since childhood who successfully hid the psychotic features from the family, who believed he was just very imaginative. Collaboration between a psychiatric Nurse Practitioner, Psychiatrist and family members identified the symptoms and set a course of recovery. **Objectives:** The participant will learn methods to establish a non-threatening relationship with patient and family, identify team members to treat a complicated diagnosis, evaluate in-patient services when faced with suicidality and work with family for long term recovery initiatives. **Methodology:** Presentation of a case study of a young man presenting with a possible eating disorder, but experiencing long-standing, undiagnosed OCD with psychotic features. The young man's dysthymia ultimately resulted in ideations and plans of suicidality during the European summer vacation of the therapist/Nurse practitioner. **Results:** Suicide ideation texted to Nurse practitioner in Europe resulted in a face time intervention and hospitalization. Cognitive Behavioral Therapy coupled with a mood stabilizer achieved stabilization after a period of trial and error with anti-psychotics. **Conclusion:** Establishing a trusting, therapeutic relationship with family and young patient is imperative for determining the best course of treatment in a complex case that requires the intervention of multiple health professionals.

**Keywords:** Multi-disciplinary mental health, OCD , Psychotic features

**References: Bibliographical references.**

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