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## Study Expanding Access to Anxiety Treatment in Community Health Settings Across Rhode Island

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### **IMPACT-RI is now enrolling youth ages 5–18 experiencing symptoms of anxiety or OCD.**

The Pediatric Anxiety Research Center (PARC) at Bradley Hospital is partnering with community health centers across Rhode Island on an innovative new study called **IMPACT-RI**, which is testing team-based models of care delivery for anxiety and obsessive-compulsive disorder (OCD).

#### **Partnering Community Health Centers:**

- Blackstone Valley Community Health Care
- Gateway Healthcare
- Family Service of Rhode Island
- Newport Mental Health
- Thrive Behavioral Health

Exposure therapy is a proven treatment for anxiety but less is known about whether its effectiveness varies based on delivery method. This study aims to determine if outcomes differ when exposure therapy is provided:

1. Fully in-person
2. Fully remotely
3. Through a combination of in-person and remote sessions

Treatment will be led by a licensed mental health clinician, partnered with a specially trained coach, using exposure-based Cognitive Behavioral Therapy (CBT). Sessions can take place in clinics, homes, or community locations—wherever anxiety occurs. This real-world approach helps youth practice coping skills, improves access to care, and reduces waitlists.

For more information about the IMPACT-RI study, visit:

[\*\*IMPACT-RI | PARC\*\*](#)