
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](#)