



ABOUT INSTRIDE HEALTH

[InStride Health](#) provides specialty outpatient care for pediatric Anxiety and Obsessive Compulsive Disorder (OCD) and related presentations. Co-founded by Harvard-trained clinicians from McLean Hospital, the InStride Health care model is grounded in evidence-based treatments: Cognitive Behavioral Therapy (CBT) and Acceptance and Commitment Therapy (ACT) with an emphasis on Exposure and Response Prevention (ERP). A dedicated team of a psychiatrist, therapist, and an exposure coach are paired with each child to provide real-time support using everyday tools like text and a video- and chat-enabled mobile application. InStride Health accepts most major insurance plans in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, and Rhode Island.