



Record \$1.6 Million for 2022 IOCDF Research Grant Awards



Thanks to the generosity of IOCDF donors, we awarded \$1.6 million in funding to the winners of the 2022 Research Grant Awards — the highest amount in a single year. With the mission to further our understanding of OCD and related disorders and bring us ever closer to a cure, this year’s awardees will pursue impactful projects on a range of topics, from neuroimaging to treatment augmentation to genetics.

This Research Grant Award year involved two novel collaborations for funding. The \$300,000 Innovator Award for OCD and bipolar disorder research was funded by a partnership with the Walder Family Charitable Fund. Two Young Investigator grants totaling \$100,000 for PANDAS/PANS research were funded by a partnership with PANDAS Network.

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The **OCD Newsletter** is published by the International OCD Foundation, Inc.

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The mission of the IOCDF is to ensure that no one affected by OCD and related disorders suffers alone.

Our community provides help, healing, and hope.

Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research

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DISCLAIMER: *The IOCDF does not endorse any of the medications, treatments, or products reported in this newsletter. This information is intended only to keep you informed. We strongly advise that you check any medications, products or treatments mentioned with a licensed treatment provider.*

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You're Invited to the 2022 Online OCD Conference!



online
OCD
conference

November 4-6

The 2022 Online OCD Conference will take place over three days, from Friday, November 4th through Sunday, November 6th, and will feature talks, community discussion groups, and social meet-ups of all kinds and for all members of the OCD and related disorders community.

Here are a few highlights you can expect to see this year:

- Lectures and groups on perinatal OCD, including the Community Support Group (Saturday) and a Sunday track that includes "Understanding Perinatal OCD"
- A special focus on Diversity, Equity, & Inclusion through a series of discussions, such as "Improving World-Wide Access to ERP: The IOCDF International Training Initiative" and "Advocating for a Diverse OCD Community" (Friday) and "People of Color Community Discussion Group" (Friday)
- A return of our popular "After Hours" programming, including "Playing with OCD! Game Based Exposures for More Effective Exposures" (Friday) and the "Young Adult Game Night!" (Saturday)
- Insightful discussions about therapies such as ERP, ACT, DBT, and others
- Tons of programming about related disorders, such as autism spectrum, bipolar, ADHD, BPD, PTSD, eating disorders, and tic disorders

Again, we are offering advanced tracks and Continuing Education (CE) credits for professionals, with up to 15 credits for live options and up to 41.25 credits for on-demand options.

Content will be available on-demand for 60 days after the conference, but don't miss your chance during the conference weekend to interact with the speakers and to join them for live Q&As. These live Q&As as well as the community discussion groups will NOT be recorded for later viewing, so make sure to join us this November to access it all live!

To learn more about the 2022 Online OCD Conference, see the schedule, and register, head to OnlineOCDConference.org.

Let us know what you are looking forward to the most by using the hashtag #OCDCon on social media! We can't wait to see you virtually this November!

President's & Executive Director's Letter

Fall 2022

by Susan Boaz & Jeff Szymanski, PhD



Dear IOCDF Community,

We are excited to tell you that the past few months have brought good news on several fronts. In our last letter to you, we wrote about our commitment to evaluate and improve our impact through determined strategic planning. With the aid of our consulting group, Blue Beyond, as well as the indispensable feedback from our stakeholders and the OCD community, and the incredible efforts of our task force, we reevaluated our mission and vision to serve with devotion, compassion, and commitment.

Thus, we introduce our new Impact Statement:

The mission of the IOCDF is to ensure that no one affected by OCD and related disorders suffers alone. Our community provides help, healing, and hope.

Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research.

This is our pledge to you – to those with lived experience and those who support them every day, to therapists, to researchers, and everyone involved in helping people with OCD and related disorders overcome and prosper. We pledge to continue fighting for increased access to treatment for all with OCD and related disorders. We pledge to continue spreading awareness through amplified advocacy, research, and communication with our community and beyond. And, most importantly, we pledge to ensure that no one in the community ever goes through this alone.

Our triumphant return to the in-person, Annual OCD Conference in Denver this July, went above and beyond these standards, perfectly encapsulating the effects of our work and new vision on our community. It was amazing to see 1,500 (!!!) of us come together in the Mile-High City, reuniting with old friends and colleagues and meeting new people who came with hope and courage. For many members of the IOCDF staff and Board of Directors, this is our favorite part of the year. Watching the community work so hard to deliver content, seeing first-timers learn they are not alone, and hearing firsthand about what is still needed are moments that invigorate our entire team.

We wanted to highlight two examples of the life-changing nature of this conference.

The first was a final session in the teen room. The teens shared what they had learned and what would change for them afterward. So many spoke of the connections they had made, often for the first time, with others who also had OCD. Their willingness to be deeply vulnerable was incredible. They also spoke candidly of being grateful that their parents might better understand their struggle and that this would improve communications at home. These teenagers were thoughtful and expressive, and made us think about how to do even more parent education.

The second moment was listening to the Kinbergs share their family's story on stage at the Keynote. They were not only expressive – but also captivating storytellers. They generously took time not only to speak, but also to stay and meet families afterward. Toby is an amazing teen and an amazing speaker – who showed great personal courage in speaking so candidly. We'd be remiss not to mention Oliver, who at 12, is a fabulous and honest supporter for his brother (and did a great job of representing our sibling community). Mali spoke frankly to the profound challenge of fighting OCD as a mother and brought many of us to tears. And Simon told his own story of seeking care, of parenting Toby through OCD, and of writing the stories we all love – told through the lens of OCD. Afterward, the community expressed such deep appreciation – I hope the Kinbergs know how much they impacted us and how grateful we are for their generosity of spirit. We're eager to see each of you again next year in San Francisco (and at the Online Conference in November too).

Finally, as noted on the front page of this newsletter, our researchers received a record of \$1.6 million in funding this year to lead novel, cutting-edge investigations. This was, in part, achieved through first-time funding partnerships with PANDAS Network and the Walder Family Charitable Fund, in addition to the generosity of our long-term, anonymous research donors. Importantly, it was also due to those of you in our community who donate to our Research Grant Program year over year. We have awarded almost \$10 million dollars in research grant funding over the years.

We're grateful for you all, and can't wait to see what the future holds.

Warmly,

Susan Boaz, IOCDF Board President



Jeff Szymanski, IOCDF Executive Director



PUBLIC POLICY UPDATE

Fall Public Policy Update



Hello, and happy Fall to our policy advocates! We're coming off the Summer Congressional recess, and are ready to hit the ground running for the rest of the year and we hope you are too!

This quarter, we are thrilled to report on a win that will have a broad impact on treatment access — the Restoring Hope for Mental Health and Well-Being Act of 2022 (H.R.7666) — has passed the House. Of particular interest to us is Section 321, which would end harmful opt-outs from federal mental health and addiction parity requirements for plans that cover the millions of people who work for state and local governments. This means that there would no longer be an option for non-federal governmental insurance plans to “opt out” of fulfilling their parity obligations, which require them to cover mental healthcare services at the same level (e.g., no different restrictions or costs) as they do physical healthcare services.

After passing the House, it has moved on to the Senate and is in front of their Committee on Health, Education, Labor, and Pensions (HELP). Similar language exists in a bill that has already been in front of the Senate — Section 8 of the Mental Health Reform Reauthorization Act of 2022 (S.4170). In other words, there is much to be hopeful about when it comes to the future of parity compliance and enforcement. Stay tuned for more updates down the line!

Beyond this win, the IOCDF has continued to add our voice to several pieces of legislation supporting areas of the most

relevance and impact to our community. These include bills that would strengthen oversight and enforcement of parity laws, provide direct support to primary care practices in integrating evidence-based behavioral health care services and providers into primary care settings, and further protect telehealth services as accepted benefits by law.

If you'd like to include these bills in your advocacy efforts, they are:

- Behavioral Health Coverage Transparency Act (bill number pending)
- Improving Access to Behavioral Health Integration Act (S.4306)
- Telehealth Benefit Expansion for Workers Act of 2022 (H.R.7353)

TAKE ACTION TODAY

We invite you to visit the IOCDF Action Center at iocdf.org/take-action and contact your Congresspeople directly about legislation of great importance to the OCD and related disorders community. Advancements are made possible in large part by your advocacy, so please don't hesitate to reach out to your elected representatives today!

Also, please be sure to visit the IOCDF Public Policy Advocacy page at iocdf.org/public-policy to sign up for email notifications about upcoming public policy events, action alerts, and other ways to get involved! 📧

My Takeaways from the Denver Conference

by Sophie Suri, PhD, IOCDF Advocate and Health Researcher



Shortly after this year's Annual OCD Conference in Denver, a dear friend asked me what my key takeaways were. So, here's what I said...

- **Recovery: It's not somewhere we get, It's something we do — every single day.**

Listening to people's stories at the Conference reminded me that recovery is neither black-and-white nor static. It's okay for us to go up and down, to step forward and fall backward. No matter how far in recovery they were, not a single person I spoke to had a constant upward run without setbacks and not one had it all figured out. And you don't need to have it figured out either! You are already on the recovery journey with every step you take.

Takeaway 1: Take the pressure off. We are all a work in progress, whether we are newly diagnosed or long-time advocates. Falling is not failure. A step back, a step forward – it's all part of the journey. You don't have to be perfect! Every moment, you have the power to choose, reset, and pivot again towards life. Nobody can ever take that power away from you.

- **Community is key.**

I met people from all walks of life at the Conference — individuals who have been diagnosed with OCD, their family members, therapists, OCD researchers, and a whole host of wonderful human beings. And do you know what united them all? A powerful and passionate drive to help, support, and connect with those whose lives are affected by this disorder. Their energy was palpable. Their energy is what has helped me and countless others thrive and continues to help me to this day! I would not be where I am today without accessing this amazing community, which is always open to you as well.

Takeaway 2: When you feel alone, remember that you have allies in different cities, in different countries, in different continents cheering you on. Remember that with each step you take, a tribe that wants to see you win steps with you. Reach out to connect and your hand will be held. You are never alone on this journey.

- **There is so much hope.**

Hope is everything. I truly believe that if we have hope, we can move mountains. I saw so much of it firsthand in Denver. People had flown in who were terrified of flying. People who hadn't been out of their town since the start of the COVID-19 pandemic sat shoulder to shoulder with others in talks and seminars. Young people with OCD and their parents attended all three days. New discoveries to improve treatments for OCD were highlighted in the IOCDF Research Symposium the day before the Conference. I could go on and on. The key point I want you to remember is that despite the darkness OCD creates, it CANNOT block the light.

Takeaway 3: There is ALWAYS hope. Never, ever, ever give up.

I'm so thankful for Denver and all of the amazing people I met. Thank you for your courage and inspiration. Thank you for reminding me that it's okay to be imperfect. Thank you for reminding me that I do belong. I hope to see you in San Francisco in 2023!

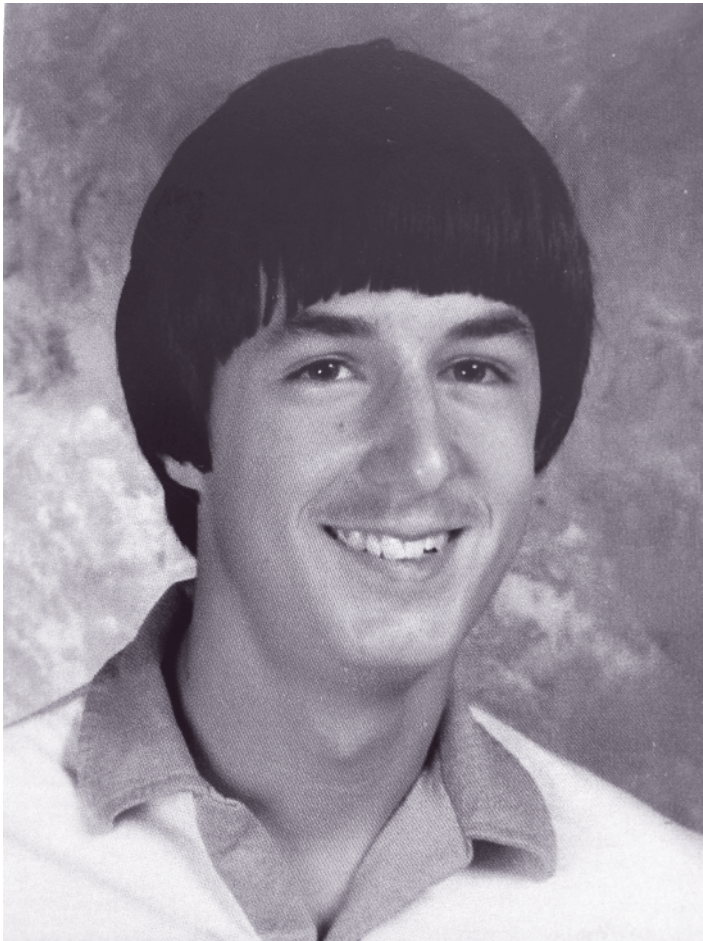
Love, Sophie xx 🍷

Sophie Suri, PhD, is a research associate at Teesside University, and a research fellow for the NIHR ARC NENC in the UK.

DEVELOPMENT CORNER

Remembering Michael

by Kelly Luchini



My brother Michael was an avid sports fan. He enjoyed watching baseball, especially the New York Yankees, which was a big rivalry among other family members. He treasured time with his family and was proud to be an uncle to two loving nephews. He enjoyed playing cribbage, cards, and board games — especially Boggle, the family favorite.

Michael also struggled with OCD, being officially diagnosed in his early 20s. Symptoms started to appear in his younger years but became more apparent in high school when Michael's perfectionism started to consume him. He would accept nothing less than an A+ grade and devoted all of his free time to his studies, even at the expense of alienating himself from his friends. Sadly, it wasn't before long that Michael became a true "loner." Despite being properly diagnosed in his twenties, Michael's rituals grew in both intensity and length of time. He withdrew from school, all family functions, and society in general. My parents tried to find doctors in their area, but were never able to find the help he needed.

By the time we discovered the IOCDF, we were comforted yet saddened, as we were unable to help Michael before he passed. Michael was physically taken away from us in 2009 by a tragic house fire, but we felt we had lost him to OCD many years before that. Our grief propelled us to get involved with the IOCDF and become vocal advocates for individuals living with OCD. My mother shared her story during OCD Awareness Week in 2010, we raised funds to sponsor the Kids and Teens Art Therapy Rooms at the 2011 Annual OCD Conference, and we participated in the One Million Steps for OCD Walk in Boston that same year. We found comfort in the thought that by sharing our family's story we might be helping others with OCD know they are not alone, and most importantly, that there is help available.



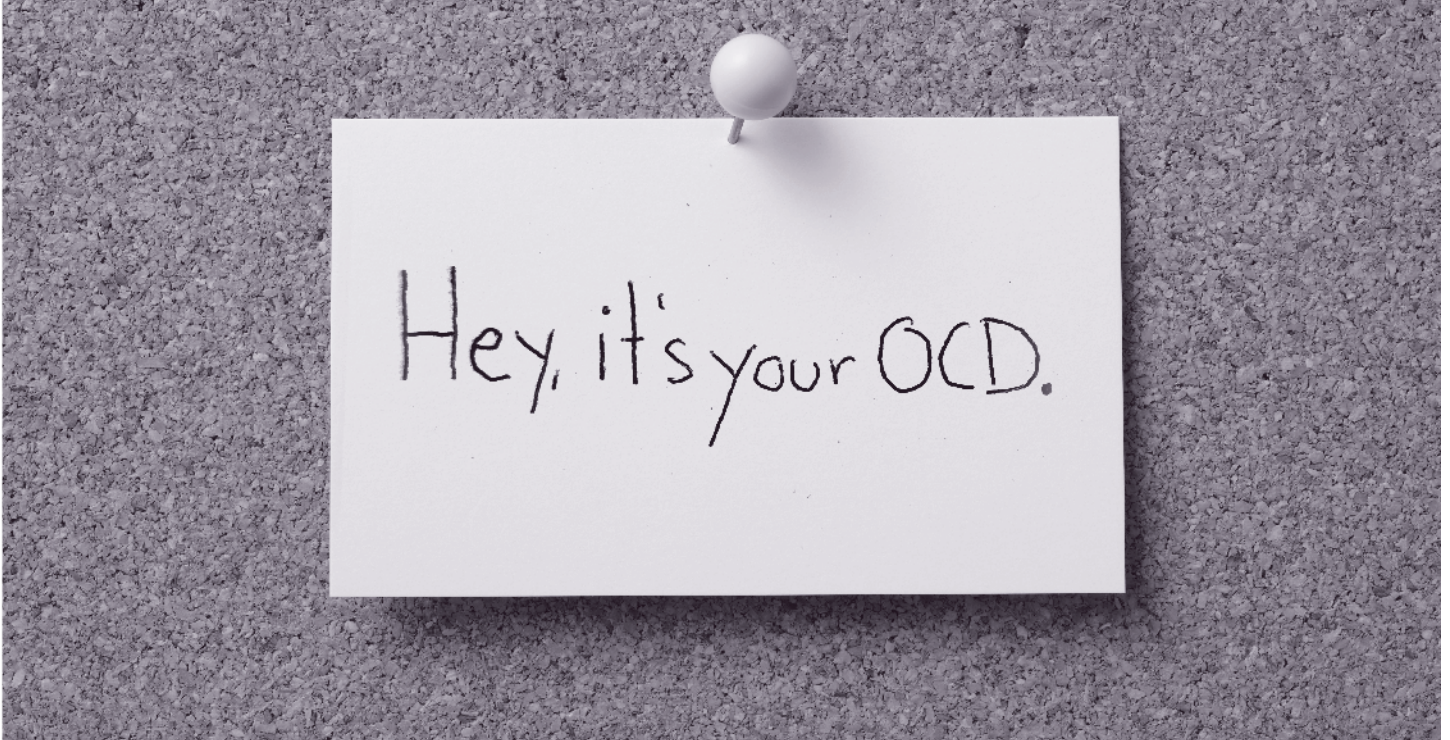
Michael's mother speaking at the 2010 IOCDF OCD Awareness Week Event at McLean Hospital

In this vein, I have decided to honor Michael's memory through a planned estate gift to the IOCDF. It is my hope that, with this gift, Michael's story and legacy can continue to live on. The funds donated will help support programs aimed to raise awareness for OCD so others struggling can find the help and support that they (and Michael) deserve. 🕊

You, too, can leave a legacy gift with the IOCDF. Visit iocdf.org/legacy to learn more about estate planning, or contact Kristen Lynch, Development Manager, at klynch@iocdf.org.

"Hey, It's Your OCD: A Message of Hope"

by Todd Snodgrass



To this day, there remains a strip of printer paper pinned to the corkboard above the desk in my room. Secured by a navy-blue thumbtack, the message that evolved into my personal OCD mantra of sorts is emblazoned in an enlarged black font. It simply reads, "Hey Todd, it's your OCD." Underneath the note, I signed my name to it in a formal cursive in the hopes of giving my tangible attempts at relabeling an aura of authenticity.

As I look up at it now, I notice that the paper has become partially obscured by the other clutter I've tacked up on my bulletin board over the years. A monthly calendar nearly blocks its entirety. An old birthday card conceals still more of the message. It's not at the forefront where it once was, no longer as prominent as before. Still, I keep it there as a reminder of where I've been and, maybe more importantly, a testament to just how far I've come on my OCD journey.

I can't recall precisely when I typed that mantra, printed and signed it, and placarded it in my room. But I do know that it was during a desperate time when I was suffering through some of my darkest days with OCD: the decade of my twenties, a time during which the disease truly dominated my waking hours, day after agonizing day. As the estimated two to three million Americans who suffer from OCD can surely attest, regardless of what category

their obsessions fall under, the disorder can make one's life a living nightmare.

At this time, the negative and alarming thoughts running chaotically through my head would inevitably give me pause, as they surely do for all those afflicted. The dread came in the form of taxing questions. "What if the thoughts aren't OCD at all?" I would ask myself paradoxically. "What if I really am that kind of awful person?" The questions persisted. "What kind of person has these thoughts?" And I think, at my lowest point, that's what I was attempting to do with my bulletin board epistle. I was reclaiming the narrative by classifying the thoughts for what they were: OCD. It was, perhaps, my first self-assertive step on my road to recovery.

But I'm not writing my story simply to rehash my past, a painful history I'm working every day towards overcoming and moving forward from. I'm writing to tell you there is hope. (Cliché perhaps, but truthful all the same.) To never give up. Never lose your optimism for better days ahead. It was hope, along with the steadfast support of my family, that kept me going even amidst my toughest times.

While recovery from a disease without a known cure is rarely linear — and often frustratingly long-winded — with the right help, OCD really can become the muffled background noise all sufferers long so righteously for and

FROM THE FRONT LINES

“Hey, It’s Your OCD: A Message of Hope” *(continued)*

deserve above all else. Relief from OCD’s menacing grip is truly possible. I’m living, indisputable proof.

This disease has ebbed and flowed in me for more than two decades now. If I’m being honest with myself, it’s hard to remember a time before obsessions and compulsions took hold of me and my life. Although I was diagnosed with OCD at the age of twelve, an official confirmation probably could have come years earlier since I displayed telltale signs long before any medical professional relayed the news.

As I grew up, my intrusive thoughts and obsessions did the same, graduating from fears over contamination and illnesses to Harm OCD and the like. Over the years, my intrusive thoughts have truly run the gamut, jumping from one ugly subcategory to another. And, while my obsessions varied over time, the theme of losing control in some capacity has always remained prevalent.

As I got older, the once-physical and visibly noticeable compulsions evolved into mental ones, along with which came a whole new batch of obsessions and worries. Sufferers know all too well: if one can imagine it, one can worry about it. And if one can worry about it, OCD can take over. I’ve been there. I’ve talked with my therapist numerous times about what we termed the “rolodex of fears” that OCD has to choose from with me. While I’m able to look back now and see the thoughts for what they really were, nothing seemed too outlandish or inconceivable to fret about at the time.

When one is in the depths of the disorder, with plaguing thoughts repeating like a broken record, it’s all just simply frightening. For me, triggers to worry, question, and ruminate abounded everywhere — on television, in the newspaper, or simply having a conversation. The perfunctory, mundane, day-to-day tasks that everybody the world over motions through, could, at any moment, send me and my OCD spiraling into a tailspin of dread.

Once I worked through one anxiety-inducing alarm, it felt like OCD was always there waiting around the corner with another, and another, and another after that. For more than a decade, the mental relief from the daily anguish I so desperately sought was always just out of my futile grasp.

I used to feel that if I could only think through and rationalize the intrusive thoughts, I would once and for all find the freedom for which I was searching. Wrong. Therapy taught me this. Overanalyzing my obsessions made them worse. If anything, it further strengthened them. The tortuous mental ping-pong, as sufferers can attest, is truly

unwinnable. When one ended, another brutal round of OCD would set in to further torment me. It was the same ugly cycle. The obsessions led to worry, doubt, and fear, which in turn led to compulsions (physical or mental) to alleviate that worry, albeit only temporarily if at all.

Following years of on-again, off-again therapy and a lengthy trial-and-error of different medications, it took a knowledgeable and innovative psychiatrist, one with a skill for mixing and combining medications, for me to truly turn the corner. The right drug cocktail allowed me the mental space to put into practice the steps and techniques I’d learned in therapy. And while, sadly, there is no magic panacea for OCD, the dual threat of productive therapy and effective medicine is as close as there is to a cure for most of us.

While OCD remains a part of who I am today, it doesn’t define me in the way it once did. Yes, I still struggle with the occasional intrusive thought and the tempting desire to remedy it with a compulsion. I probably always will. For the time being though, the obsessive yoke that upended and constricted my life for so long has been taken off, the compulsive shackles unchained. I’m immensely grateful for this.

My gratitude for the semblance of normality I now embrace in my life is part of the reason I wanted to tell you a bit about myself, not because my story is somehow unique within the world of OCD. Sadly, I realize millions are suffering right now the way I once did — many with some of the same worries and anxieties to which I succumbed. No, I wanted to share my story in the hope that it may give a glimmer of optimism to those whom OCD has invariably left feeling hopeless and demoralized. I was once where you are now. For the longest time, I, too, felt that relief was a fantasy until, one day, it wasn’t.

So, for those reading this now, in all the various treatment stages of OCD, know that you’re not alone, and that recovery is truly possible with time. Hang in there, and ride the wave. While your days may presently be dark, there is always a light at the end of the anguishing tunnel you’re currently traveling through, however dim it may seem.

And remember, when the inevitable doubts begin to creep in and the nagging “What if?” questions set about to penetrate your consciousness, be quick to relabel the intrusive thoughts for what they are. As that now-faded inspirational message tacked up in my room reminds me to this day: “It’s your OCD.” It always has been.

** All facts and figures taken from IOCDF website* 

Institutional Member Updates

Institutional Members of the International OCD Foundation are programs or clinics that specialize in the treatment of OCD and related disorders. For a full list of the IOCDF’s Institutional Members, please visit iocdf.org/clinics.

ANXIETY CENTER OF TAMPA

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Anxiety Center of Tampa is pleased to be offering Inference Based Cognitive Therapy for OCD (ICBT). While ERP has long been recognized as the “Gold Standard” treatment for OCD, it is not effective for everyone. ICBT, a newer approach, offers an alternative to ERP with similar effectiveness.

According to ICBT, obsessions are internally generated doubts, rather than random intrusive thoughts. These obsessional doubts come from a person’s faulty reasoning about what is possible in the future. Therefore, these hypothetical possibilities are based on imagination rather than evidence from a person’s current circumstances. Compulsions are an attempt to prevent the imagined future possibility by taking action in the present.

ICBT helps clients recognize the reasoning errors fueling their obsessional doubt and learn to rely on their senses in the “here and now” instead of their imagination. This approach also helps clients identify and correct distorted beliefs about themselves that underlie the obsessional doubt. ICBT may be a good choice for those who find exposure therapy too anxiety-provoking or those who have had limited success with ERP.

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Anxiety Institute has formally launched a Training Department to address the growing need for education surrounding acute anxiety and OCD. This training initiative will serve as a central resource for our community outreach program. Professionals and parents will have access to the most up-to-date evidenced-based information for support, learning, and continuing education.

Anxiety Institute has appointed Stacey Dobrinsky, PhD, who specializes in severe treatment-refractory anxiety and OCD, to lead the Training Department. As the Director of Training, Dr. Dobrinsky’s mission is to develop both the internal clinical training/curriculum and direct client-focused training where she will design, develop, and conduct trainings and workshops

for educators, clinicians, and families. A founding faculty member and Clinical Director at the McLean OCDI Jr. program, Dr. Dobrinsky has over a decade of experience treating children and adolescents with OCD and anxiety disorders. Her training through the IOCDF’s Behavior Therapy Training Institute (BTI) and her certification in Cognitive Processing Therapy (CPT) for PTSD will help her to provide proven, advanced clinical training programs that achieve superior outcomes. Visit our website to learn more about this specialized training.

BEHAVIORAL SCIENCES OF ALABAMA INTENSIVE OUTPATIENT PROGRAM

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intake@bsoal.com
southeastocd.com

Our professionally led adult support group begins again in September. Current and previous participants in our Intensive Outpatient Program are welcome to join. For exact dates, contact us at intake@bsoal.com, and you will be included in our invitation each week. The support group meets weekly for eight sessions.

BEYOND BORDERS CBT (BBCBT)

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BBCBT welcomes three therapists who are new to our practice: Karly Kothmann, LPC, Pam Katz, LCSW, and Caryn Gill, LPC. Although new to Beyond Borders CBT, each comes with vast experience in the field. Karly is based in Texas, and will serve her home state along with Colorado and New Mexico. She has particular expertise treating OCD with intense multi-hour-per-week protocols, as well as treating couples where one or both partners have OCD. Living in Illinois, Pam will serve her home state along with Massachusetts, Nebraska, New Jersey, and Ohio. In addition to her ERP training, Pam has extensive training and expertise in ACT and currently trains other clinicians in OCD and related disorders. Caryn comes to us from Pennsylvania and will serve her home state as well as California, Missouri, and North Carolina. Not only does Caryn have extensive clinical experience, but she also comes from a background in training and leadership that will be beneficial for our team.

Beyond Borders CBT is excited and grateful for our continued growth and ability to serve this wonderful community. We are now serving 20+ states in the US and have helped people from 32 countries and counting take back their lives from OCD!

THErapy COMMUNITY

Institutional Member Updates *(continued)*

CENTER FOR OCD & ANXIETY-RELATED DISORDERS (COARD) SAINT LOUIS BEHAVIORAL MEDICINE INSTITUTE

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Fall is the time when we introduce our trainees for the 2022-2023 academic year. Sam Marre, MA, and Lane Brooke Fahy, PsyD, will be continuing their training as 2nd-year postgraduate fellows. Sage Bates, who comes to us from Illinois Institute of Technology, will be a 1st-year fellow. Our new graduate practicum students include Jacob Pine from Washington University, Mari Chimitris from Southern Illinois University-Edwardsville, Jacob Arett from Saint Louis University, and Hannah Crossett from Capella University. Shannon Fischer, LPC, has joined us as a licensed Specialist-in-Training. Welcome to all our outstanding trainees!

Several new staff clinicians have joined us recently as well. Tracy Tew, PsyD, has a special interest in OCD and anxiety complicated by eating disorders. Timothy Sisemore, PhD, is interested in spiritual factors and mental health, especially OCD. Our new psychiatrists are Vivien Chi, MD, Paul Simon, DO, Sofia Grewal, MD, and Bonnie Applewhite, MD, and Nurse Practitioner Abigail Giancola, APRN.

Patients have the option of receiving care in-person, virtually, or in some combination of both at all levels of care, including outpatient, IOP, and Partial Hospitalization. As of September, all outpatient groups were continuing to be delivered virtually.

CENTER FOR OCD AND RELATED DISORDERS (CORD) AT MASSACHUSETTS GENERAL HOSPITAL

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mghocd.org**

The Center for Obsessive Compulsive Disorder (OCD) and Related Disorders (CORD) at the Massachusetts General Hospital/Harvard Medical School is located in Boston, MA. We specialize in the research and treatment of Obsessive Compulsive Disorder (OCD), Body Dysmorphic Disorder (BDD), Body Dysmorphic Disorder by Proxy (BDD by Proxy), Tourette Syndrome (TS) and Chronic Tic Disorder (CTD), Hoarding Disorder, Hair Pulling and Skin Picking, and Olfactory Reference Syndrome (ORS). Patients will undergo a detailed intake assessment. Based on this assessment, an individualized treatment plan will be developed.

This year, we welcome new staff to CORD: Dr. Joshua Salvi, Psychiatrist; Dr. Sarah Coe-Odess, Clinical Research Fellow; Geneva Jonathan, Clinical Psychology Intern; and Clinical

Research Coordinators: Caroline Armstrong, Simay Inci Ipek, Peyton Miyares, Rachel Quist, and Jasmine Williams. For more information on our clinical or research program, please call/ email us or visit our website.

CHILD MIND INSTITUTE INTENSIVE OCD PROGRAM

**101 East 56th Street
New York, NY 10022
212-257-9436
info@childmind.org
childmind.org/care/areas-of-expertise/anxiety-disorders-center/intensive-treatment-ocd/**

The Child Mind Institute Intensive OCD Program offers children and their families an immersive, holistic experience that can make an extraordinary difference in a short period of time. While typical or traditional treatment demonstrates that patients make significant progress during weekly sessions spread out over three to four months, the intensive treatment program condenses those sessions into one to four weeks, making evidence-based treatment of OCD available three hours a day, five days a week. The program is open to children up to college/young adults. Families from outside the New York City area are welcome to reach out for treatment. We include parents and family members in every stage of a child's treatment. OCD intensive services are available in English and Spanish. The Child Mind Institute offers a financial aid program to help families with the cost of services. We are excited to welcome Sydney Kirsch, LMSW, who provides individual exposure therapy to children and adolescents in the Intensive OCD Program.

COLUMBIA UNIVERSITY CLINIC FOR ANXIETY AND RELATED DISORDERS - WESTCHESTER

**155 White Plains Road, Suites 200 and 203
Tarrytown, NY 10591
(914) 631-4618
acp2137@cumc.columbia.edu
columbiadoctors.org/childrens-health/anxietydayprogram**

CUCARD Westchester's Anxiety Day Program provides intensive treatment for adolescents struggling with OCD, anxiety, and school refusal. The program involves group and individual therapy, psychiatry, academic support, and family support. We also offer a range of outpatient services for children, adolescents, and adults struggling with OCD.

CUCARD Westchester is excited to welcome our incoming postdocs, Pei Liao and Kristy Larsen! We are always looking for great clinicians to join our team. If you are interested in learning more, please contact Tony Puliafico at acp2137@cumc.columbia.edu.

THErapy COMMUNITY

COMMUNITY WEST OCD & ANXIETY PROGRAM

**1990 S. Bundy Drive, Suite 320
Los Angeles, CS 90025
(310) 990-0988
info@cwttreatment.com
communitywesttreatment.com**

Erika Nurmi, MD, PhD, has recently joined our program to serve as the Clinical Director of the OCD and Anxiety Track. Dr. Nurmi is a board-certified child, adolescent, and adult psychiatrist and expert in the treatment of anxiety and obsessive-compulsive spectrum disorders.

Dr. Nurmi received her doctoral degrees from Vanderbilt University and her clinical psychiatry training from UCLA. She is currently Associate Professor of Psychiatry at UCLA and Anxiety Disorders Section Chief at the Greater LA VA, where she is involved in medical training and research. She is a member of the UCLA Tourette Association of America (TAA) Center of Excellence and Cares Anxiety Center. Prior to joining CW, Dr. Nurmi was Medical Director of the UCLA Pediatric OCD Intensive Outpatient Program for 12 years, as well as Associate Medical Director of the Child OCD, Anxiety, and Tic Disorders Program.

Dr. Nurmi has been recognized as an American Academy of Child and Adolescent Psychiatry Master Clinician, serves on the Medical Advisory Board of the TAA, and has received numerous teaching awards. She is a national and international speaker in educational forums, clinician trainings, parent/patient support groups, and public events, where she enjoys sharing her passion for science and medicine.

HOPEWELL - A THERAPEUTIC FARM COMMUNITY

**9637 State Route 534
Middlefield, OH 44062
(440) 426-2009
admissions@hopewell.cc
hopewellcommunity.org**

Hopewell had a wonderful time attending the 27th Annual OCD Conference in Denver, our first such attendance. It was such an honor to sponsor the Art Gallery, as there was amazing talent on display! It was a great opportunity to learn from the top professionals in the field of OCD treatment and a privilege to meet so many wonderful clinicians, individuals with OCD, and their families. Hopewell connected with a wide range of organizations providing cutting-edge treatment for OCD and related disorders. It is our hope that the relationships built during the conference will lead to greater collaboration between programs and a higher level of care for those suffering with OCD. Hopewell looks forward to future educational and networking opportunities so that anyone in search of OCD treatment will have the resources available for healing.

We are excited to announce that we are expanding our clinical team! We have an opening for a full-time clinician (LPCC, LISW, PhD) trained in Exposure and Response Prevention Therapy to

work in our unique farm-based residential treatment program. Please check out our website to learn what makes us stand out and to inquire about employment opportunities.

KANSAS CITY CENTER FOR ANXIETY TREATMENT

**10555 Marty Street, Suite 100
Overland Park, KS 66212
(913) 649-8820
info@kcanxiety.com
kcanxiety.com**

In August, KCCAT proudly welcomed two postdoctoral fellows to our team! Dr. Raquel Craney joins KCCAT after completing her doctorate in Counseling Psychology from the University of Missouri – Kansas City and an APA-accredited pre-doctoral internship at the Kansas City VA. Dr. Dakota McNamara is also joining us for a fellowship after completion of her doctorate in Clinical Psychology from Kansas City University and APA-accredited pre-doctoral internship at The Guidance Center. Dr. McNamara previously completed a two-year practicum at KCCAT as well. June marked the start of another year of practicum training, and Renee Gilbert, a doctoral candidate in the University of Kansas Clinical Child Psychology program, will be with us for the academic year. We are excited to welcome these young professionals to our team!

MCLEAN OCD INSTITUTE HOUSTON

**708 E. 19TH ST.
Houston, TX 77008
(713) 526-5055
info@houstonocd.org
mcleanhouston.org**

McLean OCD Institute at Houston is proud to announce that we are now Joint Commission Accredited! This new accreditation is a testament to the quality care that we provide in our residential, partial hospitalization, and outpatient programs. Our expert treatment team is here to help you through your journey and equip you with the skills you need to successfully manage your anxiety, OCD, or related disorder.

We currently have openings in all of our levels of care! We offer three treatment options: 24/7 residential care, a partial hospital (day) treatment program, and outpatient services. Our admissions team is ready to speak with you. Schedule a phone assessment with us today.

MOUNTAIN VALLEY TREATMENT CENTER

**703 River Road
Plainfield, NH 03781
(603) 989-3500
admissions@mountainvalleytreatment.org
mountainvalleytreatment.org**

Betsy Underhill Named Mountain Valley’s Marketing Director
It is our pleasure to announce that Betsy Underhill has been named MVTC’s new Marketing Director. After a nationwide

THE THERAPY COMMUNITY

Institutional Member Updates *(continued)*

search and interviewing numerous candidates, Betsy was MVTC's clear first choice and we are thrilled that she will be joining our already talented team. Betsy will bring a fresh perspective to our marketing efforts, and we look forward to introducing her to many of you in the months ahead.

Betsy is a graduate of Cornell University with a B. in Economics and Babson College with an MBA in Global Management and Marketing. An athlete and a scholar, Betsy was a letter winner on the Cornell Track & Field team. At Babson, she served as the MBA Women's Leadership Scholarship Director as well as a coach for Babson Coaching for Leadership & Development Program. She has a wealth of marketing experience in the corporate world, most recently as Director of Marketing for HP Hood, LLC.

Please join us in welcoming Betsy to the Mountain Valley family. We know that you are going to enjoy meeting her!

NEUROBEHAVIORAL INSTITUTE (NBI)

2233 North Commerce Parkway, Suite 3

Weston, FL 33326

(954) 217-1757

info@nbweston.com

NBWeston.com

We are pleased to announce that Myriam Padron, PsyD, and Ciana Mickolus, PsyD, have joined our roster of psychologists who are licensed in both Florida and New York. Earlier this year, NBI inaugurated a new Midtown Manhattan location.

In other NBI news, in the Fall, we plan to welcome new postdoctoral psychology residents to our APPIC-approved training program. At NBI, our IOP and PHP programs continue to grow, along with the veggie garden — and possible chicken coop! — at NBI Ranch, our residence for individuals needing another layer of support to be successful in their treatment for OCD, anxiety, or related conditions.

It was great seeing so many of our colleagues in-person in Denver at IOCDF!

NEW ENGLAND OCD INSTITUTE

392 Merrow Rd, Suite E

Tolland, CT 06084

(860) 830-7838

admin@behavioralwellnessclinic.com

ocdtypes.com

We are proud to announce our clinic is now offering Ketamine-assisted psychotherapy as a possible treatment for those suffering from OCD. Ketamine-assisted psychotherapy (KAP) has been shown to be very effective in treating depression which can often be comorbid with OCD. When Exposure and Response Prevention (ExRP) therapy can prove to be too difficult for clients experiencing depression as well, KAP may

be used to offset depressive symptoms and allow more energy to be dedicated toward their OCD treatment. If not combined with psychotherapy, Ketamine alone can still drastically reduce OCD symptoms, but the effects will not be as strong or long-lasting. Combining the gold standard treatment for OCD, ExRP, and integrating it with Ketamine dosing sessions can make for a very successful therapeutic experience that leads to successful long-term, life-changing effects. We have seen this firsthand with our clients who have followed this treatment protocol.

We are also excited to welcome our newest therapist on staff, Serena Chestnut, LMFTA. She has received clinical training in a variety of settings, especially with younger populations including town youth services departments and schools. She completed our OCD training, and specializes in treating OCD in young adults and adolescents.

NOCD

225 N Michigan, Suite 1430, Suite 1430

Chicago, IL 60601

312-766-6780

care@nocdhelp.com

nocd.com

You can probably recall times when you heard someone refer to something jokingly as "OCD" — most people recognize the term as nothing more than a personality quirk. Quite the contrary, OCD can actually be completely debilitating. When people misunderstand what OCD is, it keeps them from seeking the help they desperately need.

At NOCD, we're proud to partner with Howie Mandel to put an end to the misunderstanding and stigma around OCD through our #KnowOCD campaign. We hope to create a world where everyone understands what OCD really is and can access treatment if they need help.

"I can't stress enough how exciting this partnership is to me. NOCD and myself are bent on removing all stigma associated with OCD and, more importantly, creating the most accessible treatment for absolutely everyone dealing with this condition."
— Howie Mandel

Read more about this exciting new partnership and what it means for the global OCD community at KnowOCD.com

We're also excited to share that people with Aetna insurance nationally can now access NOCD Therapy. Including Aetna's commitment to the OCD community, about 2 of 3 Americans with commercial insurance can now access NOCD Therapy through their health benefits. Find out more at: treatmyocd.com/blog/nocd-therapy-is-now-covered-by-aetna-insurance-nationally

THErapy COMMUNITY

NORTHWELL HEALTH OCD CENTER

**Zucker Hillside Hospital 75-59 263rd Street
Glen Oaks, NK 11004
(718) 470-8052
ocdcenter@northwell.edu
northwell.edu/ocdcenter**

The Northwell Health OCD Center offers evidence-based, comprehensive outpatient treatment for OCD and obsessive-compulsive personality disorder (OCPD). It is one of the only specialized OCD facilities in the New York metropolitan area to accept most health insurance plans, including Medicare and Medicaid. Treatment options include individual and group cognitive behavioral therapy, as well as medication management.

Drs. Pinto, Christman, and D’Urso enjoyed reconnecting with colleagues and meeting many new faces at the Denver conference, and we are so pleased that Dr. Pinto’s Sunday morning presentation on OCPD was so well attended! We continue to conduct all services through video platforms and we currently offer eight virtual therapy groups (e.g., ERP practice, ERP skills-building, OCPD treatment, family education/support without accommodation, DBT skills, and weekly/monthly maintenance of improvements). In July, we welcomed our new class of psychology and psychiatry trainees. This fall, we welcomed Dr. Taylor Zar as our new post-doctoral fellow, while our outgoing post-doc, Dr. Julia Marver, stepped into a staff psychologist position. We also welcomed Haley Ward as our new research assistant. We are grateful that our team is expanding, increasing treatment access. Please email us for more information or to schedule a confidential screening.

OCD INSTITUTE MCLEAN HOSPITAL

**115 Mill St.
Belmont, MA 02478-1064
(617) 855-2776
ocdiadmissions@partners.org
<https://www.mcleanhospital.org/ocd>**

It was great seeing and meeting so many of you at the annual conference in Denver! We were so pleased to sponsor such a successful event and look forward to seeing everyone next year in San Francisco.

OCDI Jr. is thrilled to announce the addition of two staff psychologists, Dr. Rachel Rubin and Dr. Luisa Barreto. We are also excited to welcome our new post-doctoral fellow, Dr. Kristen Kent. Our program is planning another expansion so that we can increase our capacity to provide evidence-based individualized care to our residents and their families.

The Adult OCDI is sad to be saying goodbye to Dr. David Alperovitz, who will be moving on to head McLean’s Klarman Eating Disorder Program. We wish him well! Our own Meaghan Cleary will be setting up shop at Orchard House upon David’s departure. We are also happy to announce that our two postdocs from this year, Dr. Sinhae Cho and Dr. Libby Lewis, will be staying on with us in a Staff Psychologist role.

We are so happy to be able to continue to benefit from their wonderful work.

Please reach out to our Admissions office if you are interested in the OCDI.

OCD NORTH

**11 Sophia Street West
Barrie, Ontario L4N 1H9
Canada
(705) 243-9923
info@ocdnorth.com
ocdnorth.com**

At OCD North, we pride ourselves on being experts in OCD treatment and strive to create a community filled with action, support, and hopefulness about overcoming OCD. OCD North is excited to share the launch of two new initiatives that align with this vision.

Pay What You Can ERP Group (Launching September 2022): Aiming to combat the financial barriers that often impact OCD recovery, the Pay What You Can (PWYC) Exposure and Response Prevention (ERP) group encourages the exploration of core fear(s), develops awareness of OCD, and provides an opportunity to practice exposures in a group setting amongst peers with lived experience of OCD.

OCDKids (Launching October 2022): Powered by OCD North, OCDKids advocates for early detection and effective treatment of obsessive-compulsive disorder so children can live a life of recovery, knowing they hold the power to take back control from OCD. OCDKids strives to make recovery fun, meaningful, and enjoyable for kids and parents!

For more information on any of OCD North’s services, programs, or initiatives, please email info@ocdnorth.com.

PALO ALTO THERAPY

407 Sherman Avenue, Suite C. Palo Alto, CA 94306 (650) 461-9026 info@paloaltotherapy.com paloaltotherapy.com/ocd	940 Saratoga Avenue Suite 240 San Jose, CA 95129
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At Palo Alto Therapy, we specialize in Cognitive Behavioral Therapy. With years of experience in the field of behavioral health, we’ve supported children, teens, adults, couples, and families to overcome Anxiety, Depression, OCD, and other stress-related problems. We offer both in-person and video appointments.

Parent OCD Support Group: This group connects parents of children of all ages with OCD who are struggling with similar situations. Living with someone with OCD can be challenging, so this group helps provide strength and community for you! This group will run the last Saturday of each month via video.

Anxiety to Wellness Classes: Our 8-week groups are open for enrollment for teens and adults! This class teaches anxiety-



We were very excited to be back in person for the 27th Annual OCD

Conference this summer in Denver! It was great to see so many members of our community together again. Take a look at some of the photos from that weekend on the following two pages.



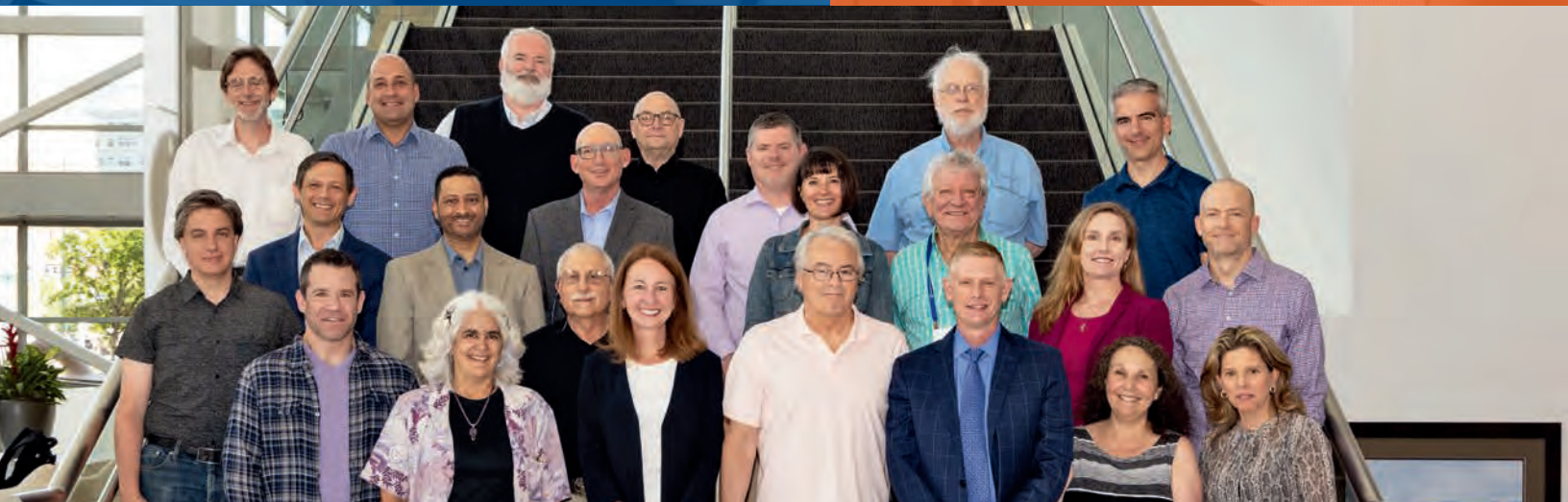
Recently appointed Board Member Chris Trondsen speaking at the Conference



Lead Advocate, Valerie Andrews, helping out a conference attendee



Eric Storch, PhD, a leader in pediatric OCD, speaking at the Conference



IOCDF's Scientific and Clinical Advisory Board along with ED, Jeff Szymanski



IOCDF ED, Jeff Szymanski, along with Susan Boaz, IOCDF Board Prez and her daughter Meg



Rogers Behavioral Health, a long-term sponsor of the Conference, spending time in the Exhibit Hall



A lot of energy in the Youth Rooms this year!



Kids got to wear capes and be OCD superheroes!



Sabine Wilhelm, PhD, accepting the IOCDF Service Award



James Leckman, MD, PhD, accepting the Career Achievement Award



The Kinberg family shares their journey with OCD during the Keynote Address.



Marty Franklin, PhD, and Jon Abramowitz, PhD, at a book signing



Checking out some wildlife at the Denver Aquarium



Bird's-eye view of the Awards Ceremony and Keynote Address



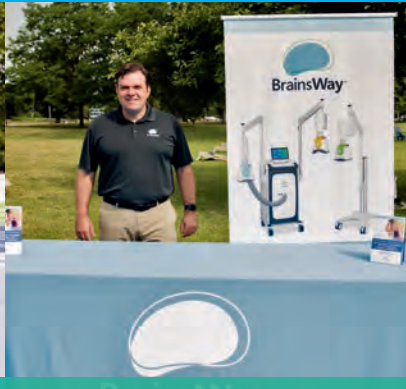
The One Million Steps for OCD Walk — now in its TENTH year! — returned with over 35 in-person events and countless grassroots Community Walks taking place across the country. We look forward to walking again with you next year and the continued growth of this amazing, community building and fundraising event.



IOCDF staff pose for a photo after running a very successful event at the Boston Walk.



Biohaven at their Walk Exhibit Booth



Brainsway at their Walk exhibit booth



Local, Boston-area OCD clinic exhibiting at the Walk



Rogers Behavioral Health flies to Boston to participate in the Walk!



Grand Marshal Jeff Sparr of PeaceLove, posing with his artwork he painted during the Boston OCD Walk



The OCD Institute at McLean Hospital exhibiting at the Walk



Even cats showed up to walk!



Proudly wearing Walk t-shirts at Carson Beach during the Boston-based Walk



A walker displaying why they walk



Denis Asselin, the inspiration for the One Million Steps for OCD Walk, breaks the tape with Boston Grand Marshal Jeff Sparr of PeaceLove.



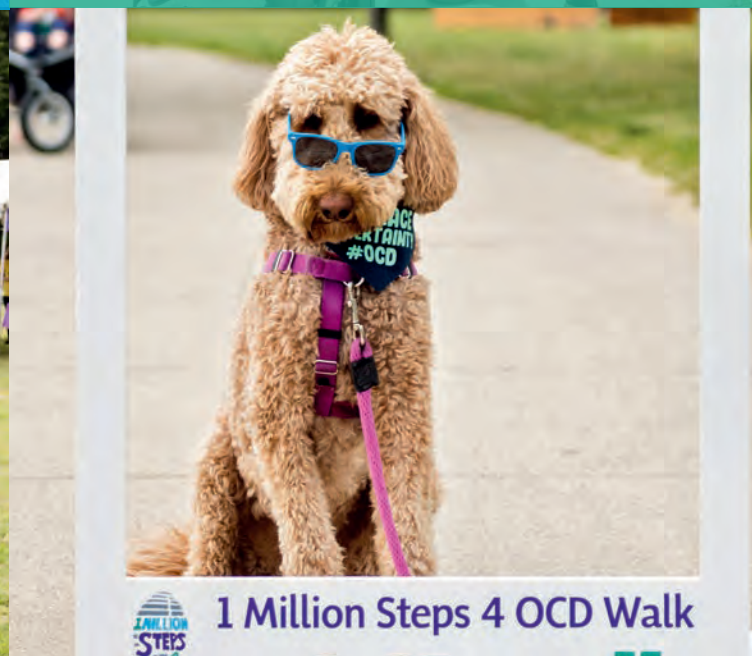
Walkers were able to choose different colored beaded necklaces to indicate whether they were Overcoming OCD, Support Squad, or a Proud Provider — or all three!



The Walk attracts people of all ages!



Fundraising walkers all get a commemorative Walk t-shirt and many wear them year after year.



Many furry friends joined us in raising awareness for OCD.

THErapy COMMUNITY

Institutional Member Updates *(continued from page 13)*

reducing techniques and offers group support. Classes are offered in January, April, and September, and are currently offered in-person.

We Are Hiring! We are hiring new therapists to create a quality team that will match the success of the incredible therapists that we already employ. If you happen to be, or know of any good candidates, please send them our way!

For more information on our individual, couples, family, and group or video or in-person therapy, please feel free to contact us!

PEDIATRIC ANXIETY RESEARCH CENTER

**1011 Veterans Memorial Pkwy
East Providence, RI 2915
(401) 432-1516**

jherren@lifefspan.org
anxiouskids.org

The Pediatric Anxiety Research Center at Bradley Hospital and the Warren Alpert Medical School of Brown University is an integrated research and clinical center established in 1999. Our mission is to optimize the mental health of youth and families with anxiety-based disorders through the integration of clinical care, research, and training. We provide culturally responsive exposure-based treatment through a unique spectrum of office-based, home-based, and partial hospital programs for children with obsessive-compulsive disorder (OCD) and other anxiety disorders.

We are excited to announce that given the ongoing growth of the center across clinical, research, and training domains, we have used this opportunity to restructure our PARC leadership team as follows: Dr. Jen Freeman, Director of PARC; Dr. Mike Walther, PARC Intensive Services Lead; Dr. Amy Egolf, PARC Psychiatry Lead; Dr. Jenny Herren, PARC Outpatient Services and Operations Lead; Dr. Kristen Benito, PARC Research and Quality Improvement Lead; and Dr. Beth Brannan, PARC Training Lead.

PARC is also thrilled to share that we will be resuming our annual OCD partial program reunion this Fall, which is always a fun and exciting event! Check out our website to learn more about PARC's current research and clinical initiatives.

POTOMAC BEHAVIORAL SOLUTIONS

**1901 S. Bell St., Suite 1125
Arlington, VA 22202
(571) 257-3378**

info@pbshealthcare.com
pbshealthcare.com

The Intensive Program is specially designed for adolescents and adults who would benefit from more targeted treatment of symptoms. The Intensive Program identifies and addresses

triggers to emotion dysregulation, rigid thinking, eating difficulties, and obsessions, and helps patients prevent ineffective mental and behavioral engagements.

Our program treats obsessive-compulsive and related disorders which may involve obsessions (intrusive thoughts or urges), compulsions (repetitive behaviors or mental acts), and/or recurrent body-focused repetitive behaviors. This category includes: Obsessive-Compulsive Disorder, Hoarding Disorder, Trichotillomania (Hair-pulling), and Excoriation (Skin-Picking). Our approaches include Exposure with Response Prevention (ERP), Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), and Dialectical Behavioral Therapy (DBT). The Intensive program varies in frequency and duration as it is based on the needs of the individual (including homework over the weekend).

Each patient and their family meets one-to-one with a team of at least three providers. Our team includes psychiatrists and therapists. You will have a primary therapist who is part of your treatment team. The treatment schedule consists of a phone consultation, initial intake, 4-6 weeks of once-a-week pre-commitment sessions with an individual provider, the intensive week, and follow-up sessions focusing on relapse prevention. If you have any questions, contact us!

ROGERS BEHAVIORAL HEALTH

**34700 Valley Road
Oconomowoc, WI 53066
(800) 767-4411**

Rick.Ramsay@rogersbh.org
rogersbh.org

This summer, Rogers opened two residential programs in Brown Deer, WI. The programs treat adult and adolescent patients struggling with depression as well as patients with a secondary diagnosis of anxiety.

Rogers Behavioral Health will open our first clinic in Colorado in the Denver area this fall, offering partial hospitalization care for children, adolescents, and adults with OCD and anxiety. The clinic is located at 10333 East Dry Creek Road, Suite 350, in Englewood, CO.

Over the summer, Rogers opened a new intensive outpatient care treatment option at our Sheboygan, WI, clinic for children and adolescents with OCD and related anxiety disorders.

For the first time since 2020, Rogers held an in-person CE seminar, "Treating OCD in children and adolescents: A cognitive-behavioral approach," led by Martin Franklin, PhD, at Florida International University.

In addition to the return of in-person continuing education events, Rogers continues to offer free, monthly webinars eligible for CE credit. After a break during the summer, webinars returned in August with "Evidence-based psychological and pharmacological interventions for perinatal mood and anxiety disorders," led by Ajeng Puspitasari,

THE ANXIETY AND OCD TREATMENT CENTER

PhD, LP, ABPP, and Hemalatha Rajanna, MD. A recording of this webinar, as well as previous webinars, is available at rogersbh.org/resources.

STANFORD TRANSLATIONAL OCD PROGRAM RODRIGUEZ LAB

401 Quarry Road
Stanford, CA 94305
(650) 723-4095
ocdresearch@stanford.edu
rodriguezlab.stanford.edu

The Stanford Translational OCD program utilizes an interdisciplinary approach to find new treatments for patients suffering from OCD and hoarding disorder. We have many new exciting research studies and invite you to find out more by calling (650-723-4095) or emailing (ocdresearch@stanford.edu or clutterhelp@stanford.edu). We also invite you to follow us on Twitter and Facebook @RodriguezLabSU.

A new book by Dr. Carolyn Rodriguez and coauthor Dr. Randy Frost, *Hoarding Disorder: A Comprehensive Clinical Guide*, is available at: appi.org/Products/Obsessive-Compulsive-Disorders/Hoarding-Disorder?SearchText=hoarding&sku=37336. For OCD Awareness Week, in collaboration with OCD SF Bay Area, we will be hosting an in-person fair as well as a virtual panel. See details on our website.

We welcome to the lab: neurosciences graduate student Paula Munoz Rodriguez and REACH Scholar Dariana Hernandez. Excited to have had collaborators Drs. Hannah Raila and Katie Fracalanza present at IOCDF's 2022 Research Symposium on their research in virtual reality and imaginal exposure treatments for hoarding disorder.

STRESS AND ANXIETY SERVICES OF NJ (AND BEYOND)

A-2 Brier Hill Ct,
East Brunswick, NJ 8816
195 Columbia Tpke, Ste 120
Florham Park, NJ 7932
(732) 390-6694
info@stressandanxiety.com
StressAndAnxiety.com

SAS is excited to welcome three new clinicians to our practice! Dr. Alex Busch, a licensed psychologist, has until recently been the Clinic Coordinator and Clinical Supervisor at the Medical University of South Carolina's Sleep and Anxiety Treatment Center and Research Program in Charleston, where he did CBT work with a variety of anxiety disorders in teens and adults. Taylor Stadlander is a licensed clinical social worker who specialized in anxiety and OCD treatment in her previous clinic in New Jersey, and also worked for several years as the school therapist for West Bergen Mental Health in a K-8 school district, as well as with adults at the Ramapo Ridge Partial Hospitalization Program/IOP. Dr. Anwesha Chaudhuri is our newest postdoc fellow, and recently graduated from the Clinical Psychology program at Widener University, where she also earned her MBA.

In other news, Dr. Dina Siegel on our staff has received her NJ psychologist license to add to her one from NY, and Drs. Megan Cox and Allen Weg presented on multiple occasions at the IOCDF conference in Denver. Please remember that with seven of our psychologists now accredited through PSYPACT, we can remotely service over 30 states in the US!

THE ANXIETY AND OCD TREATMENT CENTER

8832 Blakeney Professional Drive Suite 105
Charlotte, NC 28277
(704) 631-3980
kgyoerkoe@gmail.com
anxietyandocdtreatmentcenter.com

The Anxiety and OCD Treatment Center in Charlotte, NC, offers outpatient therapy for children, adolescents, and adults with anxiety and OCD-related disorders.

We are pleased to welcome three new staff members to our growing team! Haley Rorabeck, LCMHC, and Rachel Grenzia-Franchi, LCSW, joined our team this spring. Both have extensive experience providing ERP for OCD to children and adults, including previous work at Rogers Memorial Hospital, and are welcome additions to our staff. This fall, Kristin Running, PhD, will also join our team. Dr. Running is currently completing her post-doctoral fellowship with a specialization in CBT and ERP at the University of Florida. Dr. Running also specializes in providing comprehensive psychoeducational evaluations for children, adolescents, and adults. Dr. Running will offer these services as well at The Anxiety and OCD Treatment Center. We look forward to Dr. Running joining our team.

We are excited for a productive 2022-2023 as our team continues to grow and we continue to focus on providing the highest quality evidenced-based services for anxiety and OCD!

THE ANXIETY CENTER, LLC

11085 Montgomery Rd Suite 250 7340 Crossing Pl
Cincinnati, OH 45249 Fishers, Indiana 46038
(513) 547-2861
nathanfite@theanxietycenter.com
theanxietycenter.com
(463) 220-0437

Our center provides the full continuum of integrated behavioral health services from the cutting-edge neuromodulation therapies like BrainsWay Deep TMS to coordinated psychiatric services for medication management, including genomic testing. When you enter our offices you will find a center committed to the quality of patient care and a space designed to provide comfort, privacy, and convenience.

All of our psychotherapists have specialized training in process-based cognitive behavioral (CBT) orientation, meaning that when you receive services through our center, you will be receiving short-term, individualized, practical, and action-oriented therapy in order to help you achieve the best possible outcome.

THE THERAPY COMMUNITY

Institutional Member Updates *(continued)*

At TAC we are now offering ketamine infusions and ketamine assisted CBT as an adjunct treatment options for patient with treatment resistant depression or acute suicidal thoughts or actions. Although intravenous ketamine has not been FDA approved, current research indicates that it provides an important secondary approach to a significant number of patients who may have exhausted more traditional means. Although it is likely that there are multiple mechanisms at play, scientists believe that ketamine works by modulating the activity of a brain chemical called glutamate. This chemical then stimulates the growth of new synapses in that brain that help alleviate depressive symptoms. Although ketamine is not a treatment for everyone, it has been a life-changing option for many. By coming to The Anxiety Center, you can be sure that you or your loved one will receive compassionate and effective care from experts committed to helping you achieve the best possible outcome.

THE ANXIETY TREATMENT CENTER OF GREATER CHICAGO

707 Lake Cook Road, suite 310
Deerfield, IL 60015
(847) 559-0001

KLCassiday@anxietytreatmentcenter.com

656 West Randolph
Chicago, Illinois 60661
(847) 456-5426

karencassiday@gmail.com
anxietytreatmentcenter.com

The Anxiety Treatment Center of Greater Chicago is excited to welcome Belma Prasko, MA, to our treatment team. Belma loves working with families, patients on the spectrum, and being part of our intensive team. We also have staff fluent in Russian, Ukrainian, and Mandarin who can serve patients who want to do therapy in their mother tongue.

THE CENTER FOR EMOTIONAL HEALTH OF GREATER PHILADELPHIA

1910 Route 70 E, Suite 7
Cherry Hill, New Jersey 8003
(856) 220-9672

601 Ewing St, Ste C-2
Princeton, New Jersey 8540

mail@thecenterforemotionalhealth.com
thecenterforemotionalhealth.com

The Center for Emotional Health of Greater Philadelphia (CEH) welcomes a new cohort of postdoctoral fellows to our team this fall! Sheila Rouzitalab, PsyD, completed her doctoral degree in clinical psychology at Rutgers University GSAPP and her internship at Long Island Jewish Medical Center, Northwell Health, Glen Oaks, NY. Ashley Pallathra, PhD, completed her doctoral degree in clinical psychology at The Catholic University of America, Washington, DC, and her internship at The University of North Carolina at Chapel Hill. Both Dr. Rouzitalab and Dr. Pallathra bring a wealth of training experience and

enthusiasm to their work, and we are excited to welcome them to the CEH family.

CEH has expanded its professional education program, CEH PsychEd. In addition to serving as an APA-approved sponsor of continuing education, CEH is now recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for psychologists. CEH is also approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. We have an exciting schedule of upcoming webinar programs and look forward to sharing them with our colleagues (thecenterforemotionalhealth.com/events-webinars).

THE CENTER FOR OCD AND ANXIETY AT SHEPPARD PRATT

6501 N. Charles Street
Baltimore, MD 21204
(410) 927-5462

jon.hershfield@sheppardpratt.org
sheppardpratt.org/care-finder/ocd-anxiety-center

What's new at The Center for OCD and Anxiety at Sheppard Pratt?

Residential OCD Programs Expand: The residential OCD program at The Retreat, serving adults 18+, continues to thrive and is accepting new patients. We've also expanded our residential OCD services to teens 12-17 at Sheppard Pratt's The LifeLaunch. You can refer a client by contacting Kelli Lillard, Director, National Outreach at Kelli.Lillard@sheppardpratt.org or 410-553-1487.

Learn From Jon: Loved Jon's talks at IOCDF and want to hear more? He'll be presenting at the Online OCD Conference in November: How to Customize Treatments for OCD Clients: Case Formulation + Creativity + Protocol Flexibility on Friday, November 4, at 2:30pm ET, and Kicking the Inner Critic Where It Counts: Using Self-Compassion Strategically in OCD Recovery on Friday, November 4, at 3:45pm ET.

Work at The Center for OCD and Anxiety: Looking to practice in Maryland? As our practice grows, we're looking for clinicians specializing in OCD and CBT (Master's level degree, licensed or pre-licensed LCSW, LCMFT, or LCPC) to join the team. Reach out to jon.hershfield@sheppardpratt.org to learn more or apply. ☺

Record \$1.6 Million for 2022 IOCDF Research Grant Awards *(continued from cover)*



“PANDAS Network hoped to expand the field of research beyond the U.S. and, happily, we were able to with these two Michael Jenike Young Investigators grants,” wrote Diana Pohlman, the Executive Director of PANDAS Network. “Each are neuroscience PhD research scientists interested in neuroinflammation and mental health consequences. We appreciate and look forward to the current and future partnership with the IOCDF.”

The nine winning grants summarized below were selected through a highly competitive peer-review process involving a panel of 74 top researchers reviewing grants in their areas of expertise. The most highly rated projects in the first round were then subjected to a second round of scrutiny from the full committee. These final nine projects represent the strongest and most promising science from an excellent pool of applications.

BREAKTHROUGH AWARDS

The goal of the Breakthrough Award is to support research with the potential to revolutionize scientific understanding of OCD, accelerate progress toward new and more effective treatments, and discover ways to prevent OCD from taking hold in the first place. The Breakthrough Awards are made possible through the generosity of an anonymous donor to the IOCDF.

Neural Mechanisms of Active Avoidance in Obsessive Compulsive Disorder

Principal Investigator(s):
Emily Stern, PhD & Mohammed R. Milad, PhD

Nathan Kline Institute for Psychiatric Research/ Research Foundation for Mental Hygiene (Orangeburg, NY)

Award Amount: \$500,000



According to behavioral models of OCD, compulsions are types of avoidance behaviors that reduce distress from obsessions in the short term. Over time, this reinforces beliefs that obsessions are unbearable and that these compulsions must be performed to bring relief. One of the core aspects and main benefits of exposure and response prevention (ERP) for OCD is eliminating these avoidance behaviors — yet we still do not understand exactly how

RESEARCH NEWS

Record \$1.6 Million for 2022 IOCDF Research Grant Awards *(continued)*

the brains of people with OCD work as these behaviors unfold. This study will use neuroimaging techniques and an avoidance learning task to study what happens in the brain during avoidance behaviors in 60 people with OCD and 60 people in a control group. As people with OCD have a wide range of symptoms, it will also look at whether brain function during avoidance differs based on the types of OCD symptoms someone has. By looking at how OCD avoidance behaviors are related to activity in the brain, this study aims to provide new directions for existing treatments and potentially lead to new interventions.

CBT Augmentation to Promote Medication Discontinuation in Pediatric OCD

Principal Investigator: Eric Storch, PhD
 Baylor College of Medicine (Houston, TX)
 Award Amount: \$499,891



Several treatments have shown efficacy for treating pediatric OCD including cognitive behavioral therapy (CBT), medication with a serotonin reuptake inhibitor (SRI), and their combination (SRI+CBT). Although best practice suggests using CBT to treat children with mild-to-moderate OCD and combined treatment for those with more severe presentations, SRIs are still often prescribed first regardless of severity and their potential for side effects. An adult trial demonstrated that gradually reducing taking SRIs after a successful course of SRI+CBT was not worse than continuing taking SRIs across 24 weeks of follow-up, suggesting that SRI treatment can be safely discontinued with the help of CBT. This study will examine if SRI tapering for children with at least moderate OCD after benefiting from CBT across 24 weeks of follow-up has similar outcomes to those that continue on medication to determine if this might be a successful approach to discontinuing medication, as well as for whom this approach may work best. These results will be used to inform policy and practice regarding maximizing outcomes among children, reducing exposure to unnecessary treatments, and returning youth to everyday living. Beyond pediatric OCD, this project hopes to serve as a possible model for other conditions, such as anxiety disorders.

INNOVATOR AWARD

The special focus of the 2022 Innovator Award was the investigation of co-occurring OCD and bipolar disorder, with attention to underlying mechanisms and causes. The awardee would improve scientific knowledge in this under-researched area, with the ultimate goal of advancing treatment outcomes for people with this dual diagnosis. This award was made possible through the generosity of the Walder Family Charitable Fund.

Dissecting the Temporal and Causal Relationships between OCD and Bipolar Disorder

Principal Investigator: Dorothy Grice, MD
 Icahn School of Medicine at Mount Sinai
 (New York, NY)



Award Amount: \$300,000 (funded by the Walder Family Charitable Fund)

Studies show that a first diagnosis of OCD is associated with a significantly higher risk of a later, additional, diagnosis of bipolar disorder (BPD). It has been documented that more severe OCD and worse health and quality of life outcomes occur in those who have co-occurring BPD. Treatment for people with both conditions also differs from standard OCD treatments in order to account for BPD symptoms. To explore these relationships in more detail, this study will use a large national epidemiological cohort and data from large-scale genetic studies to examine the risk architecture for co-occurring OCD and BPD. For example, there could be shared genetic factors that increase risk for individuals to develop both OCD and BPD, shared environmental factors that increase risk for individuals to develop both OCD and BPD, and/or OCD-specific factors that predispose a subgroup of individuals to develop BPD. This study will also develop statistical models that predict a future BPD diagnosis in those with a pre-existing OCD diagnosis. In the future, this approach may impact choices of clinical care.

MICHAEL A. JENIKE YOUNG INVESTIGATOR AWARDS

Awardees are promising early-career researchers who are working to establish themselves in the field of OCD and related disorders. Five awardees whose projects range from pediatric OCD to sleep received funding from thousands of individual donors who contribute to the IOCDF Research Grant Fund every year. Two awardees whose projects were related to PANDAS/PANS research received funding from PANDAS Network, the leading nonprofit organization for PANDAS/PANS awareness and research.

Expanding the Genetic Landscape of Pediatric OCD

Principal Investigator: Emily Olfson, MD, PhD
 Yale School of Medicine (New Haven, CT)
 Award Amount: \$49,993



For many years now, researchers have argued that genetics play a role in the development of OCD. However, we still don't fully understand what those specific risk factors are and how they affect neurobiological "pathways". More recent data suggests that it is a combination of genetic changes that may impact an individual's likelihood of developing OCD, rather than focusing on finding just one, or a small handful of genes that are responsible. The purpose of this study is to examine several different forms of genetic variation within the same individuals with OCD using a sample of 200 families. This study will add data to examine how rare and common genetic variants integrate together to impact OCD risk. Additionally, the data from these 200 families will be combined with a separate group of 200 families with body-focused repetitive behavior (BFRB) diagnoses to examine genetic factors that are shared and distinct across the OCD spectrum. By integrating different categories of genetic variation, this study aims to advance our understanding of the genetic landscape of pediatric OCD and related conditions, provide insight into how variants impact risk of developing OCD, and inform future interventions.

Improving Access to Evidence-based Interventions for Adolescents with Body Dysmorphic Disorder

Principal Investigator: Daniel Rautio, Msc, PhD Candidate
 Karolinska Institutet (Solna, Sweden)
 Award Amount: \$49,750



Body dysmorphic disorder (BDD) is a common and impairing disorder that typically onsets before the age of 18. Although cognitive behavioral therapy (CBT) can prevent severe long-term consequences of BDD if applied at an early age, it is not available for all who need it. To address this gap, Internet-delivered CBT (ICBT) was developed as a form of guided self-help, and a pilot study by the authors of this project that assesses ICBT for adolescents with BDD is showing promising treatment effects. This study will expand the pilot into a randomized controlled trial to test ICBT's efficacy on 136 adolescents with BDD over 14 weeks, compared to an Internet-based supportive therapy control. It will look at ICBT's effects on BDD symptom severity, how well participants respond to treatment, and how cost-effective it is. By examining these factors, this study hopes to show that this internet-based CBT treatment for young people with BDD is both effective and offers good value for money. The eventual aim is to make it available to as many young people with BDD as possible who may not be receiving treatment at the moment.

Perinatal Obsessive Compulsive Disorder: A Person-centered, Dynamic Systems Approach

Principal Investigator: Samantha Hellberg, MA
 University of North Carolina at Chapel Hill (Chapel Hill, NC)
 Award Amount: \$49,566



During the pandemic, as many as one in three parents have been impacted by perinatal distress (PND). The costs of PND can be significant, and impact caregivers, children, and families. While perinatal mood and anxiety disorders (PMADs) have received attention, less is known about perinatal OCD (pOCD). Individuals with pOCD often experience highly distressing thoughts related to their pregnancy or newborn and engage in repeated, time-consuming behaviors to try to manage the distress caused by these thoughts. The presentation of pOCD can vary greatly from person to person. These individual differences pose a major obstacle to better understanding, preventing, and treating pOCD. Technology-based assessment methods offer new opportunities for understanding how people experience pOCD in real-world settings. This study will use smartphone-based daily assessments to understand the

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presentation and trajectory of pOCD in 65 individuals at elevated risk for PND. Study participants will complete daily smartphone-based assessments on their emotions, behaviors, and thoughts from their 28th week of pregnancy until about 12 weeks postpartum. By looking at individuals' daily experiences related to pOCD in this way, our study can inform how we understand the development of pOCD and differences in its presentation across individuals. Given our person-focused approach, this study has the potential to inform efforts to develop personalized, smartphone-based interventions for parents at risk for PND during this critical time period.

Examining Circadian and Non-circadian Phenotypes in Obsessive Compulsive Disorder with Delayed Bedtimes

Principal Investigator: Rebecca Cox, PhD
University of Colorado, Boulder
(Boulder, CO)

Award Amount: \$49,933

Relapse following OCD treatment is common, suggesting that there is still much research to be done regarding treatment mechanisms. One of these mechanisms may be circadian rhythms, or the body's biological clock. An indicator of circadian rhythms is sleep timing, and previous research has found that people with OCD tend to have later sleep timing (going to bed and waking up later), which is associated with worse symptoms. However, it is still unclear whether later sleep timing in OCD is due to a delayed circadian rhythm or other factors such as staying up later engaging in compulsions. This study will explore the role of circadian rhythms in later sleep timing in OCD by measuring the associations between the timing of melatonin (a hormone that marks the timing of the biological clock) production and desired vs actual sleep timing in adults with OCD. The findings will provide important insight into whether circadian rhythms could be a new target for OCD treatment.



IOCDF/PANDAS NETWORK YOUNG INVESTIGATOR AWARD RECIPIENTS

A Modifiable Transcriptomic Signature of Immune Dysfunction in Pediatric Obsessive Compulsive Disorder (OCD)

Primary Investigator: Shrujna Patel, PhD
Sydney Children's Hospital Network (Sydney, Australia)

Award Amount: \$50,000 (funded by PANDAS Network)

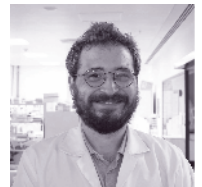



Research shows that many children with PANS have dysfunctional immune systems. When common psychiatric medications fail, treatments such as intravenous immunoglobulin (IVIG) have shown some success; however, IVIG is short-term, costly, and invasive. Further research into such treatments is held back by lack of knowledge about PANS biomarkers, the specific molecules found in the blood and other fluids that act as signs of conditions. Using RNA sequencing of whole blood, this team identified a signature of immune dysfunction in children with PANS, which can be targeted with IVIG and link to clinical improvements. This study aims to confirm this signature in a large group of children with PANS, examine it at a cellular level, and explore how IVIG affects it. The results from this study will provide the first evidence for a biomarker of immune dysfunction in children with PANS, increasing our potential at finding effective treatments.

Elucidating the Role of RXRA Factor in Myeloid Cells for Immune-mediated Mechanisms of OCD

Primary Investigator: Uğur Akcan, PhD
Columbia University (New York, NY)

Award Amount: \$50,000 (funded by PANDAS Network)



PANDAS may be associated with a form of basal ganglia encephalitis (BGE) caused by repetitive Group A Streptococcus (GAS) infections. Findings show that the immune response targeting repetitive GAS infections can lead to brain and nervous system inflammation. As not every child develops BGE, there may be a genetic component related to the development of PANDAS. This team has identified approximately 20 genes associated with BGE, one of which is Retinoid X Receptor Alpha (RXR α), which is responsible for regulating immune responses that one is born with and those that are built up through time. Using imaging techniques on mice and humans, this study will assess the importance of RXR α for regulating the immune response of myeloid cells (a type of immune system cell) that can affect the nervous system following repetitive GAS infections. It also proposes to test the effects of RXR α loss in mouse myeloid cells to understand effects on the nervous system after these infections. This investigation may aid in developing potential biomarkers and therapeutics to help with diagnostic and treatment strategies for PANDAS. 

Research Participants Sought

The IOCDF is not affiliated with any of the following studies, although we ensure that all research studies listed on this page have been reviewed and approved by an Institutional Review Board (IRB). The studies are listed alphabetically by state, with online studies and those open to multiple areas at the beginning.

If you are a researcher who would like to include your research listing in the *OCD Newsletter*, please email Boris Litvin at blitvin@iocdf.org or visit iocdf.org/research.

Transcranial Direct Current Stimulation (tDCS) in Pediatric Obsessive-Compulsive Disorder (OCD)

Does your child suffer from OCD?

We are actively recruiting for a study at Massachusetts General Hospital to investigate the effect of transcranial direct current stimulation (tDCS) on neurocognitive functioning in pediatric OCD. tDCS is a non-invasive, painless, and safe form of brain stimulation.

We aim to discover new non-medication treatment approaches for children with OCD using targeted and safe delivery of a weak current to the scalp. Please note that this is an investigational study, not a treatment study. This means that while we are not expecting benefits to you directly, we plan to use what we learn to inform future treatments.

The study consists of 4 total visits:

- One remote/virtual screening visit
- Three in-person visits, approximately 2 hours long each.
 - Each visit will include computer tasks, questionnaires, electroencephalogram (EEG) and tDCS.
- Compensation of up to \$120

Please visit our study website or reach out to our team if you are interested in learning more!

Study website: <https://rally.partners.org/study/tdcs>

McKenzie Schuyler, Study Coordinator

P: 617-726-5527

E: mschuyler@partners.org

Mathijs Van Der Drift, Study Coordinator

E: mvanderdrift@mgh.harvard.edu

Daniel Geller, M.D., Principal Investigator

E: dan.geller@mgh.harvard.edu

Online Study About OCD Treatment for Teens

Purpose: Researchers at Suffolk University and the New England Center for OCD and Anxiety want to learn more about how exposure therapy works for teens with OCD by learning about different experiences in therapy for teens with OCD and how thinking effects behavior.

Who: We are seeking teens 13-17 years old who are currently, or who have previously, been in exposure therapy for OCD. If you're not sure if you have tried exposure therapy, ask our study team! Permission from your parent is required to do this study.

What you will do: Complete a game and answer survey questions about your OCD and treatment you have tried online, which will take you about 35 minutes. Your parent can also participate by answering survey questions online.

Why: You may help researchers learn information about important ways that treatment could be changed so that it works for more teens with OCD.

You will receive: A self-help book for teens with OCD and a \$10 Visa gift card!

If you are interested or have questions call, text, or email our study team:

Katrina, Study Co-Investigator

kdaigle@suffolk.edu

617-394-8876

Hoarding Disorder Research

We need your help.

We want to know more about why people find it difficult to discard things and tend to save or collect items.

If you would like to participate in this study, please contact us!

Phone/Text: +61493 132 561

Email: CPRLab@acu.edu.au

Study Inclusion Criteria: People with clinically significant problems with hoarding objects in their home, are above 18 years old and can complete questionnaires in English.

Study Exclusion Criteria: people with psychosis, significant cognitive impairment, a neurological disorder, traumatic brain injury, or active suicidal ideation from the study.

This study has been approved by the Human Research and Ethics Committee at the Australian Catholic University (No. 2020-151H).

RESEARCH NEWS

Research Study on Inpatient Hospitalization Experiences of Individuals with OCD

We are recruiting participants who: Are at least 18 years of age; Have received a diagnosis of OCD; Have had at least one inpatient hospitalization for mental health concerns lasting at least 24 hours.

Individuals meeting these criteria may be eligible to participate in a study looking at the experiences of people with OCD who have had at least one inpatient hospitalization for mental health reasons. Participation involves answering questions in an online survey about your thoughts, feelings, and experiences related to your inpatient hospital stay(s).

This study is being conducted by Dr. Eric Storch, PhD, at Baylor College of Medicine, Houston, TX. For more information, please contact the study coordinator, Saira Weinzimmer at 713-798-3080 or email saira.weinzimmer@bcm.edu.

Link: https://bcmpsych.sjc1.qualtrics.com/jfe/form/SV_dbUYIwnmtCsXhD8?fbclid=IwAROrR5LM8RBXyLzr-L_rBja0sxYBOuayoHND3Hnu-AAayROlfjLSk ⓘ

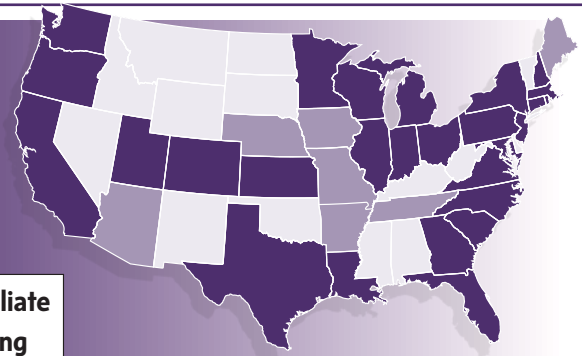
FROM THE AFFILIATES

Affiliate Updates

Affiliate Updates

Our affiliates carry out the mission of the IOCDF at the local level. Each of our affiliates is a non-profit organization run entirely by dedicated volunteers. For more info, visit:

iocdf.org/affiliates



- State with Affiliate
- Affiliate Forming

OCD CONNECTICUT

ocdct.org
facebook.com/OCConnecticut

In celebration of International OCD Awareness Week, OCD Connecticut is presenting a symposium “Obsessive Compulsive Disorder: Getting Help and Support for Recovery” on October 13 at Sacred Heart University in Fairfield, CT. Drs. Christina Taylor and Diane Sholomskas, OCD CT Clinical Board Advisors, and members of the Fairfield County OCD Support Group will discuss the symptoms, diagnosis, and treatment of OCD. The presentation is sponsored by The Human Journey Colloquia 2022 Series, and is free and open to the public. The panel will be held at 7:00 PM in the Loris Forum in the Martire Building at SHU. In addition, we are currently in the planning stage of organizing our 2022 One Million Steps for OCD Walk for October.

We are happy to welcome the addition of a new board member, Audrey Medd, who will act as our Secretary and social media outreach liaison — welcome Aubrey!

OCD CENTRAL & SOUTH FLORIDA

ocdcsfl.org
facebook.com/OCDCSFL

OCD Central & South Florida board members were excited to connect with new and past colleagues at the Annual OCD Conference in Denver, CO! We’re now gearing up for our One Million Steps for OCD Walk, which will be held on Saturday, October 1, 2022, at St. Petersburg College. This family-friendly event will include refreshments, music, a bounce house, raffle, and a variety of awareness-building activities. For OCD Awareness Week 2022, we’re hosting a presentation for clinicians in South Florida on Friday, October 7, 2022, on Comorbidity of OCD & PTSD, by Stephanie Sacks, PhD. On Saturday, January 21, 2023, we’re having an event at Evelyn Greer Park in Pinecrest, FL, to provide guidance to individuals affected by OCD, their family members, and professionals on treatment options and different levels of care. This event will also include networking opportunities for clinicians.

FROM THE AFFILIATES

We also have several other collaborations in the works! Please check our website for more details about upcoming events!

OCD NEW HAMPSHIRE

ocdnewhampshire.org
 @ocd_new_hampshire
facebook.com/OCDNH

There's a lot happening here in the Granite State! We would like to welcome David Bradley, PhD, and Christina Ennabe, LCMHC, to our Executive Board. In July, we held our second exposure hike facilitated by Executive Board member Jeanette Nogales, LCMHC, MEd, CAGS. This family friendly event incorporated some ERP and ACT on beautiful Cardigan Mountain. We hope to expand our Exposure Hiking program in 2023. We are excited to be holding our third SPACE program for parents. This eight-session parent training developed by Dr. Eli Lebowitz helps parents understand how they can reduce accommodations and reassurances to best help their kids with OC, anxiety and related disorders.

Upcoming resources, trainings and events (please check our website for a full list and details):

Virtual Learning Series: A monthly educational zooms featuring some of your favorite topics around living with OCD

- Weekly, virtual Adults with OCD support group
- Monthly, virtual Family and Friends of OCD support group
- Monthly, virtual Youth with OCD support group
- Monthly, virtual Parents of Anxious Kids support group

OCD Awareness Week being held October 9–15

OC-Deconstructed: Breaking Down Treatment and Subtypes clinician & student training October 14th, Plymouth State University

YBOCS virtual training with Seoka Salstrom, PhD (December)
 OCD Jacksonville

ocdjacksonville.com
 @ocdjax
facebook.com/OCDJAX

OCD Jacksonville has purchased 500 copies of The ACT Workbook For Teens With OCD by Patricia Zurita Ona, PsyD, and will give them to area high schools as part of their ongoing community outreach program.

OCD KANSAS

ocdkansas.org
 @ocd_kansas
facebook.com/OCDKansas

OCD Kansas is looking forward to hosting the annual One Million Steps for OCD Walk on Saturday, October 15th. Mark your calendars and come join us for this great event! Potential walkers, donors, and/or sponsors can find information on our website or social media pages or reach out to us at ocdkansas@gmail.com. We are particularly proud to announce that Morgan Rondinelli with the non-profit organization Not Alone Notes will serve as our Grand Marshal this year! We hope you will join us!

As a part of the OCDare to Share campaign, we continue to host a quarterly Virtual Coffee Hour with OCD Kansas. We are truly grateful that this has become another opportunity to bring our community together. The next one will take place on September 24th, and you can register and find further information on this — and more! — by visiting our social media pages.

Stay tuned to our social media channels (@ocdkansas) for events throughout OCD Awareness Week. This includes Facebook Live question/answer sessions, coloring pages to advocate for OCD, and spotlights on our board members.

OCD MID-ATLANTIC

ocdmidatlantic.org
facebook.com/OCDMidAtlantic

OCD Mid-Atlantic is happy to announce that our long-awaited website update is complete! Check it out at ocdmidatlantic.org. In the near future, we will be adding events coming in OCD Awareness Week, including the Richmond One Million Steps 4 OCD Walk. In addition, we are working on collaborations with local community resources for future events.

Several of our members attended and presented at the Annual OCD Conference in Denver and enjoyed being back in person for this event! It was great to be a part of this inspiring and welcoming national community for the weekend.

We would like to say thank you and fond farewell to Carrie Holl, Deborah Cole, Maggie Liftik, and Noah Weintraub as they step down from board membership. They have contributed greatly during their time on the board and will be missed. This means that we are also looking for new board members in the Mid-Atlantic region. We would love to add non-professional board members so please reach out on our website if you are interested in joining the board.

FROM THE AFFILIATES

Affiliate Updates *(continued)*

OCD MIDWEST

ocd-midwest.org

@ocdmidwest

facebook.com/OCDMidwestAffiliate

OCD Midwest was excited to sponsor a Pediatric BTTI in Cleveland, Ohio, in early August. Board member Joanna Hardis presented "Training in OCD Basics" for the Oberlin College Counseling Department, and contributed to the Anxious Truth podcast on the episode entitled, "Is There a 'Secret Sauce' in Recovery?" We hosted three One Million Steps for OCD Walks in June: Chicago, Akron/Canton, OH, and Columbus, OH, as well as another OCD Walk in Cincinnati in October. Board Treasurer Nicole Bosse presented "What is OCD and How Is It Treated?" for Lindner Center of HOPE's community education series, and presented two workshops at the IOCDF's Annual OCD Conference: "Turning the Table: Parent Exposures" and "It's All Fun and Games: Challenging Perfectionism, Symmetry, and Just Right OCD." Board member Mike Sizemore presented his OCD story to NAMI Richland County, OH's Family to Family class. Our four clinical consultation groups continue to meet monthly, and we welcome all clinicians in our tri-state affiliate (IL, IN, OH) regardless of OCD experience level. Visit our website for more information and join your Midwest colleagues next month — it will be time well-spent! (And look for free CEU opportunities in the coming months!)

OCD NEW JERSEY

ocdnj.org

@ocd_newjersey

facebook.com/OCDNewJersey

OCD New Jersey hosted a successful One Million Steps for OCD Walk in Clark, NJ, on Sunday, June 5, 2022, with over 100 participants, and raised over \$8,000! We are grateful to those who supported the event and look forward to our next walk in 2023.

OCD New Jersey will have active fall and winter 2022 seasons, hosting a virtual OCD Awareness Week event (visit our new website for details) as well as active participation in IOCDF's Online OCD Conference in November with presentations by members of our Board of Directors.

OCD PENNSYLVANIA

ocdpennsylvania.org

@ocd_pennsylvania

facebook.com/OCD-Pennsylvania-108186369206615

OCD Pennsylvania has been busy planning our OCD Walks, hosting a support group for spouses of people with OCD, and meeting with each other at the Annual OCD Conference in Denver. We also provided financial support to the first ever Courageous Kids Camp in Erie, PA, which was a transformational experience for the campers and the facilitators!

We would love for you to join us at one of the 4 OCD Walks throughout Pennsylvania in October! One Million Steps for OCD walks in PA will be held on the following dates:

Harrisburg: 10/1

Pittsburgh: 10/15

Philadelphia: 10/22

Erie: 10/29

OCD TEXAS

@ocd_texas

facebook.com/ocdtexasforsure

ocdtexas.org

OCD Texas and our growing board enjoyed connecting at the Denver Conference, and we are looking forward to our One Million Steps for OCD Walks in Houston, Austin, and San Antonio on October 1st! We would like to recognize our Platinum Sponsors: McLean OCDI Houston, Paradigm Treatment, James Flowers Health Institute, and Better Living Center for Behavioral Health. Thank you to all volunteers and sponsors for supporting the OCD Walk!

In other news, OCD Texas has launched our scholarship program for AnxietyTraining.com. The 10 selected recipients of the Mary Kathleen Norris Scholarship Award will receive a 12-hour evidence-based CBT course for anxiety and OCD, followed by 3 months of Community Membership for consultation. As always, we continue to explore new ways to grow. Please reach out to us at info@ocdtexas.org if you'd like to get involved! 📞