



Announcing the Perinatal OCD Resource Center A partnership between the IOCDF and 2020 Mom

by Stephanie Cogen, MPH, MSW and
Cindy Herrick, MA, CPSS, MHFA



Perinatal OCD (often called “postpartum OCD” or “maternal/paternal OCD”) is a mental health condition that can be experienced by parents, whether or not they are a childbearing parent. It can affect parents of any gender and can occur during the pregnancy period and/or after the baby’s birth. Perinatal OCD is a relatively common mental health condition, estimated to be present in about 2 to 3 percent of all parents, although recent studies believe the number may actually be higher. Despite this, it’s rarely talked about alongside other perinatal mood and anxiety disorders (PMAD).

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The mission of the International OCD Foundation is to help those affected by obsessive compulsive disorder (OCD) and related disorders to live full and productive lives. Our aim is to increase access to effective treatment through research and training, foster a hopeful and supportive community for those affected by OCD and the professionals who treat them, and fight stigma surrounding mental health issues.

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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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OCD can be isolating for any child.

You can help.

Help support a world in which OCD isn't something a child has to ever endure alone. Your gift will fund programs that ensure children receive the diagnosis, care, and community they need to thrive. Make a difference today — donate at iocdf.org/helpkids.



President's & Executive Director's Letter

by Susan Boaz & Jeff Szymanski, PhD



Dear IOCDF Community,

As we slowly spin out of the era of COVID (though are we truly on the other side yet?!), the IOCDF staff and Board of Directors have embarked on an ambitious strategic planning process. This began at the end of 2021 and will progress throughout all of 2022.

Historically, the IOCDF has been seen as the go-to place for everything related to OCD (as well as body dysmorphic disorder and hoarding disorder). Over the past few years, however, many others have moved into the fray with us. This has created amazing opportunities for partnership and increased our reach to those impacted by OCD. As we've capitalized on these partnerships, it has allowed us to move out of the role of trying to be everything to everyone. We wanted to take a step back and evaluate what we do well and how we can be more impactful.

We decided to follow a tested strategic planning process and enlisted the help of Ben Gambrel, who is both a parent of a child with OCD and a donor with professional strategic planning experience. The process challenged us to revisit our mission statement and couple it with a vision statement (a bold and inspirational view of the future) to align our strategy and actions. We all came together around the unique and unfair reality that it still takes years for most people to access effective treatment for OCD. This is in stark contrast to someone who develops kidney stones, for example. They'd go to their physician, get a diagnosis, and gain access to effective treatment

relatively quickly. What if that were the case for those with OCD? Additionally, we wanted to recognize how OCD and related disorders can affect the family. We need to find more ways to address the needs of everyone in our community. From that point on, we began to think about the future and trajectory of the organization in a more streamlined way.

So, how are we doing that? First, we have set up a task force composed of a subset of the board of directors and IOCDF senior leadership. Next, we engaged a consulting group, Blue Beyond, who are experts in conducting stakeholder meetings and gathering information and input from all aspects of our community to help us focus on what is most important. Stakeholder groups included individuals with lived experience, parents, researchers, therapists, affiliate reps, donors, and international members.

This incredible feedback will be woven into our mission and vision, which will guide our strategy for years to come. We are very excited about this process and will continue to provide you with updates as it unfolds. Thank you to the many people who contributed their ideas, thoughts, and suggestions.

Stay tuned!

Warmly,

Susan Boaz, IOCDF Board President

A handwritten signature in cursive script that reads "Susan M. Boaz".

Jeff Szymanski, IOCDF Executive Director

A handwritten signature in cursive script that reads "Jeff Szymanski".

FROM THE FOUNDATION

The New-and-Improved Faith & OCD Resource Center



We are excited to announce that an expanded Faith and OCD Resource Center is now available! This online resource focuses on both moral/religious scrupulosity and the ways OCD may interfere with an individual's religious practices and/or treatment.

HOW IT BEGAN

Through the passion of IOCDF Lead Advocate and Diversity Advisory Council member Valerie Andrews, a faith-based task force was launched in December 2020 to create the Faith and OCD Resource Center. This task force (now led by Lead Advocate Rev. Katie O'Dunne) includes OCD experts, religious/spiritual leaders, and those from a variety of religious backgrounds who live with OCD. To kick things off, the task force released a needs assessment to identify gaps and barriers faced by those living with OCD in faith-based communities, as well as capture the unique needs of faith leaders and mental health professionals working with this population. From survey results, a robust resource center was created to bridge the gap between faith and mental health.

FOR THOSE LIVING WITH OCD

Those experiencing scrupulous thoughts may face unique challenges when seeking treatment and support. The resource center is designed to provide them with the education and tools needed to seek evidence-based treatment while also feeling encouraged to uphold their faith, religious, and/or spiritual traditions. Visitors will be able to learn more about OCD treatment, differentiating OCD from their values, and the importance of accepting uncertainty. Strategies for overcoming stigma within their faith traditions are also provided. Parts of this section were developed through the work of the Faith and OCD Special Interest Group, which developed out of group members' overwhelming interest in connecting with others who are passionate about OCD and faith and now includes 120 members from different faith traditions.

FOR RELIGIOUS AND SPIRITUAL LEADERS

For many, religious/spiritual leaders may be an important part of their support system. Religious and spiritual leaders can expect to find resources to best support members impacted by OCD and tools for helping congregants reconnect with faith in a value-driven way (free from reassurance/accommodation). Individuals often feel comfortable speaking to a trusted religious or spiritual leader about their mental health concerns prior to seeking mental health treatment. Because they are often the starting point in an individual's journey with OCD, the resource center provides religious leaders with education around identifying symptoms and how to connect individuals to evidence-based treatment. They will also find tools for reducing mental health stigma within their congregations and insight into how to work with mental health professionals to ensure that those living with OCD receive the best care and support.

FOR MENTAL HEALTH PROFESSIONALS

Mental health professionals are provided with practical ways to support a client who is experiencing scrupulous/moral intrusive thoughts and, importantly, ways to work within their religious or spiritual practices. The resource center offers strategies for developing effective and religiously-sensitive exposure techniques, and addresses how to ethically integrate faith or spirituality into therapy. Clinicians do not need to be experts in their client's religious practices in order to provide effective OCD treatment; however, the resource center provides strategies for incorporating religious or spiritual sensitivity to support their clients' values. This is important because supporting clients' values and having interfaith literacy is key to separating faith from OCD, while also developing exposures in culturally competent ways. In some instances, clinicians may find it beneficial to speak with a religious/spiritual leader to best understand religious norms and practices — the resource center provides ways to collaborate.

FROM THE FOUNDATION

MORE TO COME

The Faith and OCD Resource Center will continue to develop additional resources to help educate and support those who work with individuals living with OCD. Future plans include adding educational resources for different religious traditions, including a section for those who are non-religious, and building a learning center that will provide presentations and educational materials to share with faith communities. The faith-based task force will continue to make connections with a variety of religious groups and mental health professionals to increase the offerings of faith-specific resources and support. 📍

This resource would not have been possible without the support and passion of many people. A special thank-you to the following contributors: Farha Abbasi, MD; Valerie Andrews; Justin K. Hughes, MA, LPC; Lindsay Magee, PhD; Patrick B. McGrath, PhD; Rev. Katie O'Dunne; Fr. Thomas Santa; Jedidiah Siev, PhD; Ted Witzig, Jr., PhD; and Caitlin Claggett Woods, PhD, C.Psych.

Visit the Faith and OCD Resource Center at iocdf.org/faith-ocd.

Thank You for walking with us this June!

More OCD Walks will take place in October 2022.

Visit iocdf.org/walk to find a Walk near you and register today!



PUBLIC POLICY CORNER

Summer Public Policy Update



Hello to our community of policy advocates! We hope these past few months have treated you well, and that you have found your advocacy efforts to be rewarding and fruitful. The IOCDF continues to focus our advocacy on areas of the most relevance and impact to our community, including parity enforcement and telehealth expansion, and areas of special interest such as perinatal mental health. This past quarter, however, we found ourselves most often advocating for the youngest members of our OCD community!

POLICY ADVOCACY FOR YOUTH

The IOCDF has added our voice to several pieces of legislation in support of youth mental health. These include bills that would ensure that mental health policies on college campuses are consistent with existing federal guidelines, strengthen support for pediatric mental health through Medicaid, and reauthorize funding for children's mental and behavioral health programs. If you'd like to include these bills in your advocacy efforts, they are:

- Student Mental Health Rights Act (HR 7370)
- Strengthen Kids' Mental Health Now Act (HR 7236)
- Supporting Children's Mental Health Access Act (HR 7076/S 3864)

Another way we've been advocating for youth mental health is via advocacy for youth mental health providers. We are excited to report that the Pediatric Subspecialty Loan Repayment Program (PSLRP) received a \$5 million investment from the recent Fiscal Year (FY) 2022 omnibus spending bill, signed into law by President Biden in March. The PSLRP is a loan repayment program for pediatric subspecialty providers (including pediatric psychiatrists) who practice in rural and underserved areas. Programs like this incentivize more people to enter the field, knowing that doing so will help repay their loans from their education/training. We are hopeful that the PSLRP will be one of many steps to help increase the number of pediatric mental health providers in general, and particularly in our OCD community!

TAKE ACTION TODAY

We invite you to visit the IOCDF Action Center at iocdf.org/take-action to 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 don't hesitate to reach out to your elected representation today!

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

My Journey to the Conference

by Caroline K., IOCDF Advocate



The Annual OCD Conference is a place where individuals with OCD, loved ones, and professionals in the community come together to seek support, camaraderie, and guidance. Perhaps most importantly, it serves as a reminder that we are not alone in our experiences with OCD.

After intensive OCD treatment in 2016, I heard about “OCD Con.” I had done many exposures surrounding my emetophobia — the fear and uncertainty of getting nauseous away from home. When asked to speak on a panel at the San Francisco Conference in 2017, I graciously accepted the invitation and challenged my OCD fears by taking a plane from Boston to San Fran to attend. This was my first conference, and it was life-changing. I made lifelong friendships, heard stories similar to mine, and proved to myself that I could travel across the country for something I valued. From that moment, I knew that I didn’t want to

miss another OCD Conference. I traveled to Washington, D.C. for the 2018 Conference where, unfortunately, my worst OCD fears were realized, and I got sick. This was a major setback in my OCD recovery. I haven’t attended an in-person conference since.

The setback I experienced in D.C. combined with the COVID-19 pandemic left me feeling very discouraged in my OCD journey. I craved the in-person conference experience I’d had in San Fran. Last year I set a clear goal for myself to attend the 2022 OCD Conference in Denver. I had a little over one year to prepare to make the trip from Boston to Denver, and I was scared. The first step was to hold myself accountable by telling my friends in the community. This was a crucial step in making sure I didn’t back out. My friends encouraged me to take it one step further and hold myself accountable for attending the conference with the entire OCD community. This is how the “Journey to the Conference” project came to life. As someone with OCD and intense fears around traveling, the idea of documenting the steps I’m taking to get to the Conference became a way to not only hold myself accountable for attending, but also provide a motivation to others with similar OCD fears. So far I’ve used an online journal of sorts to document registering for the conference, booking my flight and hotel, and committing to speak on four panels. There really is no backing out now!

Values have always been my biggest motivator in OCD treatment. Knowing that my trip to Denver is filled with OCD advocacy — from the moment I register until the last workshop closes — is the most values-based exposure I can think of. Yes, this trip is going to be terrifying, but it will also be fun, informative, and filled with advocacy. I look forward to taking you all along with me on this journey! To follow along, visit IOCDF’s Instagram (@IOCDF) and blog. 📍

To register for the conference, visit iocdf.org/ocdcon.

DEVELOPMENT CORNER

Estate Gift Announcement: Donald P. Thompson



Scout, a graduate of the University of Alabama, and a world traveler, having gone around the world multiple times. He enjoyed turkey and quail hunting, water skiing, and running in his younger years. He made friends easily and had many longtime, devoted friends who, along with his family, will miss his great sense of humor. A longtime Christian, Donald was a member of Bethel Worship Center of Wetumpka. OCD affected Donald tremendously, which unfortunately contributed to other medical issues throughout his life.

"We all miss Donald, who was very dear. He was a truly unique character — original, fun loving, humorous and kind — loved by many." Beth Thompson, sister of Donald



The IOCDF recently received a generous estate gift of \$636,219.79 from the late Donald P. Thompson. This gift will support important efforts such as the Research Grant Fund, Behavior Therapy Training Institute (BTTI) Scholarship Fund, Annual OCD Conference Scholarship Fund, and the addition of several new staff positions to meet the Foundation's growing needs. As an OCD sufferer during his life, Donald's generous gift will help others who are struggling for many years to come.

Donald Palmer Thompson, 63, a resident of Montgomery, Alabama for most of his life, passed away on March 15, 2020. He is survived by his mother, Elisabeth (Mimi) Thompson, brother, Dr. John A. Thompson (Dianne) of Seattle, WA, sister Helen T. Andersen (Arnold) of Iowa City, IA, sister Beth T. Johnson (Chip) of Montgomery, and a large number of loving nieces, nephews, and cousins. He was preceded in death by his father, John A. Thompson II. Donald was a graduate of Montgomery Academy, an Eagle

The IOCDF thanks Donald for his visionary generosity and the Thompson family for their extraordinary assistance in the execution of the estate.

You can leave a legacy with the IOCDF, too!

Visit iocdf.org/legacy to learn more about estate planning, or contact Kristen Lynch, Development Manager, at klynch@iocdf.org.

Finding Strength Through Advocacy: IOCDF's Newest Board Member

by Chris Trondsen, AMFT, APCC, IOCDF Lead Advocate



"He is the worst case of OCD I have ever seen."

"I can work with him, but it will take about four years to see any progress."

"He will never hold down a job, so be prepared to have him living with you forever."

At age 21, these were some of the most devastating words I or my parents had ever heard. Like many of you, the first therapists I sought out used only talk therapy to treat my OCD. After having no success, my mom found a therapist known as the "OCD expert" in our area, who, after discussing my symptoms, told me I would be in therapy for life and could expect minimal results due to the severity of my OCD. This left me with little hope and could have been where my story ended — but it's not.

A LIGHT IN THE DARK

I will never forget the day my mom let me know she had found an organization that specialized in providing OCD resources and education. After navigating their website, she felt hopeful and found

a nearby provider who specialized in the treatment of OCD. After making a phone call, I was able to start working with a treatment center; after 14 months of consistent care, I went from being housebound and non-functioning to someone ready to take on the world. I began volunteering, found employment, returned to school, and my life started to turn around. The organization my mom had found that led us to an effective treatment provider, additional resources, and hope was the International OCD Foundation.

My mom found a therapist known as the "OCD expert" in our area, who, after discussing my symptoms, told me I would be in therapy for life and could expect minimal results due to the severity of my OCD. This left me with little hope and could have been where my story ended — but it's not.

DISCOVERING ADVOCACY

Battling OCD for most of my life forever changed me. After treatment concluded and I began to re-enter life, I realized something was missing. Occasionally, I would reminisce about the first IOCDF Annual OCD Conference I attended. Although my OCD was so severe that I could not attend the entire weekend, one of the talks featured a speaker my age, Dr. Liz McIngvale, and her words moved me. Her recovery story left me with a sense of hope I had not felt before and motivated me to share my story.

The first time I officially spoke out about my experience with OCD was on *The Montel Williams Show*, a nationally syndicated talk show; it felt like an opportunity to offer hope to the suffering. I went on to share my story on multiple

media platforms and eventually became a part of the IOCDF Speaker's Bureau. My first opportunity as part of the Bureau was to share my story at the Annual OCD Conference. It proved to be an amazing way to connect with others who experienced similar struggles while offering hope

to the community! From there I went on to visit different parts of the US to educate various audiences on the disorder.

Working with the IOCDF became a big part of my life; one of the highlights of my year was attending the annual conference. At one of the Conferences, other young adults with OCD and I were discussing how much we enjoyed the event but felt it was missing talks geared toward our age group. So, we proposed a talk that explicitly addressed the

FROM THE FRONT LINES

Finding Strength Through Advocacy: IOCDF’s Newest Board Member *(continued)*

unique challenges a young adult with OCD faces — and it was accepted! And so the “Young Adult Track” was born to address life transitions that impact individuals aged 18 to 30, such as starting college, moving out on one’s own, and landing that first professional job — all while balancing an OCD diagnosis. The Young Adult Track is still part of the conference to this day, and it reminds me that the IOCDF listens to their community members and works hard to provide the resources they need.

COMING FULL-CIRCLE

The more I became involved in advocacy, the more I realized there was a lack of providers who specialized in the treatment of OCD. I heard so many stories similar to mine — of people spending years in ineffective treatment. I heard from parents whose children had lost all hope and refused therapy because of the poor treatment they had received. Through my advocacy work with the IOCDF, I felt inspired to become a clinician specializing in OCD treatment to help fill a need. I returned to school, and the work I was doing with the IOCDF helped me get into a competitive graduate school program. I went on to graduate and become an OCD specialist — a full-circle moment for me.

Not long after, my mom and I helped the IOCDF establish an affiliate in Southern California to address the needs of our local OCD community and bring the IOCDF’s education and resources to “SoCal.” Today, Melissa Mose, LMFT, is president, I serve as vice president, and my mom remains an active member of the board.

PASSION PROJECTS

In 2018, the IOCDF asked me to become part of their ambassador program, allowing me to take my advocacy to the next level. I once again felt honored to be part of an organization that values my feedback. Recently, I was promoted to become one of the foundation’s Lead Advocates. With the pandemic creating difficulties for so many in the OCD community, this new position allowed

me to spread hope across international and national media platforms, including NBC, BuzzFeed, and Vox, and on weekly IOCDF livestreams alongside Dr. Liz McIngvale.

Through my advocacy work with the IOCDF, I felt inspired to become a clinician specializing in OCD treatment to help fill a need.

In this role, I have found passion in helping a new generation of young adults with OCD and BDD (with which I am also

diagnosed) thrive. As a gay male with OCD, I am proud to have helped coalesce the foundation’s LGBTQ Special Interest Group.

THE BOARD, AND BEYOND

What I love about this organization is that they have embraced those things about me that, for so long, I had so much embarrassment about. I always struggled with having a mental health diagnosis, the way I looked (because of BDD), and my sexual orientation. These things that I was ashamed of and hid from so many for a long time are among the reasons the IOCDF has asked me to become a board member. This new position is an absolute honor and means so much,



Chris with fellow lead advocate Tom Smalley

because it allows me to thrive and highlight the very things I once kept buried.

To you, the OCD community, I make this promise: As

a board member, I will do everything I can to ensure that this organization continues to provide you with education, resources, research, and community. I am an individual with OCD just like you, and I look forward to your feedback — because this organization thrives thanks to you. I look forward to seeing you all at the Annual OCD Conference in Denver this July (please feel free to say “hello”!).

What I love about this organization is that they have embraced those things about me that, for so long, I had so much embarrassment about.

For information on how to become an IOCDF Advocate, visit iocdf.org/advocate-program.

Announcing the Perinatal OCD Resource Center

by Stephanie Cogen, MPH, MSW and Cindy Herrick, MA, CPSS, MHFA



PROBLEM-SOLVING THROUGH PARTNERSHIP

In thinking about how to address this concerning disparity, the IOCDF knew they wouldn't be able to tackle it alone. Enter 2020 Mom — a leading maternal mental health nonprofit organization — and the formation of a fruitful partnership that led to the creation of the multidisciplinary Perinatal OCD Task Force. Our goals with this partnership were to bring together the best of both worlds by including leaders in both the OCD community and the perinatal mental health community to address perinatal OCD from a variety of avenues.

The work of the task force is divided into three subcommittees — Public Awareness, Clinical Provider Training/Intervention/Awareness, and Research — each focused on developing content, programming, and/or resources for their specific population. Broad goals of the Perinatal OCD Task Force as a whole include creating an online Resource Center, developing online support groups, coming up with consensus guidelines around screening and treatment, and fostering research collaborations to further the knowledge base.

PUBLIC AWARENESS SUBCOMMITTEE HIGHLIGHTS

The Public Awareness subcommittee put together our online, freely accessible Perinatal OCD Resource Center (iocdf.org/perinatal-OCD), which contains information and resources for people with lived experience, their loved ones/supporters, clinical providers, and the general public. We are so excited to share it with you, and hope you find it to be helpful on your journey!

This subcommittee also partnered with Postpartum Support International (PSI), another maternal mental health nonprofit, to begin offering online Perinatal OCD Support Groups several times a month. We are so proud of our “mom-vocate” task force members who are leading these groups and happy to be able to offer this safe and supportive space to those living with perinatal OCD.

CLINICAL PROVIDER SUBCOMMITTEE HIGHLIGHTS

The Clinical Provider subcommittee also contributed to the Perinatal OCD Resource Center by coming up with information and resources specifically for clinical providers, including a

variety of mental health and medical providers. Of particular focus was the development of core competencies for each profession, establishing key things each should know about perinatal OCD within their scope of practice.

This subcommittee also worked to identify current avenues of training/development for interested providers to be brought up to speed on their core competencies. In addition, they generated a list of relevant screening tools for perinatal OCD, which can be found at 2020mom.org/mmh-screening-tools.

RESEARCH SUBCOMMITTEE HIGHLIGHTS

The Research subcommittee was instrumental in the creation of the Perinatal OCD Resource Center, performing an extensive literature review to bring the entire task force up to date on what the research currently tells us about perinatal OCD. This document helped inform the work of the other two subcommittees, and the authors are now seeking publication to bring their findings to the research community at large.

One of the biggest takeaways from the literature review is that there is still so much we don't know about perinatal OCD. The subcommittee will thus be turning its focus to begin filling some of these gaps through collaborative research and dissemination/translation.

WHAT'S NEXT?

The work of the Perinatal OCD Task Force is far from over, and we are looking forward to continuing our collaborative work! Our immediate and long-term goals include continuing to promote awareness and understanding of perinatal OCD across all audiences, improving training for clinical providers, and hosting a research summit to begin closing knowledge gaps. There will also be a series on Perinatal OCD at both the in-person and online OCD Conferences this year, with educational sessions and support groups. 📍

In the meantime, we invite you to visit (and share!) the Perinatal OCD Resource Center at iocdf.org/perinatal-OCD!

THERAPY COMMUNITY

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.

THE ANXIETY CENTER

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Our approach is to use the very best treatments and technologies in behavioral health and apply them skillfully and compassionately. We adhere exclusively to treatments that have been established through rigorous scientific research because we want you to have the confidence that you are receiving treatment that has been proven to be effective. We do not believe in a "one-size-fits-all" model and will work flexibly in designing a program with you in mind. Our center provides the full continuum of integrated behavioral health services, from 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 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 ANXIETY TREATMENT CENTER OF GREATER CHICAGO

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The Anxiety Treatment Center of Greater Chicago is proud to announce that Milana Pilar, LCPC, has joined our team to work with OCD patients. Her background is in providing intensive exposure-based treatment for those who suffer from severe OCD.

We are also excited to be able to return to offering intensive exposure-based treatment for young children through adults who need daily or several-times-daily exposure therapy in their community, workplace, home, or school for OCD and other debilitating anxiety and mood disorders. We love making house calls when patients cannot get to us!

THE ANXIETY TREATMENT CENTER OF SACRAMENTO

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The Anxiety Treatment Center (ATC) of Sacramento is excited to announce that we have several new therapists who have joined our staff to help increase our services to meet the growing demands of those struggling with anxiety disorders and related conditions. We welcome Sydney Fernandez, Christopher Rodinsky, Mattie Hogan-Betck, Lexi Jennings, Patricia Doria, Marcus Macrae, and Leslie Hugg. All of our new team members bring expertise and enthusiasm that complement our program and the services we offer.

In separate presentations, the ATC was pleased to host Shannon Shy and Ethan Smith, who shared their journey through OCD treatment with a message of hope and inspiration to those struggling with OCD. Attendees left feeling inspired, energized to engage in Exposure and Response Prevention Therapy, and excited to embark on their journey of recovery.

Throughout the COVID pandemic, our mission has never wavered to provide in-person services. As summertime approaches, we look forward to serving both adults and kids who are otherwise unable to participate in treatment services during the school year. If you or someone you know is interested in intensive outpatient treatment services, feel free to pass on our contact information.

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Greetings from your neighbors in the North! Based in Canada, Archways Centre for CBT is a private clinic focused on delivering evidence-based treatment to help individuals with OCD get well and stay well. Our OCD and BFRB Clinic is one of only three sites in Canada recognized by IOCDF as delivering specialized assessment and treatment for OCD and related disorders. We continue to offer a "hybrid" treatment model, with some clients seen in person and some seen virtually. This new model (borne out of necessity, thanks to COVID!) has enabled clients from across Ontario to access our OCD and BFRB Clinic.

We are in the process of seeking another full-time psychologist to provide stellar treatment for our clients (adults and youth) with OCD and/or BFRBs. At that point we will be able to develop our programming further. For updated information, please visit our website. Wishing everyone in the OCD community a great summer!

THERAPY COMMUNITY

BAYLOR COLLEGE OF MEDICINE OCD PROGRAM

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Recruitment for the Latin American Trans-Ancestry Initiative for OCD Genomics (LATINO) has started! Led by Drs. James Crowley and Eric Storch, this new study seeks to collect the world's largest ancestrally diverse sample of OCD cases ($N = 5,000$ Latin American individuals). This study will feature international collaborations with OCD clinics in Argentina, Brazil, Canada, Chile, Colombia, Ecuador, El Salvador, Paraguay, Peru, and Mexico, as well as OCD clinics in the U.S. This monumental study will address the current Latino representation gap in OCD genetic research by conducting a novel, wide-scale OCD genomic study with robust phenotyping. We hope that increased representation of Latin individuals will advance our ability to detect, diagnose, and treat individuals of Latino ancestry using precision medicine as well as contribute to the diversification of OCD genomics as a whole. To get involved, email latinostudy@bcm.edu.

BEHAVIOR THERAPY CENTER OF GREATER WASHINGTON

11227 Lockwood Drive
Silver Spring, MD 20901
behaviortherapycenter.com
info@behaviortherapycenter.com
(301) 593-4040

Behavior Therapy Center of Greater Washington (BTC), known as the MidAtlantic Center for Treatment of OCD and Related Conditions, is excited to have returned to the office for in-person services in addition to continuing to offer a telehealth option.

BTC welcomes our newest clinician, Dr. Jeannette M. Reid, a graduate of Fordham University's PhD program.

BTC clinicians Ms. Sherrie Vavrichek and Dr. Julia Goolsby are pleased to offer a Group Therapy Program for pre-teens and adolescents who struggle with Body-Focused Repetitive Behaviors (BFRBs). A concurrent therapist-led educational and support group for parents meets at no additional cost.

Our Disruptive Behavior Management Program, under the direction of Dr. Noah Weintraub, is intended for children with OCD, Tourette syndrome, or an anxiety disorder in combination with externalizing behaviors (e.g., anger outbursts, defiance), and is appropriate for families in which PANS/PANDAS is suspected. This program involves a structured parenting group.

BTC's professionally assisted GOAL OCD Support Group continues to run strong.

We hope you join BTC at the upcoming IOCDF Annual OCD Conference in Denver! Our clinicians will be presenting on a wide range of topics to audiences of children, families, individuals with lived experience, and mental health professionals.

BETTER LIVING CENTER FOR BEHAVIORAL HEALTH

1333 W McDermott Drive, Suite 150
Allen, TX 75013
betterlivingbh.org
info@betterlivingbh.org
(972) 332-8733

Better Living Center for Behavioral Health is delighted to be expanding its IOP and Day Programs. We are now able to see up to 36 individuals in higher-level treatment at the same time. Individual-level treatment is also available for those who are not referred from a specialist or returning to specialty care near their home. We currently have a brief waiting list (approximately two to four weeks).

Better Living's founder and program designer formerly served as a unit lead clinician for equivalent programs with Rogers Memorial Hospital. We welcome overflow and demonstrate treatment outcomes similar to larger facilities. We offer IOP and day treatment to adults and adolescents. Stay in the Dallas area while you address your symptoms and receive evidence-based gold standard ERP for OCD and related issues.

BIO BEHAVIORAL INSTITUTE

935 Northern Boulevard, Suite 102
Great Neck, NY 11021
biobehavioralinstitute.com
info@biobehavioralinstitute.com
(516) 487-7116

Bio Behavioral Institute is proud to be in its 43rd year of providing empirically validated treatment for OCD-related and anxiety disorders. Our team is thrilled to be providing our full range of services in person while continuing to offer virtual sessions. Our IOP program welcomes both locally based and out-of-state individuals. Typical length of stay for out-of-state patients is four to six weeks consisting of one-on-one sessions from three to six hours a day. Session length and frequency is determined by a number of factors, including clinical need.

We welcome two new staff members: Lisa Mineo, LMFT, joins us with more than 10 years of expertise in mental health and co-occurring substance abuse disorders. Lisa has extensive training in CBT and helped develop and implement a manualized cognitive behavioral family therapy program in her previous experience. William Sanderson Jr., our previous extern, re-joins our team from Hofstra University's clinical doctoral program. He has extensive training and experience in evidence-based treatment for anxiety disorders, phobias, OCD-related disorders, and trauma history.

We are currently offering a fast-track DBT skills group geared specifically for college-age and young adults.

THERAPY COMMUNITY

Institutional Member Updates

CENTER FOR ANXIETY

200 W 57th Street, Suite 1008
New York, NY 10019
centerforanxiety.org
info@centerforanxiety.org
(646) 837-5557

Center for Anxiety is a diverse team of caring clinicians working and growing together to provide effective outpatient and intensive treatment to make a difference in the communities we serve. We offer a variety of programs, such as weekly DBT groups for adults and adolescents, a weekly graduate DBT group, free support groups, a two-week Intensive Outpatient Program, individual therapy, and individual IOP. We provide OCD intensive treatment with a quick intake process and can support virtual or in-person.

This year, our staff is growing and we have multiple offices across Manhattan, Brooklyn, Great Neck, Rockland County, Boston Copley Square, and Harvard Square. In other news, we have a podcast, *A More Connected Life*, where trained clinicians discuss how the very real challenges of mental disorders can ultimately lead to greater insight, resilience, and connection. Additionally, we continue to provide corporate seminars and workshops for companies and executives looking to work on "Wellness in the Workplace." To inquire about our patient services, open positions or workshop offerings, please email info@centerforanxiety.org.

THE CENTER FOR EMOTIONAL HEALTH OF GREATER PHILADELPHIA

1910 Route 70 E,
Suites 7 & 5
Cherry Hill, NJ 08003
601 Ewing Street, Suite C-2
Princeton, NJ 08540
thecenterforemotionalhealth.com
mail@thecenterforemotionalhealth.com
(856) 220-9672

The Center for Emotional Health of Greater Philadelphia (CEH) has expanded its group therapy programming to increase access to care and meet the needs of the community. Newly available, skills-based groups include Integrative Behavioral Therapy for both teens and adults, and Teen Organizational, Planning, and Study Skills (TOPS) for middle and high-school-aged children. Exposure-based groups include Supportive Parenting for Anxious Childhood Emotions (SPACE), OCD Exposure Endeavors (for teens), Introduction to ERP (for adults), and Social Anxiety Exposure Group (for teens and adults).

CEH welcomed a new Director of Psychoeducational Services, W. Eric Deibler, MSEd, PsyD. Dr. Deibler is a licensed clinical psychologist and a certified school psychologist with more than

30 years of experience as a clinical trainer and a diagnostic specialist with particular expertise in children and adolescents with learning difficulties, significant mental health concerns, and complex clinical presentations. Welcome, Dr. Deibler!

THE CENTER FOR OCD AND ANXIETY AT SHEPPARD PRATT

6501 N Charles Street
Baltimore, MD 21204
sheppardpratt.org/care-finder/ocd-anxiety-center
jon.hershfield@sheppardpratt.org
(410) 927-5462

We're hiring! We're seeking clinicians experienced in the treatment of OCD and related disorders to join our team. Email Jon at jon.hershfield@sheppardpratt.org.

Upcoming speaking engagements at the IOCDF Annual OCD Conference:

What Isn't OCD & Why That Matters
Feat. Michael Young, MD, Medical Director of The Retreat at Sheppard Pratt
Friday, 7/8 @ 8am MT

OCD Rebuttals
Friday, 7/8 @ 12:30pm MT

Am I an ACT Therapist or an ERP Therapist? How to Embrace Flexibility & Integrate What Works
Friday, 7/8 @ 2:15pm MT

Staying in the Zone: When to Pull in DBT Alongside ERP
Friday, 7/8 @ 4pm MT

Moral Scrupulosity Support Group
Friday, 7/8 @ 8pm MT

Special Session — Pure OCD: A Discussion
Saturday, 7/9 @ 8am MT

Upcoming speaking engagements at the IOCDF Online OCD Conference:

How to Customize Treatments for OCD Clients: Case Formulation + Creativity + Protocol Flexibility
Friday, 11/4 @ 2:30pm ET

Kicking The Inner Critic Where It Counts: Using Self-Compassion Strategically in OCD Recovery
Friday, 11/4 @ 3:45pm ET

Online OCD & Anxiety Series: This series will cover morality-based obsessions, acceptance and commitment therapy, Tourette OCD, pharmacological treatment of OCD, comorbid eating disorders, and autism spectrum disorder. sheppardpratt.org/files/resources/ocd-workshop-series-spring-2022-3.pdf.

THERAPY COMMUNITY

COLUMBIA UNIVERSITY CLINIC FOR ANXIETY AND RELATED DISORDERS — WESTCHESTER

155 White Plains Road, Suites 200 & 203
Tarrytown, NY 10591

columbiadoctors.org/childrens-health/anxietydayprogram
acp2137@cumc.columbia.edu
(914) 631-4618

Columbia University Clinic for Anxiety and Related Disorders (CUCARD) Westchester is excited to resume running our Anxiety Day Program on site and in person in May! The 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. Learn more at columbiadoctors.org/childrens-health/anxietydayprogram.

CUCARD Westchester is also delighted to welcome Dr. Sarah Garcia to our team! Dr. Garcia brings expertise in treating anxiety, OCD, and depression across the lifespan.

COMPASS HEALTH CENTER

2500 W Bradley Place, Suite 100
Chicago, IL 60618

compasshealthcenter.net
info@compasshealthcenter.net
(773) 649-0759

Compass Health Center has expanded its OCD and Complex Anxiety Disorders Program to both its virtual platform and its new Oakbrook location in Illinois. Along with the programs at the Chicago and Northbrook, IL locations, this program offers exposure and response prevention therapy (ERP) in a PHP/IOP setting to patients aged 18 and older. Patients in the program receive daily exposure therapy and skills groups focused on cognitive behavioral therapy, dialectical behavior therapy, and acceptance and commitment therapy. In addition to ERP and group work, patients receive weekly individual and family therapy as well as psychiatric services. Visit compasshealthcenter.net.

INTENSIVE OCD PROGRAM

101 East 56th Street
New York, NY 10022

childmind.org/care/areas-of-expertise/anxiety-disorders-center/intensive-treatment-ocd
info@childmind.org
(212) 335-1187

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. The program is back to seeing clients fully in person and is open to children and young adults. We provide individual CBT/ERP treatment for three hours a day, five days a week. The Intensive OCD Program ranges from one to four weeks and sees a wide range of severity levels. 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.

MCLEAN OCD INSTITUTE HOUSTON

708 E 19th Street
Houston, TX 77008

mcleanhouston.org
dim@houstonocd.org
(832) 588-3460

We know the importance of providing proper support in a compassionate and therapeutic environment, and that is why the McLean OCD Institute Houston is dedicated to providing a collaborative and team-oriented approach in implementing evidence-based care to individuals diagnosed with OCD, related disorders, and other comorbidities.

Our Residential Support Program, Partial Hospitalization Program, and Virtual Outpatient Program are accepting new clients in need of higher-level care who are experiencing moderate to severe symptoms. We are currently accepting inquiries for our Adolescent Intensive Outpatient Program (A-IOP), a virtual after-school treatment program for adolescents experiencing symptoms of anxiety in school, at home, and other social settings. We hope to re-launch our A-IOP in the fall of this year. Our mission is to provide our clients with the skills and confidence to cope with various stressors, difficult transitions, and life's daily challenges.

We are happy to welcome Dr. Jennifer Alexander as our new behavioral therapist! Her clinical and research expertise primarily centers on obsessive compulsive spectrum disorders (such as Tourette disorder, trichotillomania, and OCD) and anxiety disorders in children, adolescents, and young adults. We are excited to have her with us as a valuable member of the team!

MGH PEDIATRIC PSYCHIATRY OCD & TIC DISORDERS PROGRAM

185 Cambridge Street, Suite 2000
Boston, MA 02114

mghocd.org/pediodctic
mghpediodctics@partners.org
(617) 643-2780

The MGH Pediatric Psychiatry OCD & Tic Disorders Program continues to grow in size and scope. Pamela Smethurst, ALM, joined us in February 2022 as our resource specialist. Pam will be assisting the families of patients who have varying intersectional needs in the field of mental health and beyond. The addition of Pam to our team gets us one step closer to being a one-stop wraparound clinic for our patients!

Our clinical team now comprises two MDs and a PMHNP who prescribe and provide psychoeducation to a panel of patients

THERAPY COMMUNITY

Institutional Member Updates *(continued)*

with primary obsessive compulsive and/or tic disorder. We are transitioning to a hybrid work arrangement, where initial appointments occur in person and most subsequent visits are conducted via telehealth. Email us at mghpediocdtics@partners.org for more information!

MOUNTAIN VALLEY TREATMENT CENTER

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

Everett Logan, MA, GC, Named MVTC's Executive Director

Everett Logan's career has been spent supporting adolescents and emerging adults. He began his career in boarding schools, giving him the opportunity to see the effect that the residential model has on teenagers. After years in leadership, Everett shifted career focus and moved into counseling. Everett spent the past twelve years supporting adolescents as a consultant, mentor, coach, case manager, family worker, and director of two residential programs prior to Mountain Valley where he has served as Program Director, Admissions Director, and Associate Executive Director before being appointed Executive Director.

"As I start my new chapter at Mountain Valley, one that will allow me to focus on MVTC's continued growth," says now former Executive Director/Co-Founder Carl Lovejoy, "I am reassured that MVTC is in the capable hands of my colleague, Everett."

"It is hard for me to adequately express how honored I am to be named MVTC's Executive Director," says Everett. "MVTC is a special place that provides treatment in a unique combination of setting and methodology. I am thrilled to have the opportunity to lead this program and its team and to help bring innovations into our already unparalleled treatment paradigm."

NEUROBEHAVIORAL INSTITUTE (NBI) & NBI RANCH

**2233 N Commerce Parkway, Suite 3
Weston, FL 33326**
nbiweston.com
info@nbiweston.com
(954) 217-1757

NBI is excited to announce expanding its services in New York City with a new location in midtown Manhattan.

Continuing our emphasis on treating complex OCD, our specialized track for individuals and families specifically impacted by eating-related OCD symptoms, including dietary support, continues to grow. Adults with this comorbidity who need more structure have the option of residing at NBI Ranch, our supportive living setting, while they concurrently participate

in NBI's nearby intensive OCD program.

We are also very pleased to welcome Psychologist Michael Sheffield, PsyD, and Postdoctoral Research Fellowship Resident Fernanda Arruda, PhD to our Clinical Team.

NOCD

**225 N Michigan Avenue, Suite 1430
Chicago, IL 60601**
treatmyocd.com
info@nocdhelp.com
(312) 766-6780

NOCD is proud to be an institutional member of the IOCDF. This year, we are thrilled to once again be the marquee sponsor of the IOCDF's One Million Steps for OCD Walks starting in June and continuing through OCD Awareness Month in October. NOCD is also a sponsor of the IOCDF Annual OCD Conference in Denver this Summer. We look forward to seeing you there!

Other notable NOCD company updates include the introduction of telepsychiatry to our member services starting in New Jersey and expanding our coverage to serve 108 million insured lives.

Looking for a chance to impact millions of lives? Apply today to become a NOCD therapist and join us as we continue our mission to end the global suffering caused by OCD. As a NOCD therapist, you will receive the training, tools, and continued education from leading industry experts to become the specialized therapist you've always wanted to be. Visit treatmyocd.com/therapist-recruitment to learn more or apply today.

NORTHWELL HEALTH OCD CENTER

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

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.

We continue to conduct all services through video platforms and we currently offer ten 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). We are so proud of our two research assistants, Jonathan Teller and Rebecca Braverman,

THERAPY COMMUNITY

who were each accepted into clinical psychology doctoral programs. As we reflect on the end of the current training year, we are preparing to welcome our incoming doctoral externs, interns, postdoctoral fellow, and psychiatry residents. Lastly, we look forward to finally reconnecting with so many who we have missed these last two years and also meeting new faces at the IOCDF's Annual OCD Conference Denver this July. For those who plan to attend, look out for Dr. Pinto's live demonstration of CBT for OCPD. Please email us at ocdcenter@northwell.edu for more information or to schedule a confidential screening.

NW ANXIETY INSTITUTE

32 NE 11th Avenue
Portland, OR 97232

nwanxiety.com
info@nwanxiety.com
(503) 542-7635

NW Anxiety Institute (NWA) began the year by introducing new program offerings for the Oregon/Washington community. A restructuring of the youth IOP allowed for enhanced parenting and family services. The IOP now offers a customizable approach with 6+ hours each week of parent training, support, and coaching running parallel to the youth ERP treatment groups. Additionally, the Parent Training Program, which includes on-call coaching and consultation for parents of teens and young adults, began offering a tiered approach. Parenting services now range from weekly support groups, to 6-week parent coaching courses, to an intensive coaching and consultation 6-week program — all depending on the needs of each family.

NWA is thrilled to welcome Julie Kelly, Registered Associate, as a full-time clinician following her yearlong practicum with the institute. We are also excited to announce the launch of a postdoctoral fellowship program, beginning with post-doctoral resident, Dr. Katie McEnroe, this fall. The clinicians and administrative team at NWA are excited to enjoy Denver in the summer, where they will be exhibitors, presenters, and sponsors at the IOCDF Annual OCD Conference.

THE OCD AND ANXIETY TREATMENT CENTER

1459 N Main Street #100
Bountiful, UT 84010

theocdandanxietytreatment.com
admissions@liveuncertain.com

(801) 298-2000

The OCD and Anxiety Treatment Center (TOATC) continues to provide evidence-based exposure therapy to children and adults suffering from obsessive compulsive spectrum disorders, anxiety-related disorders, and trauma disorders.

In the Spring of 2022, we were thrilled to have been nominated for the Best of Salt Lake City Award! The award recognizes businesses that serve the Salt Lake City area with exceptional quality and care.

TOATC looks forward to attending relevant conferences and events this summer, including the Generations 2022 Conference and the IOCDF Annual OCD Conference in Denver. In May, we will participate in our first benefit concert, hosted by two former clients. Proceeds from the concert will be donated to the IOCDF.

As the 2021/2022 school year draws to a close, we celebrate our first full year as a Jordan School District Mental Health Access Provider. The opportunity to better serve our district's school-aged children has been deeply rewarding, and we look forward to offering excellent care for families in our community.

TOATC is thrilled to announce the opening of our third location! The center will officially open in late 2022/early 2023 and will serve the state of Arizona.

OCD INSTITUTE MCLEAN HOSPITAL

115 Mill Street
Belmont, MA 02478

mcleanhospital.org/ocd
ocdiadmissions@partners.org
(617) 855-2776

The McLean OCDI continues to thrive despite the challenges of the past two years. We are running at full capacity in our residential programs and look forward to welcoming in-person PHP patients back soon as we continue working with them virtually for now.

We are sad to be saying goodbye to two cherished staff members, Dr. Jason Krompinger and Dr. Meghan Schreck. Both have served the OCDI in amazing ways and they will be dearly missed as they pursue new opportunities.

We are lucky to be gaining a new postdoc for next year, Aliza Stein. Aliza received her BA in psychology from Boston University and PhD in clinical psychology from The University of Texas at Austin. She completed her predoctoral internship at McLean Hospital/Harvard Medical School. At McLean, Aliza worked primarily at the Behavioral Health Partial Program with additional rotations at the College Mental Health Program, Diversity Equity and Inclusion Office, and OCD Institute. Aliza is excited to join the OCDI as a clinical postdoc!

We are also lucky to be retaining Dr. Sinhae Cho and Dr. Libby Lewis, who both complete their postdocs with us at the end of this summer. We are delighted they are staying on!

THERAPY COMMUNITY

Institutional Member Updates *(continued)*

OCD NORTH

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

OCD North strives to create a community filled with action, support, and hopefulness about overcoming OCD, taking every opportunity to raise awareness of the impacts of OCD and un-shame the disorder. Serving six provinces including Ontario, Manitoba, Alberta, New Brunswick, Newfoundland and Labrador, and Nova Scotia, OCD North provides ERP across the lifespan and family-based treatment, including SPACE (Supportive Parenting for Anxious Childhood Emotions).

Aiming to dismantle feelings of isolation and shame often associated with OCD, we launched our free Peer Mentorship Support Program in late 2021. Through this program, graduates of OCD North mentor those just beginning their recovery journey.

For Parents and Guardians of children with OCD, we offer a virtual support group on the last Thursday of every month. The program is virtual and free to join.

OCD North is excited to continue working towards normalizing the OCD experience and un-shaming the disorder. Our future 2022 plans include hosting an OCD Awareness Walk to provide education, foster community support, and stand up to the disorder's misconceptions and stigmas.

PALO ALTO THERAPY

407 Sherman Avenue
Suite C
Palo Alto, CA 94306
paloaltotherapy.com/ocd
info@paloaltotherapy.com
(650) 461-9026

940 Saratoga Avenue
Suite 240
San Jose, CA 95129

At Palo Alto Therapy, we specialize in cognitive behavioral therapy. With years of experience in the field of behavioral health, we've supported children and adults in overcoming anxiety, depression, OCD, and other stress-related problems.

Our Newest Additions: We are happy to introduce our newest members: therapists Sarah Newman, AMFT, APCC; Nicole Brunn, AMFT, APCC; Manasi Shankar, AMFT; and care coordinators, Julia Sun, Josephine Nguyen, and Alana Bridges. We are excited to have them join our practice with their unique experiences and backgrounds!

Parent OCD Support Group: This group connects parents of children of all ages with OCD who are struggling with similar situations. Living with someone who has 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.

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!

Please contact us for more information on our individual, couples, family, group, video and/or in-person therapy.

RENEWED FREEDOM CENTER FOR RAPID ANXIETY RELIEF

1849 Sawtelle Boulevard, Suite 710
Los Angeles, CA 90025
renewedfreedomcenter.com
ashleybramhall@renewedfreedomcenter.com
(310) 268-1888

Renewed Freedom Center (RFC) is looking for clinicians to join our team!

RFC is a boutique private practice located in West Los Angeles. We are seeking experienced master's- and doctorate-level clinicians to provide individual and family therapy to patients with severe OCD and anxiety disorders including Panic Disorder, Social Anxiety, Agoraphobia, Separation Anxiety, Specific Phobias, BDD, and GAD. We are looking for someone with experience in Exposure and Response Prevention (ERP) therapy, CBT, Mindfulness training, and/or Family Systems to join our team. Training will be provided, although a strong conceptualization and application of behavioral and cognitive therapies are required.

Compensation is competitive and dependent on the level of education, experience, and license status. Full-time employment includes medical, PTO (including vacation, self-care, sick, and professional days), 401k matching, and year-end benefits and bonuses. If interested, please submit your CV and a cover letter outlining your experience and interest in the position to info@renewedfreedomcenter.com.

ROGERS BEHAVIORAL HEALTH

34700 Valley Road
Oconomowoc, WI 53066
rogersbh.org
rick.ramsay@rogersbh.org
(800) 767-4411

New locations: This summer, Rogers Behavioral Health will open an addition in Brown Deer, Wisconsin. The expansion will add a 32-bed residential care center to the campus, which currently offers partial hospitalization, intensive outpatient, and inpatient care. Later this year, a new outpatient center with OCD and anxiety services will open in Denver. This will be Rogers' first location in the state of Colorado.

THE THERAPY COMMUNITY

Virtual treatment options: Rogers' Skokie, IL, clinic recently opened a virtual-only OCD and anxiety intensive outpatient program for adults, making it easier for those across the state to receive care. The clinic in Sheboygan, WI, previously added a virtual-only program for children and adolescents and is planning to add in-person partial hospitalization care this summer for OCD and anxiety.

Educational events: Rogers hosted a free webinar titled "Treatment Considerations for Complex OCD in Children and Adolescents" on Thursday, May 5. The webinar was hosted by Jennifer Park, PhD, Senior Clinical Director, Western Service Area, and Cuong Tieu, MD, Medical Director, OCD and Anxiety Center Children's Residential Care. A recording of the 90-minute session and other webinars can be viewed at rogersbh.org/resources.

STRESS AND ANXIETY SERVICES OF NJ, LLC

A-2 Brier Hill Court **195 Columbia Turnpike, Suite 120**
East Brunswick, NJ 08816 **Florham Park, NJ 07932**
(908) 705-5659 **(721) 300-6696**
stressandanxiety.com
allen.weg@stressandanxiety.com

The Stress and Anxiety Services of NJ (SASNJ) is now providing a short-term therapy group for online treatment of adults with OCD. Run by Dr. Jennifer Kennedy, a PSYPACT-certified psychologist, this allows for persons from 28 states to join us. Also, Dr. Dina Siegel is beginning her second online SPACE (Supportive Parenting for Anxious Childhood Emotions) group

for parents of children with anxiety disorders. SASNJ has continued its regular CE-sponsored webinar series, with Dr. Robert Zambrano presenting on Tourette syndrome. SASNJ has now been approved to provide CE credits for psychologists who access our on-demand webinars; now you can benefit from our webinars at your own convenience! For information about all of the above, please visit our website!

WESTWOOD INSTITUTE FOR ANXIETY DISORDERS

921 Westwood Boulevard, Suite 223
Los Angeles, CA 90024
hope4ocd.com
thewestwoodinstitute@gmail.com
(310) 443-0031

The Westwood Institute for Anxiety Disorders is now offering new maintenance groups for patients who have been working with our clinicians or have worked with our clinicians in the past. This group is offered to our patients who have been/are struggling with OCD and Body Dysmorphic Disorder (BDD) and welcomes them to attend meetings up to a year after their treatment in order to ensure relapse prevention and maintain the gains they had made during the treatment process. Homework will be assigned after each group, which is hoping to meet at least twice a month depending on the availability of our clinicians. This would also be considered a membership to the institute itself, so prices will be released when more information is available. 📍

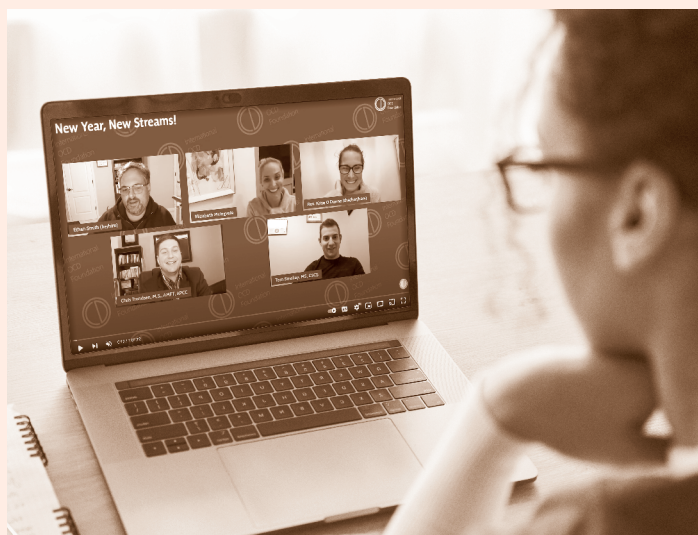
Peace of Mind Virtual Community — LIVESTREAMS!

Tune in for twice-weekly livestreams to interact with OCD experts and people just like you who live with OCD and related disorders!

- **Tuesdays @ 7pm ET**
- **Wednesdays @ 12pm ET**

Ask your questions, connect with others in the community, and join the conversation to fight stigma surrounding mental health.

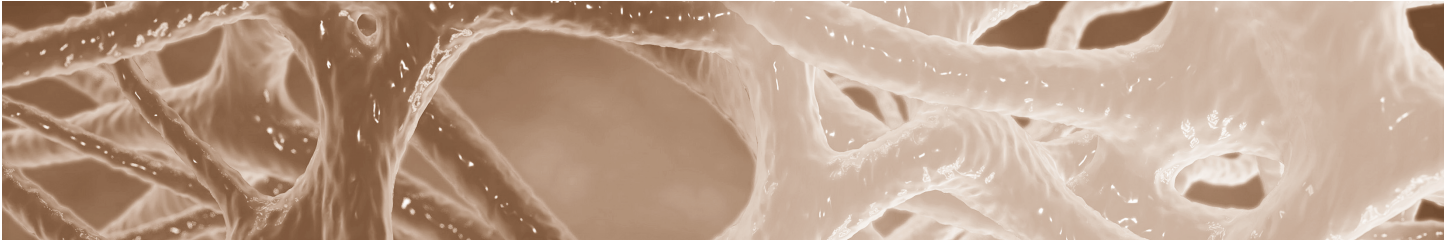
All streams are completely free. Tune in via IOCDF's YouTube, Facebook, or LinkedIn pages — or at iocdf.org/live



RESEARCH NEWS

Inflammation and OCD: What Are the Links?

by Boyee Lin, BSc^{1,2}, Clara Westwell-Roper, MD, PhD^{1,2}, Zainab Naqqash, BA^{1,2},
Cynthia Lu, BA^{1,2}, S. Evelyn Stewart, MD^{1,2,3}

**WHAT IS INFLAMMATION?**

The immune system is a complex biological network that protects us from infections and maintains normal body functioning. One of its functions is to respond to specific external threats like viruses by producing cells and antibodies that recognize the threat. This helps protect us against similar future infections, and the system's "memory" for specific threats encountered in the past is what allows vaccinations to work. The branch of the immune system involved in the body's immediate response to injury and infection is less specific and is called the "innate" immune system. Many organisms including plants, fungi, and insects have similar "innate" immune mechanisms to protect from external threats, and this is often associated with inflammation.

"Inflammation" is a term derived from the Latin "inflammare" meaning "to set fire." Most of us are familiar with the heat, redness, pain, and swelling associated with inflammation following an injury. Cells that recognize the danger of an infection or injury respond by producing proteins called cytokines and chemokines. The role of cytokines and chemokines is to get the attention of nearby immune cells and get them working to protect the body. These activated cells then help mount an effective response, attempting to eliminate the danger, triggering a more effective and specific immune response. Immune cells are also critical for reducing inflammation and promoting healing after injury. While inflammation is helpful and appropriate in the short term (it gets your body's attention!), long-term or "chronic" inflammation that does not resolve is a major contributor to physical conditions such as diabetes and arthritis.

HOW DOES INFLAMMATION AFFECT THE BRAIN?

Since the immune system operates throughout the entire body, inflammation is possible anywhere — including the central nervous system (CNS). In fact, some of the same cells involved in inflammation (for example, cells called

microglia) are also important to the brain's development. While infections can trigger an immune response in the brain, so can psychological stress, resulting in the production of hormones that affect the rest of the body. Of note, treatments targeted at improving mental and behavioral health, such as mindfulness and cognitive behavioral therapy (CBT), have been linked to changes in immune function. All of this shows the interconnectedness of our mental health and our physical health.

Inflammation in the CNS has been linked not only to the nervous system's response to stress, but also to inflammation in other areas of the body, such as during infectious illness or in autoimmune/ autoinflammatory diseases (conditions in which the immune system malfunctions and mistakenly attacks healthy cells). Many of us experience the results of this inflammation when we feel more tired or experience mood and behavioral changes with a cold or flu. Interestingly, recurrent episodes of inflammation in the body — whether related to infections or autoimmune diseases — seem to increase the long-term risk of psychiatric disorders and disorders that affect brain development. We don't yet know how this happens, but one possibility is that cytokines — proteins produced by activated immune cells that allow these cells to communicate with one another — disrupt the function of brain cells and the communication between neurons.

HOW IS INFLAMMATION LINKED TO OCD?

Pediatric acute-onset neuropsychiatric syndrome (PANS) and pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections (PANDAS) are conditions in which exposure to an infection is linked to onset of psychiatric symptoms, including OCD. Some researchers believe that the immune system is directly involved in causing the psychiatric symptoms experienced by people with PANDAS/PANS. The immune system's role in OCD outside of PANS/PANDAS has not been studied as closely, but a number of recent studies suggest there may be important links. For example, there are increased rates

of infectious and autoimmune disorders in individuals with typical, non-PANDAS/PANS childhood-onset OCD. Additionally, those who experience recurrent infections or flares of autoimmune disease also have higher rates of OCD^{1,2}. Some studies have suggested abnormal immune cell activation and cytokine production in both adults and children with OCD, suggesting inflammation may be one possible cause of their psychiatric symptoms^{3,4}. However, results have been inconsistent⁵. There has also been interest in studying the gut bacteria (bacteria in your stomach and intestines) in individuals with and without mental health disorders such as OCD, because these bacteria shape the body's supply of immune cells and may affect brain health.

Many questions still remain, and it is unclear whether inflammation is a cause or consequence of psychiatric symptoms, or whether it relates to other factors.

HOW CAN WE DETECT INFLAMMATION IN OCD?

To better understand the relationship between immune system activation and OCD, we set out to examine levels of key proteins in children with OCD compared to healthy youths⁶. These proteins are present in the blood (and, as it turns out, also in saliva), and serve as markers of an individual's immune system activation that we can measure and study by drawing blood or taking a saliva sample. We were particularly interested in saliva samples, because blood sample collection can be problematic and associated with significant distress for some research participants.

Saliva also has the potential to provide a peek into the status of the immune system, in part because it contains defense proteins that help combat the germs in our mouths. Recent studies suggest that proteins within saliva can represent the state of our overall immune system, because they enter from the blood. In our study, we measured levels of proteins typically considered "pro-inflammatory" from the saliva of youth with OCD and a healthy control group, who served as a comparison. We found that those with OCD had higher levels of a specific pro-inflammatory cytokine called interleukin-6 (IL-6) compared to youth in the healthy control group. Those with more severe OCD had higher levels of multiple markers including IL-6, interleukin-1 β (IL-1 β), and tumor necrosis factor-alpha (TNF- α). Unsurprisingly, we found that the oral health of participants also affected what proteins we found in the saliva, although this did not differ between the OCD and control groups. This study demonstrates that it's possible to study the immune system in children and youth through saliva, and that both oral health and the presence of immune system markers in the blood are likely to influence what we find in each sample. It is interesting that a link between inflammation and more

severe symptoms has also been found in other psychiatric disorders, such as schizophrenia and depression. This raises the possibility that shared features of these disorders — such as psychological distress — could play a role in our findings².

DOES INFLAMMATION CAUSE OCD SYMPTOMS?

Our study of immune system markers in saliva samples raises the question of whether inflammation might actually contribute to symptoms in those with severe OCD. Treatment guidelines for PANS/PANDAS suggest the use of anti-inflammatory drugs (called non-steroidal anti-inflammatory drugs or NSAIDs), a class of drugs that includes the ibuprofen you might take for pain or fever. Several studies in adults with non-PANS/PANDAS OCD have shown benefit of an NSAID when added to usual therapy such as a selective serotonin reuptake inhibitor (SSRI), and the NSAID celecoxib (sold under the brand name "Celebrex") has also been used as an add-on to usual treatment with some benefit for patients with other psychiatric disorders⁷. However, no randomized controlled trials (the type of studies that can determine whether a medication is a safe and effective treatment for a specific condition) exist to inform the use of NSAIDs in children with OCD.

To address these questions, we established the first randomized controlled trial of NSAID therapy in children and youth with OCD (not restricted to PANS and PANDAS) with the support of a research grant from the International OCD Foundation. Our study is called ACE-OCD (Adjunctive Celecoxib in childhood-onset OCD) and is based out of British Columbia (BC) Children's Hospital in Vancouver, BC, Canada. It is a 12-week, randomized, placebo-controlled, quadruple-blinded clinical trial. In other words, the procedures we follow for the study contain many safeguards so that the results truly show the effect of the medication and are not influenced by unwanted factors like researcher bias or beliefs that study participants might have about the medication they are taking. Through this study, we are evaluating the effect of celecoxib as an add-on to usual treatment for OCD symptoms in BC children and youth who are 7-18 years old.

After participants are screened and baseline lab work is completed, participants are randomly placed into groups that receive either celecoxib or a placebo (a pill that contains no active medication). Study visits occur each month to check in with participants and gauge OCD and other symptoms based on both clinical assessment and participant/parent report. After 12 weeks, participants have the option to continue with an open-label phase during which they know they are receiving celecoxib.

RESEARCH NEWS

Inflammation and OCD: What Are the Links? *(continued)***LOOKING AHEAD**

Recent studies suggest a need for gaining a deeper understanding of inflammatory processes and their role in stress and psychiatric disorders, including OCD. Understanding the interactions among thoughts, emotions, behaviors, cognitive functioning, and the immune system may be particularly valuable in the pediatric population given the impact on the developing brain. Stressful experiences in childhood also appear to impact physical health later in life, and inflammation is one way in which this stress can impact biology. The immune system influences the function of almost all systems of the body, impacting not only the body's physical function but also the workings of the brain and mind. Early targeted treatments, perhaps within a subgroup of individuals for whom inflammation is closely linked with symptoms, have the potential to impact symptoms in the longer term.

Of note: This study also focuses on participant and parent experiences of virtual care and expectations/observations regarding changes in their symptoms. ⓘ

More information can be found at www.bcchr.ca/POP/our-research/ace-ocd.

AFFILIATIONS

1. Provincial OCD Program, BC Children's Hospital Research Institute
2. Department of Psychiatry, Faculty of Medicine, University of British Columbia
3. BC Mental Health and Substance Use Research Institute, Vancouver, British Columbia, Canada

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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 Internal 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 Will Sutton at wsutton@iocdf.org or visit iocdf.org/research.

The Genetics of Obsessive-Compulsive Disorder in Latin Americans

Obsessive-compulsive disorder (OCD) is a psychological condition impacting approximately 1-2% of the world population. Characterized by distressing intrusive thoughts and unwanted repetitive behaviors, OCD can have wide-reaching implications for both individuals with OCD and their families. While the impacts of this condition are well studied, what causes OCD remains less clear. Current evidence suggests that genetics play a role in the development and maintenance of OCD; however, the exact genes and biological mechanisms contributing remain elusive. A better understanding of the role of genetics in this condition would greatly improve the ability to detect and diagnose the disorder while allowing treatments to be tailored to an individual's unique genetic code. Termed precision medicine, this tailored approach has been explored for various psychological disorders, but genetic research on OCD has lagged behind until recently. Now, there is a worldwide study of OCD genetics with more than 46,000 people with OCD participating. However, this remarkable initiative is limited by almost exclusively representing those of European ancestry (>95% of current participants). This Eurocentric bias would likely result in OCD genetic findings being more accurate for individuals of European ancestry than other ancestries, thereby contributing to health disparities in potential future applications of genomics in precision medicine.

Recently, an interdisciplinary team led by Drs. James Crowley (University of North Carolina at Chapel Hill) and Eric Storch (Baylor College of Medicine) was funded by the National Institute of Mental Health to carry out an ambitious project to address this lack of diversity. We aim to achieve this by recruiting and obtaining saliva samples for DNA from 5,000 Latino/Hispanic/Brazilian individuals (defined as having at least one Latino/Hispanic/Brazilian grandparent). Including a more diverse sample will further advance our ability to detect, diagnose, and treat individuals of Latino ancestry. Furthermore, mapping the OCD-specific genes for Latinos and comparing the results to those of European ancestry contributes to a more comprehensive and generalizable understanding of the common human genetic code, which will help us understand and treat those of any ancestry.

Given that LATINO aims to collect saliva samples from at least 5,000 Latinos with OCD and analyze their DNA, accomplishing our recruitment goals will take a broad, multipronged effort. Please feel free to reach out to the project team at latinostudy@bcm.edu to learn more about our research and to find out how you could become involved. We also have created an interactive website with additional information, available at www.latinostudy.org.

Anonymous Online Survey about Contamination-Related OCD Compulsions

We are conducting an anonymous, online research study to understand contamination-related OCD compulsions. This study involves a series of questionnaires regarding your compulsions and other symptoms.

To be eligible, you must:

- Be at least 18 years old
- Be fluent in English
- Have contamination-related OCD

This survey will take approximately 20 minutes. You will be entered into a raffle to win \$40. You are guaranteed to have at least a 1/10 chance to win.

We will keep all information you provide confidential and anonymous. This means that we will not ask for any identifying information in the survey with the rest of the questions. In order to be entered into the raffle, you will follow a link to a second, separate survey for you to enter your name and contact information. That way, it will be impossible to associate your specific responses with your identity.

The link to participate is:

https://swarthmore.az1.qualtrics.com/jfe/form/SV_bdNOYNxJ3yTNjF4

This study is being conducted by Dr. Jedidiah Siev at Swarthmore College. For more information, please contact: soarlab@swarthmore.edu.

RESEARCH NEWS

Research Participants Sought *(continued)*

Approach, Control, and Adaptation

Individuals with Obsessive-Compulsive Disorder

The University of Miami would like to invite you to participate in a graduate student's dissertation study examining the relationship between trial-and-error learning and OCD. The study is fully remote and would take place online and over the phone. The current project's aim is to help clarify the relationship between OCD and habit learning, which we hope will eventually lead to more effective treatments.

What is involved?

If you agree to participate in this study, you will be asked to complete a web-based computer task that involves learning the relationship between images of fruit on the screen by trial-and error button-pressing. The game should take about 25-30 minutes to complete.

Some participants who complete the computer task will also be invited to complete a 20-minute phone call with a member of our clinical research team and 10-minute online survey. The phone call would involve a structured interview about mental health related symptoms. The online survey would include questions about your mood, thoughts, and behavior.

If you are invited to complete the phone call, you will be able to schedule the interview at designated times up to a week in the future.

Who is eligible?

To participate you must be 18 years of age or older, have a diagnosis of obsessive-compulsive disorder, and be fluent in English.

Compensation: Eligible participants will be compensated up to \$30 for their time and effort. For more information, please email us at passo@psy.miami.edu or call (305) 284-5394. Thank you!

Obsessive-Compulsive Disorder (OCD) and Stressful Life Events Study

The survey is available online and takes approximately 45 minutes to complete. Participants who qualify will receive an Amazon Gift Card for their participation.

If you are interested, email OCDResearch@rogersbh.org with the subject "OCD and Trauma Study" to receive a link to the survey or if you have any additional questions. We are only able to accept US participants.

Findings will aim to help researchers and clinicians better understand the impact of stressful and traumatic life events

on OCD and PTSD and may improve and enhance clinical practice for these conditions.

Researchers from Rogers Behavioral Health, McLean Hospital/Harvard Medical School, Genesee Valley Psychology, MONASH University, and Federal University of Rio de Janeiro are looking for adult volunteers (18+ years of age) to answer questions for a research study about their symptoms of obsessive-compulsive disorder (OCD), posttraumatic stress disorder (PTSD), and experiences with stressful and traumatic life events.

IRB # RBH-2021-31

Decision-Making Study at the University of Miami

The Program for Anxiety, Stress, and OCD (PASO) at the University of Miami is looking for volunteers who currently have excessive clutter/hoarding disorder, OCD, anxiety, and/or depression to participate in a study examining how emotions influence decision-making. To participate, you must be between the ages of 18 and 70, fluent in English, and reside in the Miami area.

Participating in this study involves completing a 2–3 hour interview on Zoom, and then visiting the University of Miami campus in Coral Gables for two 2-hour visits to complete computer and behavioral tasks and fill out questionnaires. Eligible volunteers will receive \$135 for their time and effort if all portions of the study are completed. Participation is voluntary and confidential. If you are interested in participating or have any questions, contact PASO at:

Telephone: 305-284-5394

E-mail: passo@psy.miami.edu

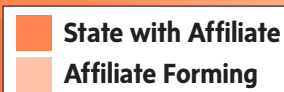
To learn more about our research please visit our website: <https://pasolab.org/participate-in-research/> 

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



OCD CENTRAL & SOUTH FLORIDA

ocdcsfl.org

Facebook: @OCDCSFL

Instagram: @OCDCSFL

OCD Central & South Florida has been busy with events in our region! On May 6th, we collaborated with the Florida Psychological Association (Palm Chapter) for a continuing education event for healthcare professionals, "Taboo" Symptoms in OCD, presented by Marni L. Jacob, PhD, ABPP. Dr. Jacob discussed presentations of OCD that are often misdiagnosed and mistreated, including symptoms focused on aggressive, sexual, and religious content. The event was held in West Palm Beach, FL, and included breakfast sponsored by Origins Behavioral Healthcare.

OCDCSFL also held an ice cream social in south Florida on Sunday, May 15th, which provided an opportunity for individuals affected by OCD and their family members to socialize and connect! OCDCSFL Board Members and IOCDF Advocates were present to answer questions and share resources with children, adults, and parents/caregivers.

We have been busy planning our Fall programming, which will include our One Million Steps for OCD Walk, and a presentation for OCD Awareness Week on Comorbidity of OCD and PTSD by Stephanie Sacks, PhD. Please check our website for more details about upcoming events!

We're looking forward to connecting with others in the OCD community at the Annual OCD Conference in Denver!

OCD CONNECTICUT

ocdct.org

Facebook: @OCDConnecticut

Twitter: @ocdCT

OCD Connecticut recently relocated from Old Saybrook to the Fairfield/Trumbull area, and a new Executive Board has been elected: Laura Damm and Ann Yacoviello (Co-Presidents), Urb Leimkuhler (Vice-President), and Rocco Clericuzio (Treasurer and Webmaster).

OCD CT was founded as an IOCDF Affiliate by Susan Schuster, and up through 2021 was led by Jennifer Piper and Michelle McLain (Co-Presidents), Susan Schuster (Vice President), Collin Schuster (Secretary), and Robert Schuster (Treasurer). Under their leadership, OCD CT mobilized educational programs and support resources for the people of Connecticut, including a grant to the Fairfield County OCD Support Group to offer virtual meetings via Zoom during the pandemic.

The Clinical and Scientific Advisory Board members, led by Christina Taylor, PhD and Diane Sholomskas, PhD, who will continue to serve include Amy Cawman, LCSW, Heidi Grantz, LCSW, Christopher Pittenger, MD, PhD, and Denis G. Sukhodolsky, PhD.

As a first order of business under the new leadership, OCD CT is planning to join in with OCD Massachusetts for the fundraising 2022 Walkathon scheduled for June 11.

OCD MASSACHUSETTS

ocdmassachusetts.org

Facebook: @OCDMassachusetts

Instagram: @ocdmassachusetts

Twitter: @OCDMass

OCD Massachusetts is excited to be able to join IOCDF for the Boston One Million Steps for OCD Walk this June. In addition to our walk team, we will have an OCD Massachusetts table at the walk with some fun swag and activities. Check out <https://support.iocdf.org/team/420540> to learn more about our walk team. Come join us for the walk and make sure to stop by the OCD Massachusetts table throughout the day!

Our virtual lecture series is continuing on the first Tuesday of the month at 7pm ET through June. We will be taking a quick break in July/August but will return in September for next year's series. Check out our upcoming lectures on our website or by following us on Facebook and Instagram!

FROM THE AFFILIATES

Affiliate Updates *(continued)*

OCD MID-ATLANTIC

ocdmidatlantic.org

Facebook: @Mid-Atlantic-IOCDF-Affiliate-1486224938262818

Twitter: @midatlanticocd

On March 1, OCD Mid-Atlantic sponsored a “Lunch and Learn” with the Black Mental Health Alliance that was attended by more than 300 providers. Thank you to Dr. Kevin Chapman for your time and knowledge at this event!

Some of our board members presented at IOCDF’s Faith and OCD Conference in May and will be presenting at the IOCDF Annual OCD Conference in Denver. We are currently planning for the Richmond One Million Steps for OCD Walk and other events during OCD Awareness Week in October.

Our new-and-improved website is nearing completion and should be available soon — check it out at ocdmidatlantic.org. In the meantime, please continue to visit our Facebook page to view Board Members’ personal stories and an upcoming book review by member Amey Upton. Have a great summer!

OCD MIDWEST

ocd-midwest.org

Facebook: @OCDMidwestAffiliate

Instagram: @ocdmidwest

OCD Midwest is proud to launch our fourth professional OCD Consultation Group, hosted virtually by Dr. Heather Plinovich for OCD providers in Indiana! The first meeting was April 1 and will continue monthly. Contact hplinovich@anxietybehavioralhealth.com for more info.

President Gabriella Faggella and immediate Past President Patrick McGrath each provided several talks on Hoarding and OCD subtypes for various professional groups, and Board Member Mike Sizemore provided a personal testimony for a book on Harm OCD by author Dr. Sunil Punjabi.

We are eagerly planning to host and sponsor a Pediatric BTTI in Northeastern Ohio in August 2022!

OCD NEW JERSEY

ocdnj.org

Facebook: @OCDNewJersey

Instagram: @ocd_newjersey

Twitter: @ocdnewjersey

OCD New Jersey held its annual conference virtually on March 25, 2022, featuring invited guest speaker, Dr. Reid Wilson, who presented “Playing the Game Against OCD: Strategies for the 6 Moment Game.” Individuals also discussed their lived experiences with OCD and related disorders in the “Living with OCD” panel session, moderated

by discussant, Dr. Marla Deibler. The conference was a great success, with attendance far exceeding expectations and included participants from the OCD NJ tri-state area and across the world.

OCD New Jersey looks forward to hosting a One Million Steps for OCD Walk in collaboration with IOCDF in Clark, NJ, on Sunday, June 5. Our affiliate is energized to continue working toward our mission of providing resources and support to the greater community in the service of further carrying out the work of IOCDF in our region.

OCD NEW YORK

ocdny.org

Facebook: @ocdny

Instagram: @ocdny

OCD New York is busy planning events throughout the state of NY this year. We will be hosting three walks for the One Million Steps for OCD Walk in Buffalo, Rochester, and Long Island this Fall. We are excited to expand our events to the upstate NY region. A huge thank-you to all our volunteers and attendees who attended the 2021 walk in October and to our upstate NY volunteers who are helping us coordinate this year’s events! Please visit our website (ocdny.org) and our social media for finalized dates.

OCD PENNSYLVANIA

ocdpennsylvania.org

Facebook: @OCD-Pennsylvania-108186369206615

Instagram: @ocd_pennsylvania

OCD Pennsylvania is looking forward to the Annual OCD Conference in Denver! We will be hosting a meet-and-greet in the cocktail lounge one of the evenings after dinner. Look for a bright balloon that says “OCD PA” and come join us for a cocktail and some great conversation.

Mark your calendars in October for the annual One Million Steps for OCD Walk! You can join us in Philadelphia, Harrisburg, Pittsburgh, or Erie, PA. We will be sending more information on dates and details soon.

OCD SOUTHERN CALIFORNIA

ocdsocal.org

Facebook: @OCDSocal

Instagram: @ocdsocal

The OCD SoCal board members would like to thank everyone who made our recent 6th Annual (Virtual) OCD Conference a huge success! In addition, we want to thank all attendees who joined us live during the event on April 30th or are enjoying the recorded presentations currently offered on our site for viewing.

FROM THE AFFILIATES

We next want to thank each of our conference speakers. We had 75 mental health professionals and individuals with OCD and their loved ones present in 42 different presentations. Without this fantastic line-up, our event would not have had such an incredible program filled with educational talks and documentaries. We are already hard at work planning our 7th Annual OCD Conference to be held next year.

Next, OCD SoCal would like to thank everyone who participated and donated to our One Million Steps for OCD Walks held in Orange County, San Diego, Los Angeles, and the Inland Empire on Saturday, June 4th. It was a day filled with OCD awareness and community building.

Please visit our website to learn more about our upcoming OCD Awareness Week events happening during the week of October 9-15, 2022!

OCD TEXAS

ocdtexas.org

Facebook: @ocdtexasforsure

Instagram: @ocd_texas

Twitter: @OCDTEXAS

OCD Texas is proud to showcase our recent media efforts, including website updates, AnxietyInTheClassroom.org social media campaign, and local newsletter. Thanks so much to these volunteers for keeping us current: Mikayla Leech (Social Media), Katy Rothfelder, LPC-A (Website/Communications), Courtney Schmidt (Newsletter), and Saharah Shrout, LPC (Volunteer Chair).

Plans are well under way for making the 2022 One Million Steps for OCD Walk our best walk ever! Join us this October 1 in Houston, Austin, and San Antonio. Potential walkers, volunteers, donors, and/or sponsors can find information on our website or social media pages or reach out to info@ocdtexas.org. Thanks so much to our Walk Committees, including Saharah Shrout, LPC (Houston); Diana Damer, PhD, Caitlin Gannon, PhD, and Ginny Fullerton, PhD (Austin); and Andrea Alvarez, LPC (San Antonio). Meanwhile, board members Ginny Fullerton, PhD, and Melissa Fasteau, PsyD, look forward to representing OCD Texas at the Annual OCD Conference in Denver this July!

OCD Texas continues to expand with every season, and we continue to explore new ways to grow. Please reach out to us at info@ocdtexas.org if you'd like to get involved!

OCD WISCONSIN

ocdwisconsin.org

Facebook: @ocdwisconsin

Instagram: @ocdwisconsin

Twitter: @OcdWisconsin

OCD Wisconsin welcomes the addition of three new board members: Kelli Waldron, MS, LPC; Neeley Welch-Lamers, MS, LPC, PMH-C; and Jason Niosi. 📍

MERCH!



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November 4–6, 2022

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