MAKING CONNECTIONS

2014 Annual Report



The mission of the International OCD Foundation is to help individuals with obsessive compulsive disorder (OCD) to live full and productive lives. Our aim is to increase access to effective treatment, end the stigma associated with mental health issues, and foster a community for those affected by OCD and the professionals who treat them.



Dear friends and supporters of the International OCD Foundation,

Visibility and connection are two guiding principles at the IOCDF. We strive in all that we do to increase visibility for the Foundation — in an effort to both increase awareness about OCD and related disorders and to fight the stigma often associated with OCD. We also believe that our work should build connections and community for those affected by OCD and related disorders. It is our hope that the initiatives summarized in this Annual Report truly embody these themes of visibility and connection.

In 2014, the IOCDF embarked on a significant upgrade to our website in an effort to connect more people to more information, and make our wealth of resources more accessible. Our new website now resides at **www.iocdf.org** and features upgraded content, improved navigability, and a completely redesigned Resource Directory. Previously called the Treatment Provider Database, the Resource Directory now allows users to not only find therapists, but also specialty clinics, intensive treatment programs, support groups, and local affiliates, all in one place. Additionally, the Foundation launched www.HelpforBDD.org, a new website dedicated specifically to body dysmorphic disorder (BDD). The site is a culmination of two years of work with a committed group of internationally known experts in BDD. The new website's comprehensive information is tailored for those living with BDD, as well as family, friends, and treatment providers.

The IOCDF's largest program is the Annual OCD Conference. The Conference brings together

people living with OCD and related disorders, their family members, and treatment providers, who, for three days, have access to presentations by the world's leading experts in OCD and related disorders. This year, the Conference returned to the West Coast. The 21st Annual OCD Conference in Los Angeles was the largest Conference to date with 1,345 attendees. This Conference program was also one of the strongest and most powerful in my memory. Our keynote speaker was Ethan S. Smith — an actor, writer, producer, and director living in Los Angeles — who spent years struggling with severe and debilitating OCD before finding a way through the pain, fear, and anxiety. Many recognized Ethan's face from TV shows such as Dexter, but more importantly, they were able to identify with Ethan's journey toward recovery and were inspired and moved by his honest story. We were also honored to have comedian Maria Bamford accept the inaugural IOCDF Illumination Award in person at the Conference this year. Ms. Bamford was awarded for her fearlessly honest (and hilarious) discussions of OCD and mental health in her stand-up performances and recorded comedy albums. But the Conference went beyond these notable appearances to include community-building activities, powerful workshops and presentations, support groups, and evening activities that provided a forum for networking, education, and most importantly hope. Many who attended the Conference have shared with me how the experience has changed their lives and how being a part of the Conference experience provides them with a deep sense of



belonging to a community of understanding and accepting peers.

Another one of our major endeavors was the 2nd Annual 1 Million Steps 4 OCD Walk. We were excited to hold two walks this year, again in Boston, Massachusetts, and at a new location in Sacramento, California! The Walk is intended to raise funds as well as awareness about OCD and related disorders. We are committed to expanding this awareness-building walk to a new city each year by partnering with our affiliates around the country. In 2014, 300 walkers in Boston raised nearly \$50,000 in support of IOCDF programs. Our Sacramento Walk, co-hosted by the IOCDF and the OCD Sacramento affiliate, had 100 walkers and raised nearly \$10,000, making it an outstanding success in just its first year!

The IOCDF also continues its commitment to finding and promoting effective treatment for everyone with OCD and related disorders through our Research Grant Program. Research money comes from generous donors within the IOCDF community. This year, \$130,591 was awarded to three different projects. Thank you to all who contributed, and to Dr. Sabine Wilhelm, the chair of the Grant Review Committee. Read more about research projects funded by the IOCDF on page 20.

IOCDF members are the backbone of the Foundation. This year, in an effort to better match the various needs of our community, we restructured the IOCDF Membership Program, adding new levels of membership and benefits. This restructuring was conceived in order to help

more people gain access to membership and to create means for increased engagement between the IOCDF and the OCD and related disorder community.

I want to thank our donors, members, Board of Directors, Scientific and Clinical Advisory Board members, affiliates, and volunteers for their dedication, time, and energy spent helping the IOCDF fulfill our very important mission.

Sincerely,

Jeff Szymanski, PhD Executive Director International OCD Foundation

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New & Improved IOCDF Websites

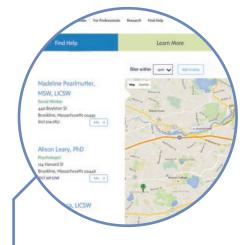
Connecting millions to the right information



For the IOCDF, our website is one of the primary ways in which we provide information and help to people living with OCD and related disorders. With more than 2 million visits to the IOCDF website in 2014, a well-organized and easy-to-use website dramatically increases our ability to help those seeking information, education, and resources.

This year, the IOCDF embarked on a major upgrade to the Foundation website. Our new website lives at **www.iocdf.org** and features a significantly improved and integrated Resource Directory (previously called the Treatment Provider Database). The new Resource Directory will not only help users find therapists in their area, but also all of the other relevant resources, including local affiliates and global partners, support groups, intensive treatment programs, specialty outpatient clinics, and residential programs for individuals with OCD and related disorders. This new Directory is also much quicker and easier to use.

In addition to making sure the website has the most comprehensive content, we have upgraded the look of the website and improved the ease of finding information. All of our websites contain amazing content written by many of our Scientific and Clinical Advisory Board members, as well as other leading experts from around the world. We want to make sure information on our website is as accessible as possible and is relevant to the multiple audiences who use our site, including individuals with OCD and related disorders, their family members and loved ones, and mental health professionals who treat OCD.



The IOCDF also launched a new website (www.HelpforBDD.org) dedicated specifically to body dysmorphic disorder (BDD). The wealth of information on this new site is the culmination of two years of work with a dedicated group of internationally-known experts in BDD, including Drs. Katharine Phillips, Sabine Wilhelm, and Fugen Neziroglu. Resources for those affected by BDD and their families have been in great need for many years. This collaborative effort resulted in what we believe to be the best resource for those affected by BDD.

What will you find on the new BDD website?

HelpforBDD.org features information tailored to a variety of audiences, including those affected by BDD, individuals questioning if they have the disorder, family members who suspect a loved one may be struggling with BDD, and professionals interested in learning more about BDD research and treatment. We have information geared toward teens and young adults who may be struggling with transitions to high school and college and learning to navigate jobs and relationships. The website also features "expert opinion" articles on topics ranging from overviews of muscle dysmorphia, BDD by proxy, or the neurobiology of BDD, to issues around cosmetic surgeries.

Most importantly, the **HelpforBDD.org** website is integrated with the IOCDF Resource Directory to easily find BDD therapists, support groups, and other resources in your area.

As previously mentioned, this was a coordinated effort. We wanted to give special thanks to Carly Bourne, Fran Harrington, and web agency 10up, as well as the many content contributors to this new site:

Major Contributors to BDD Site

- Katharine Phillips, MD
- Sabine Wilhelm, PhD
- Fugen Neziroglu, PhD
- Jamie Feusner, MD
- Jonathan Hoffman, PhD
- Jennifer L. Greenberg, PsyD
- Sony Khemlani-Patel, PhD
- Roberto Olivardia, PhD
- Scott Granet, LCSW

Other Contributors

How I Recovered from BDD

Learn More

- Eva E. Fisher
- Judy Asselin
- Denis Asselin
- Carrie Asselin
- Renato Saltz, MD
- Katia Moritz, PhD
- Megan M. Kelly, PhD
- Elizabeth R. Didie, PhD
- Ashley S. Hart, PhD
- Tsz Man Lai
- Wei Li
- Andrea Hartmann, PhD
- Matthew Jacofsky, PsyD
- Nicole Lippman
- Aaron Blashill, PhD



21st Annual OCD Conference in Los Angeles July 18–20, 2014







The sunshine of California and the bright lights of Hollywood drew more than 1,300 attendees to the 21st Annual OCD Conference in Los Angeles. The Conference took place at the Hyatt Regency Century Plaza Hotel, built on a former 20th Century Fox Studios backlot, making it the ideal venue for the "Hollywood" theme that carried through the weekend.

Our Conference is one of the few mental health conferences that invites every member of the community to participate, including individuals with OCD and related disorders, family members and supporters, and mental health professionals. This makes for a very unique and rewarding experience. While a primary goal of the Annual OCD Conference is to provide up-to-date information and education about OCD and related disorders and effective treatment options, the OCD Conference is even more about creating a community for those affected by OCD and related disorders as well as the professionals who treat them.

The Conference maintains a packed schedule; to assist attendees in developing their own personal itineraries, the IOCDF introduced a new OCD Conference smartphone app in 2014. This fully integrated app was made available at no cost to attendees, and contained the full Conference schedule, abstracts, sponsor and exhibitor profiles, speaker profiles, a site map, and other information to help foster a positive Conference experience.

A significant addition to the program this year was the body dysmorphic disorder (BDD) mini-series that included workshops for individuals with BDD, family members, researchers, and therapists working with BDD, as well as evening support groups. Additionally, El Conferencia del TOC (the Conference's Spanish-language program) was expanded this year to a full day of workshops and evening support groups. The program also featured a keynote address by Argentinean pop star and music artist Ro Vitale. Ro experienced symptoms of OCD in childhood but, like many people, was not diagnosed until she was an adult. Ro is a committed advocate for people living with OCD, and her keynote address both moved and inspired the audience. Ro wrote a song titled "My Inspiration" that she performed at the Saturday Night Social, and is donating all proceeds from the song's iTunes sales to the IOCDF.

Another important component of the Conference this year was the 2nd Annual Hoarding Meeting. This special program began on Thursday, July 17, with a pre-Conference training session about hoarding task forces for the many types of professionals who treat hoarding disorder (HD), including first responders, health inspectors, organizers, and mental health professionals. The Annual Hoarding Meeting provides critical information to individuals, families, and loved ones affected by hoarding disorder, with the goal of improving access to effective and compassionate treatment and care. The Annual Hoarding Meeting also offers an opportunity for professionals and community responders—ranging from therapists and social workers to firefighters and other public safety officials—to learn how to work most effectively and compassionately with

individuals with hoarding disorder.

And last but not least, keynote speaker Ethan Smith passionately shared the story of his journey, from being bedridden in his parents' house to moving across the country and making it in Hollywood. Tapping into his talent as a producer, Ethan shared his story through the use of videos he created during his most vulnerable moments. The audience was truly moved and inspired by Ethan.

For many who attend the Annual OCD Conference, it is a life-changing experience. The presentations and workshops are incredibly important, but what is equally important is the sense of community formed by those who attend — a community where everyone has an understanding of what life with OCD is really like.



"I'm home now,
and I'm still coming down
from my Conference high. I'm
sure you are, too. It's quite a shift from
finding inspiration around every corner
to having my dogs paw at me to let them
outside (and back in and then back out and
back in again). I'm back to work tomorrow, and I
know it will be an adjustment to have a regular
day again where not everyone gets OCD or
gives me a pass for being late because, hello,
I have an anxiety disorder! "

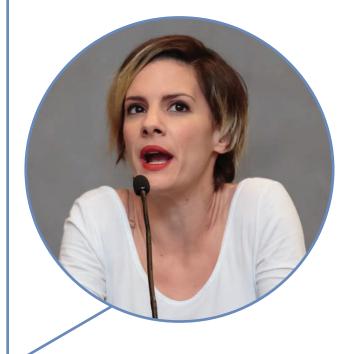
JULY 18-70,

-Alison Dotson



Annual OCD Conference Profile: Ro Vitale — "My Inspiration"





Romina Vitale (or Ro, as she is more commonly known) is a singer and songwriter from Buenos Aires, Argentina. She was the keynote speaker at "El Conferencia del TOC," the Spanish Program at the Annual OCD Conference in Los Angeles this year, where she stole the show with her honesty, openness, and amazing talent. Ro was immersed in music from a very young age and has released two albums in Argentina to date. Her second album, "Etnica," won the two most prestigious awards in Argentina's music industry: "Best Pop Album, New Artist" (Gardel Awards) and "Best New Artist" (Clarín Awards). The critical acclaim paved the way for a series of live shows in Buenos Aires that concluded a year later with a sold-out, twohour concert. Ro came out about her OCD in a recent issue of the Spanish version of Newsweek. Since the article, Ro has become an outspoken advocate for the OCD community. She shares some of her feelings in a song that she wrote entitled, "My Inspiration." Ro is donating proceeds from the sale of the song to the IOCDF.

My Inspiration

By Ro Vitale

There's nothing wrong, and you know there is nothing there to fix, but you feel it strong, all those thoughts you can't help the pain it brings.

You wish it'd stop, it's like a roller coaster but it isn't fun at all.

You don't know why it's so hard to let go and trust yourself. You don't give in, but you're tired, living in a tiny maze.

Cause you're not your thoughts, but it's like a roller coaster that was never fun at all.

You keep fighting every time you take the risk, every time you push yourself toward the freedom you deserve. It's so inspiring, every time you wipe away your tears, and fight on, cause your courage is my inspiration.

Open your eyes, I'm here with you.
I'll hold your hand 'cause I'm scared too.
But I know that it's time to open that door,
feel the sun on our cheeks, make our dreams come true.

You keep fighting every time you take the risk, every time you push yourself toward the freedom you deserve. It's so inspiring, every time you wipe away your tears, and fight on, cause your courage is my inspiration.

You keep fighting every time you take the risk, it's so inspiring, every time you wipe away your tears, and fight on, every time you push yourself towards the freedom you deserve cause your courage is my inspiration.

There's hope, every time you take the risk.

There's hope, every time you wipe away your tears.

There's hope, every time you push yourself toward the freedom you deserve.

Cause your courage is my inspiration.

There's hope, there's hope, there is hope, there's hope, there is hope.

There's hope. There's hope.

Cause your courage is my inspiration.

You can download "My Inspiration" on iTunes.





2014 Annual OCD Conference Award Winners



Patricia Perkins IOCDF Service Award Presented to: Wendy Mueller

Moderator, OCD-Support Group on Yahoo! Groups

Wendy Mueller has been an OCD advocate and member of the IOCDF for over 25 years. After being diagnosed, she looked online for support. She found groups for many other disorders, but nothing for OCD. Wendy started the first online support group for OCD on the Prodigy Computer Network in 1990. It started out slowly but began to grow, eventually reaching 50 members. Dr. Mike Jenike, chair of the IOCDF Scientific and Clinical Advisory Board, subsequently joined the group as a moderator.

In 1993, Wendy attended the Foundation's inaugural OCD Conference in Bloomington, Minnesota. Wendy says of that first Conference, "It was a life-changing experience for me... a whole weekend of talking to people who were just like me. I remember sitting at the round tables in the main meeting room, exchanging email addresses with people from all over the country who were interested in joining my online OCD group." Ever since Wendy's first online OCD support group on Prodigy, she has continued to moderate and contribute to various OCD email lists and online groups, and now serves as the moderator for the 5,000+ person OCD-Support Group on Yahoo! Groups.

Wendy is a source of comfort, inspiration, and support to many people around the world, posting daily messages of hope as well as resources and information about OCD. She continues to attend the Annual OCD Conference and remains involved with the IOCDF as a member and enthusiastic supporter.

However, the story that brings this award full circle is one best explained by Wendy herself:

"One day about a year after I first developed my OCD symptoms, I picked up a copy of Newsweek and read an article about OCD. That's when I realized what was wrong with me. The article was about a woman named Patricia Perkins who was working to recover from severe OCD and was a co-founder of the Obsessive-Compulsive Foundation [as the IOCDF was then known] in Connecticut. The address and phone number of the Foundation was given in the article, so I immediately called their office and asked if they knew of any OCD support groups in my area. I started attending the monthly group and was amazed to meet a roomful of people who experienced the same odd thoughts and performed the same odd rituals that I did. It was such an amazing relief to know that my disorder had a name, and that there was an entire organization in Connecticut dedicated to helping people deal with this disabling condition. "

- Wendy Mueller

IOCDF Outstanding Career Achievement Award Presented to:

Steven Rasmussen, MD



Professor of Psychiatry and Human Behavior and Chair of the Department of Psychiatry and Human Behavior, Alpert Medical School, Brown University

Dr. Rasmussen established one of the first OCD clinics in the country in the 1980s and oversaw the original clomipramine and subsequent SSRI medication trials at Brown/Butler Hospital. Having treated many

individuals with OCD. Dr. Rasmussen was also one of the developers of the Yale Brown Obsessive Compulsive Scale (Y-BOCS), the gold standard for rating OCD symptoms for over 25 years. Dr. Rasmussen has a national and international reputation for his expertise in the treatment of OCD and continues to be the principal investigator of an OCD longitudinal course of illness study continuously funded by the NIMH since 2001. More recently, his primary research interest has been in neurosurgical approaches to intractable OCD and depression and the neurocircuitry of OCD. He is the author or co-author of over 100 peer-reviewed publications and has given many invited presentations on the subject of OCD around the world. Additionally, Dr. Rasmussen has mentored an impressive number of individuals in the field of OCD and related disorders. Quite a few of his mentees are highly involved with the IOCDF, including Katharine Phillips, Ben Greenberg, Barbara Van Noppen, and Michele Pato.

"I commend
the International OCD
Foundation's efforts to contest
the misconceptions of mental
health disorders. I am truly honored
to receive the Illumination Award and
am grateful that as a result of the work,
acceptance, and compassion of so
many, I've been empowered to live a
life I didn't think was possible."

- Maria Bamford

IOCDF Illumination Award Presented to: Maria Bamford

In an effort to counter powerful misconceptions about OCD, the International OCD Foundation introduced the Illumination Award this vear at the Annual OCD Conference to honor those in the media who portray OCD and related disorders in a respectful, accurate, and enlightening way, and who challenge stereotypes while fighting the stigma surrounding mental illness. The inaugural Illumination Award was presented to comedian Maria Bamford. Maria is an exceptional performer who has courageously used her comedy to talk openly and frankly about mental health, a subject that is too often considered taboo. Through her work, Maria has enlightened the public on the challenges of living with OCD, while also being extremely funny and entertaining. We could not be more proud to honor her with our inaugural Illumination Award.

IOCDF Hero Award Presented to:

Margaret Sisson

Margaret Sisson is a mother from Georgia who was inspired by her son's struggle with OCD to become an advocate for other families affected by OCD. She has been an enthusiastic and vocal supporter for the IOCDF, having served on the Conference Task Force for the IOCDF's 20th Annual OCD

Conference in Atlanta in 2013, and organized a "wine raffle" in her community to raise money for the IOCDF, while also raising awareness about OCD. She has also worked to expand treatment options for families in Georgia by advocating for more therapists and clinics to specialize in OCD treatment. Sisson's grassroots advocacy is a testament to how even modest, local efforts have the power to affect real change.





2nd Annual 1 Million Steps 4 OCD Walk



" Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."

-Margaret Mead

The 2nd Annual 1 Million Steps 4 OCD Walk in Boston was held on June 7, 2014. Over 300 members of the OCD community gathered at historic Boston landmark Jamaica Pond to walk together to raise awareness about OCD and raise funds to support IOCDF programs. People living with OCD, their family, friends, and treatment providers kicked off the day's event with Walk Co-Grand Marshals Michael Jenike, MD, and Cameron Lucas-Pelletier. Dr. Jenike is a professor of psychiatry at Harvard Medical School and chair of the IOCDF's Scientific and Clinical Advisory Board. Cameron is a young OCD advocate who, at the age of just 5 years old, has demonstrated great courage fighting his OCD!

In addition to the Boston-based Walk, the IOCDF embraced a goal of bringing the Walk to a new city each year! This year, the IOCDF partnered with our Sacramento affiliate, OCD Sacramento, to expand the Walk to Northern California. The Sacramento Walk was held on May 26, 2014, and raised \$10,000 for IOCDF and OCD Sacramento programs. The Walk was attended by 100 individuals who — along with Walk Grand Marshal Jeff Bell, broadcast journalist for KCBS Radio in San Francisco, IOCDF spokesperson, and member of the IOCDF Board of Directors — walked for OCD Awareness at Southside Park in downtown Sacramento.

"When the IOCDF launched the Walk in 2013, I thought of it mainly as a fundraising event," says Jeff Smith, the IOCDF director of development. "However, as I watched people build teams last year, I recognized how strongly this opportunity to create an OCD community resonated with everyone involved."

The Walk has generated a strong group of OCD and related disorders advocates who band together to raise awareness and tell their own unique stories. Instead of just being vocal advocates, our walkers have also become visual advocates — it's hard not to be affected by seeing a huge group of people in matching brightly colored Walk t-shirts come together to publicly support OCD and related disorder awareness



Meet Walk Grand Marshal Cameron

The Walk is an event geared toward everyone. We often see families come together to form teams and walk together to raise funds for IOCDF programs as well as show support for one another. In 2013, the Lucas-Pelletier family, including grandmother Jeanette, mom Jillian, and 4-year-old Cameron formed a Walk team, "Go Away Mr. Worry." Together, they raised funds and awareness amongst their family and friends, and then came to Boston to walk with other members of the OCD community. Young Cameron was a ham with our Walk photographer and won over the hearts of IOCDF staff members. After talking more with his mother Jillian and his family, we learned about Cameron's OCD and how hard he was working to overcome it.

In 2014, the IOCDF chose Cameron to be the Boston Walk Grand Marshal because of his courage in facing his OCD so strongly at such a young age. Cameron is a great example of how anyone can get involved in the Walk to support the IOCDF and raise awareness.

Cameron was just 4 years old when he was diagnosed with OCD. He fell victim to numerous and extremely vivid fears. His anxiety crippled him so much that he could not pick up a pencil, marker, pen, scissors, or use scotch tape, which dramatically affected his ability to function in school. His fears socially paralyzed him to the extent where he would be petrified in social situations, playgrounds, stores, libraries, public venues, and especially school.

Cameron explained his fears and worrisome thoughts — which he calls "bad thoughts" — in such detail that he would begin to cry and beg for it to stop, telling Jillian, "Just make the bad thoughts go away, mommy."

Cameron named his OCD "Mr. Worry." It's difficult enough for an adult to understand what is causing bad thoughts, but imagine being just 5 years old and trying to understand what was happening. When Jillian first learned about the 1 Million Steps 4 OCD Walk in 2013, she was excited to participate so she could show Cameron he was not alone in his struggle and that he is part of a larger community of people living with OCD — others who are also determined to defeat their own "Mr. Worry."

Before the Walk, Jillian wrote to the IOCDF: "I am just awestruck at the progress that he has made and how we have clung together as a family this past year. Now, we get to bottle that energy to help others by our participation in the 2014 Walk. We were thrilled when the IOCDF wanted to honor Cameron as a Grand Marshal for his amazing attitude and courage! Cameron has gone from 'Mr. Worry Won't Let Me' to 'I am Captain Never Give Up!"

At the Walk, the IOCDF gave Cameron a Grand Marshal cape that he can wear as "Captain Never Give Up." Cameron proudly started the Walk wearing his cape — showing the community that he was a superhero and not Mr. Worry.



Meet Walker and Fundraiser, Lisa



An important goal of the 1 Million Steps 4 OCD Walk is to increase visibility and raise awareness about OCD and related disorders. There are many stories of people who have not told anyone about their disorder except their closest family members. For many, the Walk is an opportunity to share their story while raising funds for a cause they believe in. This year, Lisa walked for the first time. Lisa is a mom, wife, and friend to many who live in her small town in Central Massachusetts. Until a few months before the Walk, Lisa had not shared her story with anyone but her immediate family. But, inspired by the Walk, Lisa decided to send a "coming out" letter to over 100 friends, family, and colleagues.

Here is Lisa's letter:

Dear family & friends,

On Saturday my husband Stephen, son Corey, and I will walk in a 5k called the 1 Million Steps 4 OCD Walk in support of the International OCD Foundation. This year is the second walk, with walkers coming from as far away as Vermont, Maine, and even Pennsylvania.

As I continue this letter, I'd like to tell you about my OCD and me.

When people think of OCD they usually think of people washing their hands over and over again. While this can be part of it, there are many more types of OCD. There is an obsession that is called "the accident that never happened." I have experienced this obsession. What this means is if I hit a bump in the road, the thought that would automatically come to mind is that I hurt someone or something. I would repeatedly have to backtrack and double- or triple-check the road over and over again, looking for a body or an animal. This was my compulsion that would often take hours. It would not end there. When I got home, I would repeatedly check and double-check to make sure there was no blood on my car. What an awful obsession this was.

My parents and I noticed that I was different when I was 12 years old. I would constantly check things and crack my knuckles a specific number of times. I thought that if I didn't do these things that something bad would happen to my family. I also engaged in many other compulsions. My parents took me to my pediatrician, but I did not receive the proper treatment. I was simply sent home. Back then, OCD was not well known. I went through my teen years as best I could, but was always nervous and worrying, but I guess I got use to it. My parents did what they could to help me in any way they could.

A couple years ago, I hit rock bottom.

That is when I found a residential treatment program where I could get the help that I needed. I stayed there for 7 weeks and lived with 20 other people who were also suffering from OCD. Each of us had different types of symptoms, but we all understood each other. We had therapy groups all day as well as individual behavior therapy sessions every day. The goal was to encourage us to face our fears head on. For me this was very hard. They were long days, but very structured. After a week or so I got used to my surroundings and liked it. I was not able to see my family for a month, which was very hard, but I can honestly say it was one of the best things I ever did for myself.

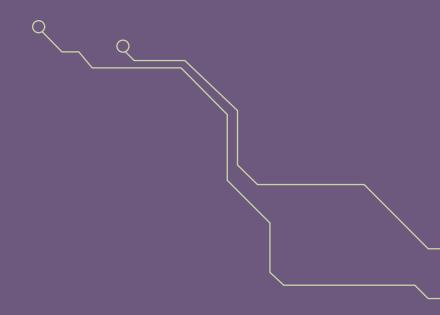
I will never be cured because there is no cure, but at least now I can function with hope. I can't thank my husband, son, parents, sister, family, and friends enough for your help when I need it, but most of all my faith.

I conclude my letter in asking for a small donation toward my walk so the money can go to more research and studies on OCD.

Love,

Lisa

So many other causes and charities have large, visible marches, walks, and rallies, but it is rare when people with mental health issues have the same opportunities due to so much stigma and misunderstanding. We are so honored and humbled to have been part of creating this event, giving people the opportunity to come together and find strength in each other.









Behavioral Therapy Training Institute

At the core of our mission is helping people living with OCD to find qualified treatment providers trained in cognitive behavioral therapy (CBT), and, more specifically, exposure and response prevention (ERP). Since 1994, the International OCD Foundation has been conducting Behavior Therapy Training Institute (BTTI) courses in all regions of the country, bringing leading experts in OCD and related disorders together to train therapists. Led by the chair of the BTTI faculty C. Alec Pollard, PhD, the BTTI is a three-day intensive training on the diagnosis and treatment of OCD and related disorders designed by members of the Foundation's Scientific and Clinical Advisory Board. The IOCDF trains 150 therapists through the BTTI each year.

The IOCDF is committed to making the BTTI an affordable training option by working to keep registration costs low. As such, contributions from individual donors subsidize a significant portion of the cost of this invaluable one-of-a-kind program. The IOCDF has trained over 1,000 therapists in the treatment of OCD and related disorders through the BTTI. There are many training needs that still need to be addressed, and the IOCDF is committed to continuing to expand the BTTI program to make sure people living with OCD have access to clinicians who have received appropriate training on OCD and related disorders.

Of note, this year the IOCDF held the first-ever Hoarding BTTI for mental health professionals treating individuals with hoarding disorder (HD). The Hoarding BTTI was developed to help address the shortage of therapists properly trained in treating HD around the world. Developed by leaders in the field of HD, Drs. Gail Steketee and Randy Frost, in conjunction with IOCDF BTTI Clinical Chair Dr. C. Alec Pollard, this new training program offers mental health professionals an opportunity to learn about the latest research in effective treatments for HD.

"All of the faculty has been excellent. It's a privilege to be here and to hear about cutting-edge research straight from the horse's mouth. It's been amazing to learn from these experts."

-BTTI Attendee



BTTI Course Offerings & Faculty in 2014:

Pediatric BTTI in St. Petersburg, FL from February 7–9, 2014Hosted by the University of South Florida

Martin E. Franklin, PhD Jonathan Hoffman, PhD Tanya Murphy, MD C. Alec Pollard, PhD Bradley C. Riemann, PhD Eric Storch, PhD Aureen Wagner, PhD



General BTTI in Vancouver, British Columbia, Canada from April 11–13, 2014 Hosted by the University of British Columbia Sponsored by OCDbc

John Piacentini, PhD, ABPP C. Alec Pollard, PhD Melisa Robichaud, PhD S. Evelyn Stewart, MD Maureen Whittal, PhD Sheila Woody, PhD Robin Zasio, PsyD, LCSW



General BTTI in Oconomowoc, WI from May 30–June 1, 2014Hosted by Rogers Memorial Hospital

Stephanie Eken, MD, FAAP David M. Jacobi, PhD Rachel Leonard, PhD Patrick B. McGrath, PhD C. Alec Pollard, PhD Bradley C. Riemann, PhD

Chad Wetterneck, PhD



General BTTI in Boston, MA from September 5-7, 2014

Hosted by Massachusetts General Hospital

Thröstur Björgvinsson, PhD, ABPP

Martin E. Franklin, PhD Randy O. Frost, PhD

Michael Jenike, MD

Nancy Keuthen, PhD

C. Alec Pollard, PhD

Sabine Wilhelm, PhD



Hoarding BTTI in Boston, MA from October 31–November 2, 2014Hosted by the Boston University School of Social Work

Catherine Ayers, PhD, ABPP Christiana Bratiotis, PhD, LICSW Randy O. Frost, PhD Jordana Muroff, PhD, LICSW

C. Alec Pollard, PhD Gail Steketee, PhD, LICSW





IOCDF Research Grant Program

In addition to making sure that people living with OCD and related disorders have the help they need through our programs and services, the International OCD Foundation is strongly committed to funding research into the causes of and treatments for OCD and related disorders.

In 1994, we launched the IOCDF Research Grant Program which funds three to five research projects each year, with grant awards ranging from \$25,000 to \$50,000. The Foundation has distributed over \$3 million dollars in research grant funding since the beginning of the program.

Funding for these yearly research awards would not be possible without the generosity of donors who designate a gift to the IOCDF Research Fund. One hundred percent of contributions to the Research Fund are used to directly fund winning Research Grant Award applicants. The IOCDF knows that many of our donors may have a particular area of research that most interests them, which is why we have made it possible for donors to direct their gift in support of a specific area of OCD or related disorders research, including:

- Body dysmorphic disorder
- Genetics
- Hoarding disorder
- PANDAS/PANS
- Pediatric OCD

The combined generosity of IOCDF research donors has enabled the Foundation to fund the following 2014 Research Grant Awards, taking another step forward in identifying the causes of OCD and related disorders and in developing new and more effective treatments.

Research Grant Winners:

Extinction As A Facilitator Of Cognitive Bias Modification In Pediatric OCD

Michelle Rozenman, PhD, Post-Doctoral Research Fellow UCLA Semel Institute for Neuroscience & Human Behavior Award Amount: \$49,197

Defining The Prevalence, Impacts, And Risk Factors Of Hoarding Disorder

Ashley Nordsletten, PhD, Post-Doctoral Research Fellow Karolinska Institute Award Amount: \$49,918

Effect Of Intranasal Oxytocin On Social Cognition In Body Dysmorphic Disorder

Angela Fang, MA, Clinical Fellow in Psychology/Psychiatry Massachusetts General Hospital/Harvard Medical School Award Amount: \$31,476



We want to thank Dr. Sabine Wilhelm, vice chair of the IOCDF Scientific & Clinical Advisory Board and chair of the Grant Review Committee, and all Grant Review Committee members for their dedication to the IOCDF Research Grant process:

Jonathan Abramowitz, PhD

Susanne Ahmari, MD, PhD

Paul Arnold, MD

Thilo Deckersbach, PhD

Darin Dougherty, PhD

Jamie Feusner, MD

Martin Franklin, PhD

Jennifer Freeman, PhD

Randy Frost, PhD

Dan Geller, MD

Wayne Goodman, MD

Marco Grados, MD, MPH

John Greist, MD

Jessica Grisham, PhD

Marcel Hoexter, MD, PhD

Norbert Kathmann, PhD

James Knowles, MD, PhD

Lorrin Koran, MD

MaryKay Lobo, PhD

Dara Manoach, PhD

Carol Mathews, MD

Dean McKay, PhD

Jamie Micco, PhD

Moh Milad, PhD

Tanya Murphy, MD

Gerry Nestadt, MD, MPH

John Piacentini, PhD

Christopher Pittenger, MD, PhD

Katharine Phillips, MD

Steven Rasmussen, MD

Peggy Richter, MD

Bradley Riemann, PhD

Jeremiah Scharf, MD, PhD

Edward Pace-Schott, PhD

Jasper Smits, PhD

Gail Steketee, PhD

S. Evelyn Stewart, MD

Eric Storch, PhD

Kiara Timpano, PhD

INTERNATIONAL OCD FOUNDATION 2014 ANNUAL REPORT





Membership

Membership at the International OCD Foundation has come to serve a unique function. Besides the fact that our members are the first to learn about new programs and events, have exclusive access to the OCD Newsletter, and get discounts to our Annual OCD Conference, our members also feel a sense of belonging, understanding, and community that may be missing (or harder to come by) in the rest of their lives. Membership is a way to stay connected to the IOCDF and help support our mission. More importantly, membership fosters a community of support and hope.

In an effort to strengthen this community, the IOCDF restructured our membership program in 2014, adding new levels and benefits that better meet the needs of our various audiences. To aid in this renewed focus on membership, the IOCDF hired Tiia Groden, MA, as the membership coordinator in May 2014.

As part of this restructure, the Individual Membership and Family Membership levels were streamlined into the new Foundation Membership level. Combining these two memberships while retaining all benefits (and adding some new ones!) helps simplify the membership experience with the IOCDF. The cost for the Foundation Membership is \$50 a year (compared to \$45 and \$65 for the Individual and Family levels, respectively) and includes benefits such as the choice of a print or email subscription to our quarterly OCD Newsletter, discounted registration to our Annual OCD Conference for everyone living in the immediate household, as well as regular email updates from the IOCDF (with opt-outs available).

In addition to the new Foundation membership, the IOCDF created a new, low-cost membership level (\$25 per year) — the Community Membership. The Community Membership includes a digital subscription to the quarterly newsletter, as well as regular email updates from the Foundation and news and events in the OCD community (opt-out available). This new affordable membership level was created to appeal to those who are just beginning to enter the OCD community and who may be new to the IOCDF and are looking for a low-cost way to get involved.

Professional Membership in recent years has been a critical part of the growth of the Foundation as well as the resources the Foundation has to offer, with over 1,000 OCD and related disorders treatment providers now listed in the online Resource Directory. However, one of the most exciting additions to IOCDF membership in 2014 involved bridging the gap between the Foundation and Professional levels with the addition of a new membership level called the Student/Trainee Membership. This membership level was created both with the hopes of fostering interest within new students in studying in the field of OCD and related disorders while also supporting and offering resources for those individuals who have begun studying, researching, and training to treat OCD and related disorders. This level is open to undergraduate and graduate students currently enrolled in a mental health training program or a recently unlicensed graduate working under supervision

toward eventual independent licensure. Its purpose is to engage clinically-minded individuals at the beginning of their careers when they are still making critical decisions about focus and direction of their professional lives. By supporting students and trainees, we hope to expand the number of professionals researching and treating OCD, thereby increasing access to care for the millions of people with OCD.

Benefits of the Student/Trainee Membership include all those of the Foundation Membership as well as a few additional benefits specific to the unique position of student/trainees in the OCD community. All student/trainee members have access to the new IOCDF Student/Trainee LinkedIn Networking Group, which serves as a career development forum for individuals navigating through training. This group encourages student and trainee members to post discussion questions, network, and collaborate among themselves as well as with professional mentors who volunteer their time and expertise to provide guidance. Through this invite-only group, students/trainees can also access a comprehensive list of education and training programs with an emphasis on OCD, including graduate programs, internships, practicum sites, and post-doctoral trainings, all of which focus on OCD treatment and research.

Student/trainee members conducting research are also invited to submit a research poster at the Annual OCD Conference to present at the Researcher Meet & Greet, open to all Conference attendees on Saturday night. Student/trainee members who submit posters are also eligible to win one of five IOCDF Research Poster Awards, which help make the Conference more affordable and accessible to students/trainees through travel stipends and Conference scholarships.

2014 IOCDF Research Poster Award Winners

Travel Winners:

Group Cognitive Behavioral Therapy for Hoarding Disorder Utilizing Non-Clinician In-Home Coaches

Stephanie Taillefer, MA Ryerson University

Do SSRI Adverse Events Interfere with Multimodal Treatment for Pediatric OCD?

Adam Reid, MS University of Florida

Assessing Clinically Significant Obsessive-Compulsive Symptoms in Youth with Autism Spectrum-Disorders

Monica Wu, BA University of South Florida

Scholarship Winner:

"I Saw it on the Internet": Treatment Preferences in Pediatric Obsessive Compulsive Disorder

Brittney Dane, BS University of South Florida



OCD Awareness Week: October 13–19, 2014

OCD Awareness Week is an international effort to raise awareness and understanding about obsessive compulsive disorder and related disorders with the goal of helping more people get timely access to appropriate and effective treatment. Launched by the IOCDF in 2009, OCD Awareness Week is now celebrated during the second full week of October by a number of organizations across the US and around the world with events such as OCD screening days, lectures, conferences, fundraisers, online Q&As, and more.

New #OCDweek Video Challenge!

Each year, we host a creative contest as part of OCD Awareness Week, inviting members of the OCD community to help spread awareness and understanding through storytelling or art. This year, in an effort to spur awareness efforts online in popular video forums such as YouTube, we hosted a video contest with the same theme of raising awareness. We asked to see original videos that help challenge stereotypes, fight stigma, and most importantly, raise awareness about OCD. The videos could be animated shorts, documentaries, and short works of fiction — anything one can imagine. The videos were uploaded to YouTube using the hashtag #OCDweek, and then winners were chosen online by popular vote. We were amazed by the popularity of this contest and the quality of the videos. The winner of the 1st Annual #OCDweek Video Challenge was Melanie Lefebvre for her video, "Cooking Up OCD Awareness." You can view Melanie's video by going to the IOCDF YouTube Channel at www.youtube.com/IOCDF to see all of the 2014 video finalists.

Taking OCD Awareness to the State House

In Boston, the IOCDF worked with OCD Massachusetts to hold the first ever OCD Awareness Event for legislators at the Massachusetts State House. The event was hosted by Rep. Elizabeth Malia, chair of the Joint Committee on Mental Health and Substance Abuse, and featured talks from IOCDF Executive Director Dr. Jeff Szymanski; IOCDF Board President Denise Egan Stack; and Jillian Lucas, the mother of a young child with OCD. This awareness-raising event helped inform legislators about the realities of living with OCD, particularly for young children.

#OCDweek hashtag

The IOCDF encourages our members, donors, and friends to share their stories of hope during OCD Awareness Week, whether by talking in your local community or sharing your message online using the #OCDweek hashtag. By sharing personal stories, we are helping dispel myths about mental health disorders, fighting stigma, and most importantly, raising awareness about OCD symptoms and available treatments. The #OCDweek hashtag was a big hit on social media this year, with over 1,000 tweets, Instagram posts, and Facebook status updates! You can view an online scrapbook of the amazing tweets and photos from #OCDweek at https://storify.com/IOCDF/ocdweek.



#OCDchat: Instant access to OCD experts via online chats

OCD Awareness Week is also an ideal time to share information with others seeking to better understand OCD and related disorders. This year, the IOCDF hosted five online chats where individuals had the opportunity to ask questions of leading experts and advocates for OCD and related disorders. This year's topics included:

OCD in Kids

Moderated by Dr. Jeff Szymanski, IOCDF Executive Director Featuring guest panelist Dr. Evelyn Stewart

Coming Out With OCD

Moderated by Dr. Jeff Szymanski, IOCDF Executive Director Featuring guest panelists Leo Smith, Jeff Bell, & Alison Dotson

Q & A with 2014 OCD Conference Keynote Speaker Ethan Smith

Moderated by Dr. Jeff Szymanski, IOCDF Executive Director Featuring guest panelist Ethan Smith

"What makes me sad is to see how guilt-ridden parents can be about starting their child on medications, when perhaps they wouldn't carry that burden to give their child medications for other types of disease. We know that OCD is a real brain disorder, and early studies have shown brain changes towards normalization following CBT and medications."

-Dr. Evelyn Stewart

Mental Health & OCD Awareness Around the Globe

Moderated by Dr. Jeff Szymanski, IOCDF Executive Director Featuring guest panelists Romina Vitale (Argentina), Ashley Fulwood (United Kingdom), & Minal Mahtani (Hong Kong)

CBT or Medication? OCD Treatment Q&A

Moderated by Dr. Jeff Szymanski, IOCDF Executive Director Featuring guest panelist Dr. Chris Pittenger

"OCD is an intensely isolating disorder. For many individuals, especially kids, meeting someone else with OCD can be incredibly validating. Find ways to connect, for both kids affected by OCD and for the parents as well. Look for a support group by you in our Resource Directory located on our homepage. The OCD community is incredibly generous and supportive."

-Dr. Szymanski

2014 #OCDweek Affiliate Grant Program

In the last few years, rather than organizing one large Awareness Week event in the Boston area, the focus of the IOCDF has increasingly moved toward helping affiliates and global partners launch and/or expand their own "signature" Awareness Week events in an effort to bring innovative programming to as many communities as possible across the globe. Over the years, IOCDF affiliates' events have ranged from storytelling sessions, local book and film festivals, and OCD assessment screenings, to regional full-day conferences for consumers and professionals.

In 2013, as part of an effort to strengthen this momentum, the IOCDF launched a grant program to help affiliates develop and improve local outreach and programming efforts during OCD Awareness Week. The OCD Awareness Week Affiliate Grant Program allows the IOCDF to provide financial, marketing, technical, and design support to select affiliates with the hope that these affiliates will continue to run this programming on their own in years to come.

In 2014, affiliates that received an OCD Awareness Week Grant were OCD Connecticut, OCD Twin Cities, and OCD Wisconsin:



OCD Connecticut organized the 1st Annual "Living with OCD" education session, a presentation on medication and frontline treatment, with breakout sessions for teens and family members.



OCD Twin Cities hosted IOCDF spokesperson Jeff Bell, who gave a presentation on his experience with OCD and did a book signing with OCD Twin Cities president Alison Dotson.

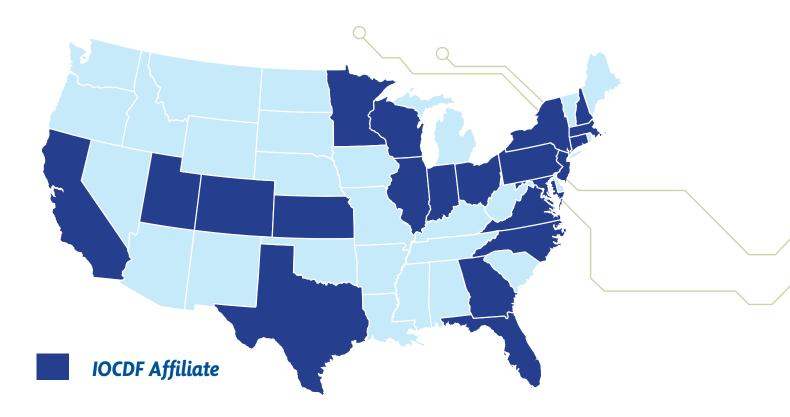


OCD Wisconsin helped organize various public speaking engagements across the state for both individuals with OCD and families seeking support and wanting to promote awareness and for school personnel to discuss OCD in the classroom.



IOCDF Affiliates

Our affiliates carry out the mission of the International OCD Foundation through programs at the local community level. Each of our affiliates are nonprofit organizations run entirely by dedicated volunteers.



West Coast

- OCD San Francisco Bay Area
- OCD Sacramento
- OCD Southern California

East Coast

- OCD Connecticut
- OCD Massachusetts
- OCD Mid-Atlantic
- OCD New Hampshire
- OCD New Jersey
- OCD New York
- OCD North Carolina
- OCD Western Pennsylvania

South

- OCD Texas
- OCD Jacksonville
- OCD Georgia

Midwest & Rockies

- OCD Greater Denver
- OCD Utah
- OCD Midwest
- OCD Kansas
- OCD Twin Cities
- OCD Wisconsin



Global Partners — Spreading Awareness Worldwide

The IOCDF maintains a strong commitment to increasing access to effective OCD treatment in the U.S. and around the world. To further our reach, we created the Global Partnership Program to connect with similar organizations around the world whose work is in line with our mission. We have partnered with these groups to help train professionals around the globe and to host events for OCD Awareness Week.

In 2014, IOCDF Executive Director Jeff Szymanski, PhD, went to Tokyo, Japan to give the keynote address at a conference hosted by the newly-created foundation, OCD Japan. Dr. Szymanski's goal for his keynote was to encourage all of the attendees to get involved in this new organization and continue to expand the organization over the next few years into a comprehensive resource for individuals in Japan affected by OCD and related disorders. A nonprofit organization like OCD Japan is uniquely positioned to build a community of support, raise awareness, reduce stigma, raise funds for research, and encourage advocacy.

Dr. Szymanski also talked about how OCD Japan will be faced with similar challenges to what we see here at the IOCDF. First and foremost, there are not enough clinicians trained in frontline treatments for OCD (specifically exposure and response prevention, or ERP). OCD Japan is currently considering how they can address this issue on a large scale, maybe even developing a training program modeled after our own Behavior Therapy Training Institute (BTTI).

The IOCDF will remain a resource for OCD Japan and all of our Global Partners as they continue to create awareness about OCD and related disorders. A complete list of IOCDF Global Partners appears starting on the next page.



MAKING CONNECTIONS



Global Partners:

Canada

Canadian OCD Network

Contact: Dr. Evelyn Stewart

938 W. 28th Avenue Vancouver, British Columbia V5Z4H4

Email: Canadian.ocd.network@gmail.com Website: canadianocdnetwork.com

China

OCD China

Contact:

Jian-Ping Wang, PhD, MD

Professor of Psychology and Psychiatry

School of Psychology

19#Xinjiekouwaidajie Haidian District, Beijing

100875

1514 Houzhulou Beijing Normal University

Email: wjphh@bnu.edu.cn

Website: http://www.ocdchina.cn/

Hong Kong

OCD & Anxiety Support Hong Kong

Contact:

Minal Mahtani 41-A Stubbs Road

D1-18th Floor

Hong Kong

Email: omshanti_hk@yahoo.com Website: www.ocdanxietyhk.org

Ireland

OCD Ireland

Contact:

Brian Davis

INSIGHT@ NUI Galway The DERI Building,

IDA Business Park, Lower Dangan,

Galway, Ireland

Email: information@ocdireland.org

Website: www.ocdireland.org



Japan

OCD Japan

Contact:

Masaru Horikoshi, PhD

Email: mhorikoshi@ncnp.go.ip

Website: https://sites.google.com/site/ocdjapan/

home

OCD Ohanashikai

Contact:

Masatoshi Arizono, PSW

Zip 180-0006

901 Radiance Mitaka 1-23-1

Nakachou Musashino-shi Tokyo-to Japan Email: hareotoko_ari@yahoo.co.jp Website: http://kyou89.fczweb.com

(in Japanese)

The Netherlands

Dwang.eu

Contact:

Menno Oosterhoff Schutterlaan 20 9797 PC Thesinghe The Netherlands Email: **info@dwang.eu**

Website: www.dwang.eu

New Zealand

Anxiety Support

Contact:

Mental Health Advocacy and Peer Support Trust

(MHAPS) P.O. Box 33 332 Christchurch 8244 New Zealand

Email: info@anxietysupport.org.nz Website: www.anxietysupport.org.nz

South Africa

The South African Depression and Anxiety Group

Contact:

Zane Wilson and Shai Friedland

The South African Depression and Anxiety Group

P.O. Box 650301 Benmore

2010

South Africa

Email: Zane1@hargray.com or shai.friedland@gmail.com
Website: www.sadag.org and www.ownocd.ning.com

Sweden

Svenska OCD-forbundet Ananke

Contact:

Lars Ekvall

Svenska OCD forbundet-Ananke

Svalovsvagen 1 121 53 Johanneshov

Email: mailbox@ananke.org Website: www.ocdforbundet.se

United Kingdom

OCD-UK

Contact:

Ashley Fulwood

OCD-UK

P.O. Box 8955

Nottingham, NG10 9AU Email: **support@ocduk.org**

or office@ocduk.org
Website: www.ocduk.org



Who We Are

2014 BOARD OF DIRECTORS

Denise Egan Stack, LMHC

President

Susan B. Dailey

Vice President

Michael J. Stack, CFA

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Shannon A. Shy, Esq.

Secretary

Denis Asselin

Jeff Bell

Diane Davey, RN

Michael Jenike, MD

Paul Mueller

Christina Vertullo

Carter Waddell

Emeritus

Joy Kant

Patti Perkins, JD

2014 IOCDF STAFF

Jeff Szymanski, PhD

Executive Director

Jeff Smith

Director of Development

Carly Bourne, MA

Director of Communications

Pamela Lowy

Director of Operations

Marissa Keegan

Program Director

Stephanie Cogen, MPH, MSW

Assistant Program Director

Tiia Groden, MA

Membership Coordinator

Fran Harrington

Web Developer & Designer

Alex Bahrawy

Administrative Assistant

Abigail Green

Bookkeeper



2014 Scientific and Clinical Advisory Board

Members of the IOCDF Scientific and Clinical Advisory Board (SCB) are among the best clinicians and investigators in the United States who treat and/or conduct research in the field of OCD and related disorders. SCB members are involved in the IOCDF in multiple ways, including participation on the IOCDF Grant Review Committee to review research grant proposals submitted for possible funding, speaking at the Annual OCD Conference, serving as faculty for the Behavior Therapy Training Institute, and/or contributing articles to the quarterly OCD Newsletter and our websites. Below is a list of our 2014 SCB members:



Michael Jenike, MD, Chair Massachusetts General Hospital, Boston, MA OCD Institute, McLean Hospital, Belmont, MA



Sabine Wilhelm, PhD, Vice Chair Massachusetts General Hospital, Boston, MA Harvard Medical School, Boston, MA

Jonathan S. Abramowitz, PhD University of North Carolina at Chapel Hill, NC

Thröstur Björgvinsson, PhD
The Houston OCD Program,
Houston, TX
McLean Hospital, Belmont, MA

James Claiborn, PhDSouth Portland, ME

Darin D. Dougherty, MDMassachusetts General Hospital,
Boston, MA
OCD Institute, McLean Hospital,
Belmont, MA

Jeanne Fama, PhDMassachusetts General Hospital,
Boston, MA

Jamie Feusner, MD University of California at Los Angeles, CA

Edna B. Foa, PhDUniversity of Pennsylvania, Philadelphia, PA

Martin E. Franklin, PhD University of Pennsylvania, Philadelphia, PA Randy Frost, PhD

Smith College, Northampton, MA

Wayne K. Goodman, MDMount Sinai Medical Center, New York, NY

Jonathan Grayson, PhD University of Southern California, Pasadena, CA Grayson LA Treatment Center for

Anxiety and OCD, Pasadena, CA

Benjamin D. Greenberg, MD, PhDButler Hospital, Providence, RI

John H. Greist, MDMadison Institute of Medicine,
Madison, WI

Jonathan Hoffman, PhD NeuroBehavioral Institute, Weston, FI

Nancy J. Keuthen, PhD Massachusetts General Hospital, Boston, MA

Lorrin M. Koran, MD Stanford University Medical Center, Palo Alto, CA Bruce Mansbridge, PhD

Austin Center for the Treatment of OCD, Austin, TX

Charles S. Mansueto, PhDBehavior Therapy Center of Greater
Washington, Silver Spring, MD

Patrick McGrath, PhD
Alexian Brothers Behavioral Health
Hospital, Hoffman Estates, IL

Dean McKay, PhDFordham University, Bronx, NY

E. Katia Moritz, PhD NeuroBehavioral Institute, Weston, FL

Tanya K. Murphy, MDUniversity of South Florida, St. Petersburg, FL

Gerald Nestadt, MD, PhDJohns Hopkins Hospital, Baltimore,

Fugen Neziroglu, PhD Bio-Behavioral Institute, Great Neck, NY

Michele Pato, MD University of Southern California, Los Angeles, CA



MAKING CONNECTIONS



Harvard Medical School, Boston, MA Massachusetts General Hospital, Boston, MA

Fred Penzel, PhD

Western Suffolk Psychological Services, Huntington, NY

Katharine A. Phillips, MD

Rhode Island Hospital, Providence, RI

John Piacentini, PhD

University of California at Los Angeles, CA

Christopher Pittenger, MD, PhD

Yale University, New Haven, CT

C. Alec Pollard, PhD

St. Louis Behavioral Medicine Institute, St. Louis, MO

Judith L. Rapoport, MD

National Institute of Mental Health, Bethesda, MD

Steven Rasmussen, MD

Butler Hospital, Providence, RI

Scott L. Rauch, MD

McLean Hospital, Belmont, MA

Bradley C. Riemann, PhD

Rogers Memorial Hospital, Oconomowoc, WI

Barbara Rothbaum, PhD

Emory School of Medicine, Atlanta, GA

Sanjaya Saxena, MD

University of California at San Diego, CA

H. Blair Simpson, MD

Columbia University, New York, NY

Gail Steketee, PhD

Boston University, Boston, MA

S. Evelyn Stewart, MD

University of British Columbia, Vancouver, BC, Canada

Eric A. Storch, PhD

University of South Florida, St. Petersburg, FL

Susan Swedo, MD

National Institute of Mental Health, Bethesda, MD

Barbara L. Van Noppen, PhD

University of Southern California, Los Angeles, CA

Aureen P. Wagner, PhD

The Anxiety Wellness Center, Cary, NC

Allen Weg, EdD

Stress & Anxiety Services of New Jersey, East Brunswick, NJ

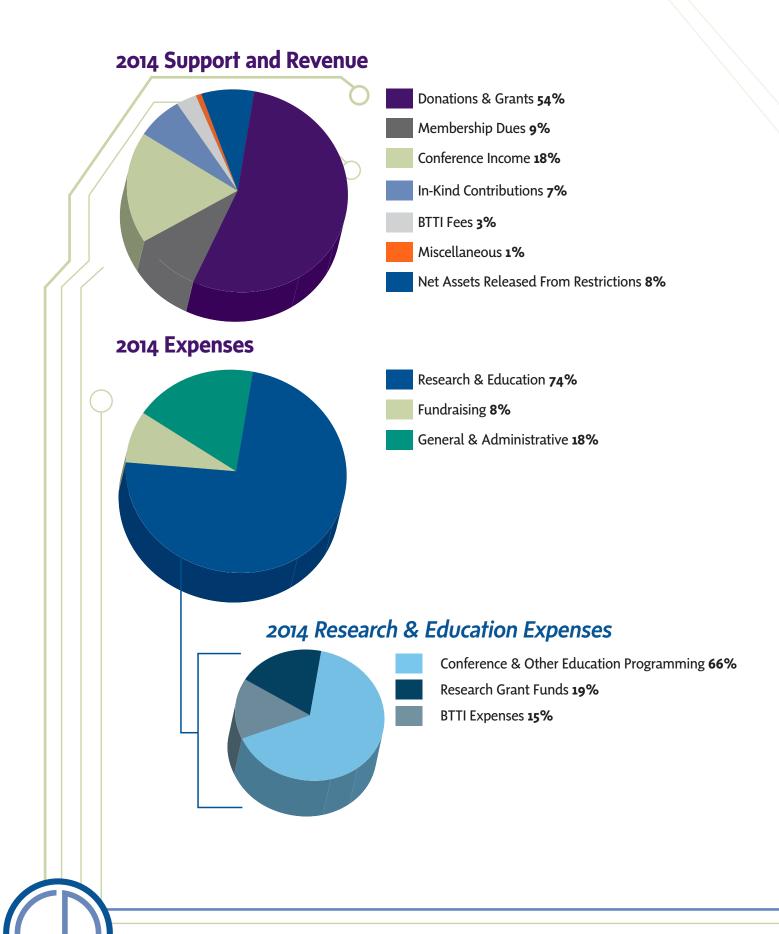
Monnica Williams, PhD

University of Louisville, KY

Robin Zasio, PsyD, LCSW

The Anxiety Treatment Center, Sacramento, CA

INTERNATIONAL OCD FOUNDATION 2014 ANNUAL REPORT



MAKING CONNECTIONS

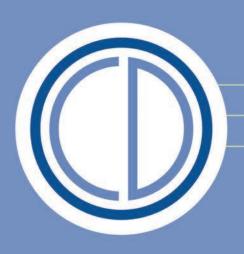
Statement of Activities

2014 Financials	Unrestricted	Temporarily Restricted	Total	
Support & Revenue				
Donations & Grants	\$1,105,882	\$105,584	\$1,211,466	
Membership Dues	\$193,217	\$ 0	\$193,217	
Conference Income	\$360,757	\$2,450	\$363,207	
In-Kind Contributions	\$141,029	\$ 0	\$141,029	
BTTI Fees	\$61,027	\$o	\$61,027	
Net Realized & Unrealized Investment Gains	\$o	\$o	\$ o	
Miscellaneous	\$21,624	\$o	\$21,624	
Net Assets Released From Restrictions	\$152,945	-\$152,945	\$o	
Total Support & Revenue	\$2,036,481	-\$44,911	\$1,991,570	
Expenses				
Research & Education Total	\$1,409,271	\$o	\$1,409,271	
Fundraising	\$156,466	\$o	\$156,466	
General & Administrative	\$349,774	\$o	\$349,774	
Total Expenses	\$1,915,511	\$o	\$1,915,511	
Non-Operating Activities	\$159	-\$10,385	-\$10,226	
Change in Net Assets	\$121,129	-\$55,296	\$65,833	
Net Assets, Beginning of Year	\$131,857	\$662,150	\$794,007	
Net Assets, End of Year	\$252,986	\$606,854	\$859,840	

International OCD Foundation EIN 22-2894564

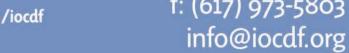






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