Who we are

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.

Since 1986, we have served as the nexus for a broad international community of people with OCD, their friends and loved ones, and a wide array of mental health and medical professionals. We are based in Boston, MA, but our mission is carried out by 24 local Affiliates nationwide and 11 partner organizations around the world.
Dear friends and supporters of the International OCD Foundation,

In my nine years as Executive Director of the IOCDF, I have had the distinct privilege of working with the IOCDF’s board of directors to shape and guide the organization’s mission.

On that note, 2017 was a tremendous year for the IOCDF, and I am delighted to share our newest annual report with you! Some highlights from this year include:

- The fifth anniversary of our flagship 1 Million Steps 4 OCD Walk in Boston, MA, as well as the inaugural OCD Capital Walk in Washington, DC.
- Our Annual OCD Conference in San Francisco, which broke our previous attendance record with a whopping 1,742 attendees!
- The expansion of our standout provider training program, the Behavior Therapy Training Institute (BTTI), into the IOCDF Training Institute, with new online case consultation groups and more options for providers at all levels of education and experience.
- The relaunch of our IOCDF Ambassador program, with Ethan Smith as our first National Ambassador.

I am proud to help lead the IOCDF in our mission to build a supportive, engaging community, end the stigma around OCD, and help everyone — around the world! — access the treatment and resources they need to live full and productive lives.

In the year to come, we look forward to finding new ways to broaden our impact and extend our reach around the globe.

Thank you to all the donors, partners, stakeholders, and community members who made 2017 possible. We look forward to your continued support of our mission in 2018 and beyond!

Sincerely,
Jeff Szymanski, PhD
Executive Director,
International OCD Foundation
Our 24th Annual OCD Conference took place in beautiful San Francisco, CA, and featured the world premiere of the film “UNSTUCK,” an award-winning short film that documents OCD through the eyes of six children and teens. In keeping with the theme, this Conference featured new offerings for elementary, middle, and high-school-aged members of our OCD community, including field trips, scavenger hunts, artistic expression opportunities, support groups, and many more!

This year also marked the fifth anniversary of our Annual Hoarding Meeting, as well as the launch of a new series focused on the co-occurrence of OCD and substance use disorders.

24TH Annual OCD Conference by the numbers:

- Attendees: 1,742 (our biggest Conference yet!)
- US states represented: 46
- Countries represented: 21

IOCDF Outstanding Career Achievement Award
Susan Swedo, MD

Patricia Perkins
IOCDF Service Award
Elizabeth McIngvale, PhD, LMSW, and Jeff Bell

Illumination Award
Corey Hirsch

Hero Award
Chrissie Hodges
Over the past 23 years, the IOCDF’s Research Grant program has distributed annual grants of $35,000–$50,000 to junior investigators in the fields of OCD and related disorders, including hoarding disorder, body dysmorphic disorder, trichotillomania, and tic disorder. This year’s Research Grant Award winners are:

**Lorena Fernandez de la Cruz, PhD**
Assistant Professor, Karolinska Institutet
Stockholm, Sweden
The impact of obsessive compulsive disorder on education, labor market marginalization, and societal costs

**Ryan Jacoby, MA**
Clinical Fellow in Psychology
Massachusetts General Hospital/Harvard Medical School
Decision-making impairments in OCD: An integrated behavioral economics model

**Thomas Adams, PhD**
Postdoctoral Fellow
Yale University School of Medicine
Use of transcranial direct current stimulation to enhance consolidation of therapeutic learning in obsessive compulsive disorder (OCD)
1 Million Steps 4 OCD Walk

2017 marked the fifth anniversary of our flagship event dedicated to raising awareness, funds, and hope! In the years following the inaugural 1 Million Steps 4 OCD Walk in Boston, our Walk program has exploded in popularity, with IOCDF Affiliates hosting Walks in 19 locations around the country this year.

- 1,119 walkers from 32 U.S. States and five countries
- $147,418 raised in total from 2,064 donors
Our Affiliates & Global Partners

Affiliates
- OCD Central and South Florida
- OCD Colorado
- OCD Connecticut
- OCD Georgia
- OCD Jacksonville
- OCD Kansas
- OCD Massachusetts
- OCD Mid-Atlantic
- OCD Midwest
- OCD New Hampshire
- OCD New Jersey
- OCD New York
- OCD North Carolina
- OCD Oregon
- OCD Pennsylvania
- OCD Rhode Island - New in 2017!
- OCD Sacramento
- OCD SF Bay Area
- OCD Southern California
- OCD Texas
- OCD Twin Cities
- OCD Utah
- OCD Washington
- OCD Wisconsin

Global Partners
- OCD China
- OCD & Anxiety Support Hong Kong
- OCD Ireland
- OCD Japan
- OCD Ohanashikai
- Dwang.ue (Netherlands)
- New Zealand Anxiety Support
- The South African Depression and Anxiety Group
- Asociacion TOC Granada
- Svenska OCD-forbundet Ananke
- OCD-UK (United Kingdom)
See You Next Year!

One of our most exciting ventures in 2018 will be the development and launch of a program called Anxiety in the Classroom, an online OCD resource center for school personnel, students, and their families.

Other things we’re looking forward to in 2018...

• We will be celebrating the 25th anniversary of our Annual OCD Conference in Washington, DC on July 27–29, 2018!

• Expanded community support services, including resources for people who are transitioning out of residential OCD treatment programs.

• Thanks to a generous gift from a donor, we plan to expand the 2018 BTTI program from five sessions to eight, including an Advanced Forum in Boston for participants who have already completed an initial BTTI session.

• We’re also adding two new grant opportunities to our 2018 Research Grant program, thanks to the generosity of long-time Foundation supporters. Look for our call for proposals in January!
# Financial Information

## Support and Revenue

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<thead>
<tr>
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<tr>
<td>Contributions &amp; Private Grants</td>
<td>$967,798</td>
<td>$992,694</td>
<td>$1,080,923</td>
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<td>Dues</td>
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<td>In-Kind Contributions</td>
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<td>$115,535</td>
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<td>BTTI Fees</td>
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<td>$69,177</td>
<td>$125,730</td>
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<td>$0</td>
<td>$0</td>
<td>$57,527</td>
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<td>$0</td>
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<td>$15,977</td>
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<td>($187,368)</td>
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## Support and Revenue Breakdown

- **Contributions & Private Grants**: 55.1%
- **Conference**: 22.9%
- **Dues**: 11.3%
- **In-Kind Contributions**: 5.1%
- **BTTI Fees**: 5.5%
# Financial Information

## Expenses

<table>
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<tr>
<th></th>
<th>2015</th>
<th>2016</th>
<th>2017</th>
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</thead>
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<td><strong>Research &amp; Education</strong></td>
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<tr>
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<td><strong>Total</strong></td>
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<td><strong>Fundraising</strong></td>
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<tr>
<td><strong>Total</strong></td>
<td>$203,479</td>
<td>$220,576</td>
<td>$186,826</td>
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<td><strong>General &amp; Administration</strong></td>
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<tr>
<td>Unrestricted</td>
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<tr>
<td><strong>Total</strong></td>
<td>$281,644</td>
<td>$318,323</td>
<td>$319,887</td>
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<tr>
<td><strong>Total Expenses</strong></td>
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<td>$2,092,854</td>
<td>$2,168,022</td>
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<tr>
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<td><strong>Total</strong></td>
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<td>$2,168,022</td>
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<td><strong>Total</strong></td>
<td>$58,764</td>
<td>$33,169</td>
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## Net Assets

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<td><strong>Total</strong></td>
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<td><strong>End of Year</strong></td>
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<tr>
<td>Unrestricted</td>
<td>$503,624</td>
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<td>$414,980</td>
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<td><strong>Total</strong></td>
<td>$918,604</td>
<td>$951,773</td>
<td>$1,102,783</td>
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IOCDF Staff & Board of Directors

**IOCDF Staff**

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