



International
OCD
Foundation

Annual Report 2017



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.



International
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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

(BTIT), 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*



24th Annual OCD Conference



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.



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

24th Annual OCD Conference by the numbers:



Attendees: 1,742

(our biggest Conference yet!)



US states represented: 46



Countries represented: 21



Research Grant Award Winners

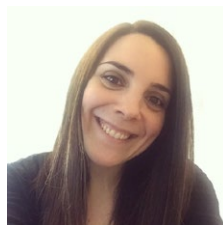
Over the past 23 years, the IOCDF's **Research Grant program** has distributed annual grants of \$35,000–\$50,000 to junior investigators in the fields of OCD and related disorders, including hoarding disorder, body dysmorphic disorder, trichotillomania, and tic disorder. This year's Research Grant Award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



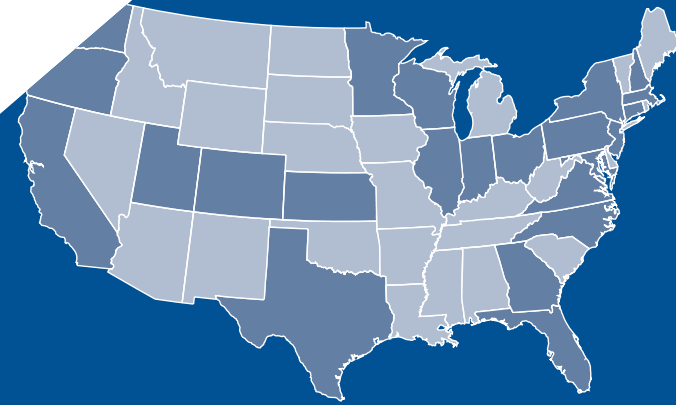
Our Affiliates & Global Partners

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!

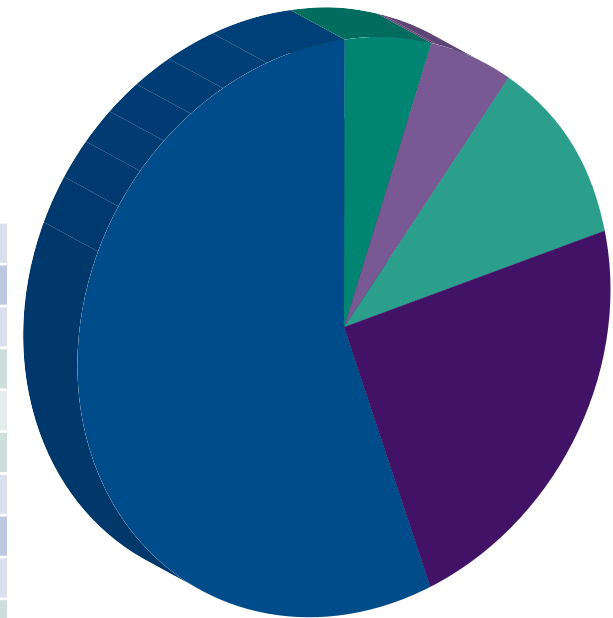
2018

Financial Information

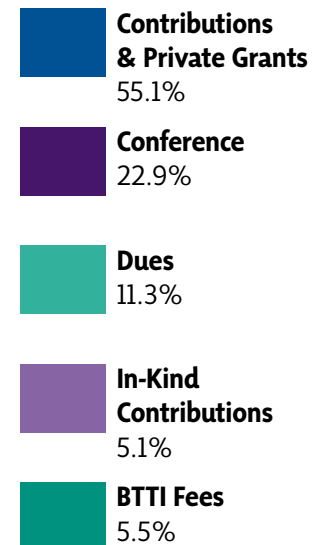
Support and Revenue

2015 2016 2017

Contributions & Private Grants	Unrestricted	\$967,798	\$992,694	\$1,080,923
	Temporarily Restricted	\$114,968	\$212,599	\$167,623
	Total	\$1,082,766	\$1,205,293	\$1,248,546
Conference	Unrestricted	\$473,957	\$453,057	\$513,652
	Temporarily Restricted	\$800	\$4,404	\$4,795
	Total	\$474,757	\$457,461	\$518,447
Dues	Unrestricted	\$235,439	\$243,086	\$255,890
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$235,439	\$243,086	\$255,890
In-Kind Contributions	Unrestricted	\$115,535	\$74,612	\$115,465
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$115,535	\$74,612	\$115,465
BTI Fees	Unrestricted	\$57,527	\$69,177	\$125,730
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$57,527	\$69,177	\$125,730
Special Projects	Unrestricted	\$0	\$51,065	\$279
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$0	\$51,065	\$279
Miscellaneous	Unrestricted	\$15,977	\$908	\$3,577
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$15,977	\$908	\$3,577
Net Assets Released From Restrictions	Unrestricted	\$303,136	\$187,575	\$209,840
	Temporarily Restricted	(\$303,136)	(\$187,575)	(\$209,840)
	Total	\$0	\$0	\$0
Total Support & Revenue	Unrestricted	\$2,169,369	\$2,072,174	\$2,305,356
	Temporarily Restricted	(\$187,368)	\$29,428	(\$37,422)
	Total	\$1,982,001	\$2,101,602	\$2,267,934



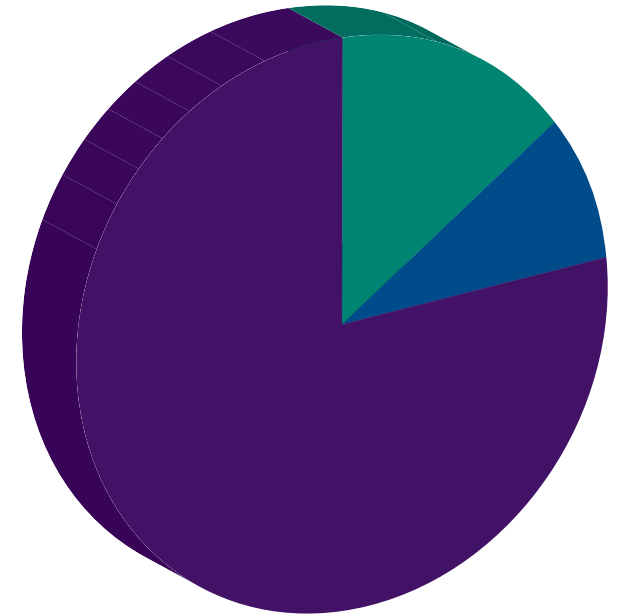
Support and Revenue Breakdown



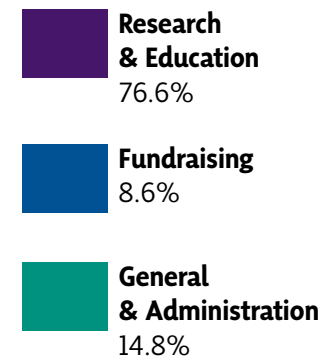
Financial Information

Expenses

		2015	2016	2017
Research & Education	Unrestricted	\$1,433,819	\$1,553,955	\$1,661,309
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$1,433,819	\$1,553,955	\$1,661,309
Fundraising	Unrestricted	\$203,479	\$220,576	\$186,826
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$203,479	\$220,576	\$186,826
General & Administration	Unrestricted	\$281,644	\$318,323	\$319,887
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$281,644	\$318,323	\$319,887
Total Expenses	Unrestricted	\$1,918,942	\$2,092,854	\$2,168,022
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$1,918,942	\$2,092,854	\$2,168,022
Change in Net Assets	Unrestricted	\$250,638	(\$20,397)	\$139,545
	Temporarily Restricted	(\$191,874)	\$53,566	\$11,465
	Total	\$58,764	\$33,169	\$151,010



Expense Breakdown



Net Assets

		2015	2016	2017
Beginning of Year	Unrestricted	\$252,986	\$503,624	\$483,227
	Temporarily Restricted	\$606,854	\$414,980	\$468,546
	Total	\$859,840	\$918,604	\$951,773
End of Year	Unrestricted	\$503,624	\$483,227	\$622,772
	Temporarily Restricted	\$414,980	\$468,546	\$480,011
	Total	\$918,604	\$951,773	\$1,102,783

IOCDF Staff & Board of Directors



IOCDF Staff



IOCDF Board

IOCDF Staff

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Pam Layne

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Fran Harrington

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Tiia Groden, MA

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Meghan Buco

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Community Support Specialist:

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Abigail Green

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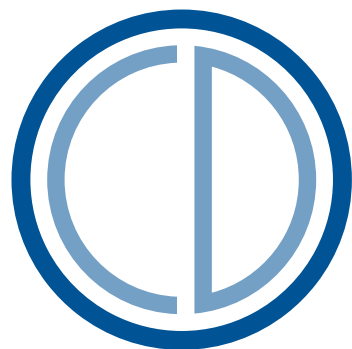
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