



International OCD Foundation

Celebrating 30 Years | 1986–2016

2016 Annual Report

The mission of the International OCD Foundation is to help individuals with obsessive compulsive disorder (OCD) and related disorders 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,



This year, we're taking a look back at our 30-year history and paying tribute to our founders and pivotal leaders. Their pioneering work continues to serve as the inspiration for all our programs and initiatives at the International OCD Foundation (IOCDF).

Our story begins in 1986 when a group of individuals with OCD started meeting together while enrolled in one of the first medication trials for OCD treatment at Yale University. As a group, their discussion kept coming back to how few resources there were for individuals affected by OCD. This glaring lack of resources served as the impetus to develop an advocacy organization focused on improving the lives of individuals with OCD. Their goals were to promote greater understanding of this disorder, foster increased awareness and mutual support, and ensure there were more accessible treatment options for individuals seeking professional help for OCD and related disorders.

The IOCDF (then known as the Obsessive Compulsive Foundation or OCF) and its programming as it exists today are a direct result of their efforts, and we have stayed true to their original mission to:

- *educate the general public concerning OCD and related disorders;*
- *disseminate the latest information concerning therapy, treatment centers and medications;*
- *and provide support to sufferers of OCD, fund research, and support graduate and postgraduate research on OCD.*

Through our various programs and initiatives, we continue to address a need for greater awareness, increased access to treatment, professional training opportunities, and in-depth OCD research.

For example, the inaugural Annual OCD Conference was held in 1993. The goal was to address the needs of the entire OCD community, including mental health professionals, individuals with OCD, and their loved ones. The idea of bringing all major stakeholders to one place to share experiences and information was groundbreaking then, and it is still relatively rare at mental health conferences today. At the first Conference in 1993, there were just 16 presenters giving 10 different talks to approximately 300 Conference attendees. In contrast, at the 23rd Annual OCD Conference in Chicago, we offered more than 100 talks, workshops, support groups, and evening activities for the over 1,600 attendees!

Another early initiative was the Research Grant Award Program. In 1994, we awarded our first research grants, totaling just over \$70,000. Since then, the Foundation has raised and distributed \$3.6 million to over 100 research projects focused on OCD and related disorders. This year, \$138,799 was awarded to three different projects. Thank you to all who contributed to our research fund and to the members of the Grant Review Committee. Read more about the research projects funded by the IOCDF on page 14.



A core mission of the Foundation has always been to increase access to effective care for individuals struggling with OCD and related disorders. With this in mind, the Foundation launched our flagship training opportunity, the Behavior Therapy Training Institute (BTI) in 1995. While the BTI has been extremely successful in filling the need for specialized training in OCD and related disorders, professionals have been asking for more opportunities to develop and advance their skills. As a result, the IOCDF Training Institute has evolved to include a more comprehensive curriculum of professional training opportunities. These training offerings address a variety of specialties and issues pertaining to the OCD and related disorders community, while also providing continuing education credits to qualified professionals. For a list of previous BTI locations and a geographic breakdown of attendance, please see page 19.

Along with these early initiatives, a more recent addition has been the 1 Million Steps 4 OCD Walk. The Walk began in 2013 as an opportunity for the community to unite to raise funds and awareness for OCD and build connections with each other. The 1 Million Steps 4 OCD Walk was inspired by now board member, Denis Asselin, who in 2012 walked over 500 miles — or roughly one millions steps — from his home in Cheyney, PA to Boston, MA in memory of his son, Nathaniel. Nathaniel took his own life at the age of 24 after a long struggle with severe body dysmorphic disorder (BDD) and OCD. In 2013, the first Walk took place in Boston at Jamaica Pond. Almost 200 walkers were present at the flagship event, which raised over \$70,000. Additionally, over 100 “virtual walkers” across the country joined us by walking in their local communities and raising funds online. This year, our number of Walks grew, and so did the participation! In addition to the flagship Walk in

Boston, events were held in Oakland, CA, Atlanta, GA, and Houston, TX, as well as communities throughout the U.S. Together, these walks raised roughly \$110,000! To read more about the 1 Million Steps 4 OCD Walk, turn to page 4.

We have made great strides in achieving our goals. However, the fact remains that millions of people with OCD still struggle with the real limitations of this disorder. Through our work, we recognize their struggle and strive to extend resources to all those who need them most. Your involvement and loyal support serve as the cornerstone that makes it all possible.

I’m proud of all that we accomplished in 2016, and I invite you to read about our activities and programs in the pages that follow. Our goal is to pay tribute to our past and set out our goals for the future. In the year to come, we look forward to building on our achievements and growing the number of individuals whom we serve. Thank you for making our 30th anniversary year such a success!

Sincerely,



Jeff Szymanski, PhD
Executive Director
International OCD Foundation



4th Annual 1 Million Steps 4 OCD Walk

June 4, 2016

The 1 Million Steps 4 OCD Walk is the first grassroots visibility and fundraising campaign to spotlight OCD and related disorders on a national level. In addition to raising awareness, the 1 Million Steps 4 OCD Walk also raises funds for the vital work of the IOCDF and our Affiliates. Our aim is to increase access to effective treatment,

end the stigma associated with OCD and mental health issues, and foster a community for both those affected by OCD, as well as the professionals who treat them.

Our Walk events grow every year, and it's important to realize how far we have come! We held our first Walk at Jamaica Pond in Boston in 2013 and welcomed over 200 participants. This year, we welcomed over 800 walkers who participated in a variety of Walk events held across the country. More and more, people are taking action to support our mission of advocating for everyone living with OCD and related disorders.

The contributions that participants, their families, friends, and coworkers make to the Walk are used to support programs such as our Training Institute and Annual OCD Conference, while increasing visibility and awareness about OCD and related disorders. In addition, we encourage IOCDF members around the country to organize their own small grassroots walks in their communities. These “virtual walks” have a tremendous impact and help extend our message of hope and awareness around the globe. IOCDF Walk events generated over \$106,936.05 in 2016 and we are so grateful to everyone who participated!





4th Annual 1 Million Steps 4 OCD Walk

Flagship Boston Walk

At the 4th Annual 1 Million Steps 4 OCD Walk in Boston, we were honored to have Massachusetts State Rep. Liz Malia serve as our grand marshal. Elected to the House of Representatives in 1998, Rep. Malia serves as Chair of the Joint Committee on Mental Health and Substance Abuse and has led efforts to improve

access to mental health and substance abuse services, with a particular focus on diverse communities. We were grateful for Rep. Malia for helping to inspire our walkers!

Taking the step forward to walk for OCD awareness and sharing your story makes a big difference to those living with OCD. One of our Walk participants, Ryan Pierson, age 12, led her walk team "Ryan's Warriors" around our beautiful Walk route at Jamaica Pond. She and her mom came all the way from New Jersey to take part in the 1 Million Steps 4 OCD Walk in Boston. Her journey marked an amazing day filled with some tears, and coupled with plenty of joy for everyone. Ryan reminded all of us that no one is alone in the struggle with OCD, saying:

"I guess what I'm trying to get across about the walk was that everything made me feel like I wasn't alone. Like I wasn't the only warrior fighting this battle. The talks and the raffles and the walk itself, along with all the giveaways and tables... everything. All of it made me feel 100 times less lonesome. Made me feel as though there really were other people, and there were people rallying around me, rallying around each other, all in a common effort to spread awareness and raise money for this cause."





4th Annual 1 Million Steps 4 OCD Walk

Affiliate Walks

Hosted by the IOCDF in conjunction with various IOCDF Affiliates, the 1 Million Steps 4 OCD Walk is the largest OCD awareness event in the country. Each year, our Walks draw passionate teams and inspiring individuals committed to helping everyone with OCD to lead full and productive lives.

OCD Sacramento and OCD SF Bay Area teamed up on June 4, 2016 with their 3rd Annual Northern California 1 Million Steps 4 OCD Walk at Lake Merritt Park in Oakland. Hundreds of people walked to raise awareness about the importance of reducing mental health stigma and promoting OCD awareness. Eric McClendon served as the official grand marshal. Eric is a strong advocate for OCD and a highly regarded amateur long-distance runner who has completed over 30 marathons and half-marathons after running track at the collegiate level. Eric is completing his master's degree in Social Work, with the goal of working with low-income individuals with serious mental illnesses in San Francisco. Once Eric cut the ribbon at the starting line, the walkers were off along a beautiful circuit around Lake Merritt. At noon, there was an inspiring closing program and group photo. It was an enjoyable day for one and all!





4th Annual 1 Million Steps 4 OCD Walk *Affiliate Walks*

OCD Georgia had a wonderful turn out for their 2nd Annual Atlanta 1 Million Steps 4 OCD Walk on June 4, 2016. Dr. Michael Jenike served as the grand marshal and Susan Boaz as the emcee for the community members who gathered at Chastain Park. Dr. Jenike is a professor of psychiatry at Harvard Medical School, founder of the OCD

Program at Massachusetts General Hospital, founder of the OCD Institute at McLean Hospital, a longtime board member and supporter of the IOCDF, chair of the Scientific and Clinical Advisory Board of IOCDF, and an outspoken advocate for people living with OCD. Susan Boaz is the vice president of the IOCDF board of directors. Amongst music, yard games, and a photo booth, nearly 150 members of the OCD Georgia community rallied together to raise awareness, reduce stigma, and support one another, all while raising nearly \$17,000!

OCD Texas held their 1st Annual Houston 1 Million Steps 4 OCD Walk at Memorial Park on June 10th. Grand marshal Austin Vela spoke about his experience with OCD with eloquence and incredible warmth, and was a great inspiration to everyone assembled. Vela is a Texas-based singer/songwriter and an outspoken advocate for OCD and related disorders. All the walkers enjoyed the experience of gathering together to walk, and ended the day with a closing ceremony where Austin led everyone through a sing-along of "Lean on Me."





2016 Annual OCD Conference

July 29–31, 2016

The Windy City of Chicago was the setting for the IOCDF's 23rd Annual OCD Conference. Held in the heart of the city at the Chicago Marriott Downtown Magnificent Mile, attendees came from across the country for the jam-packed, three-day Conference. Over 1,600 attendees took part in 100+ presentations, workshops, and seminars, as well as nearly two-dozen support groups and evening events.

The Annual OCD Conference serves as a powerful unifying experience that brings remarkable clinicians, leading experts, researchers, parents, and kids together in one place! Since 1993, the Annual OCD Conference has been the only national meeting focused solely on obsessive compulsive disorder (OCD) and related disorders. Attendees come together for workshops, panels, and an amazing range of sessions. This unique event allows people with OCD and their loved ones to learn about the latest treatments and information in a remarkable setting.

The Conference's general program kicked off first thing Friday morning and ran through Sunday afternoon. Once again, we offered Pre-Conference Training Sessions on Thursday before the Conference opened, including a training that offered therapists who treat OCD the chance to learn from colleagues in professional consultation groups and a day-long comprehensive overview of hoarding for a wide variety of professionals.

New for 2016, we were excited to launch the IOCDF Research Symposium as part of Thursday's Pre-Conference program. This event provided a forum for high-level discussion of research topics specifically intended for those who specialize in the study of OCD and related disorders. The IOCDF Research Symposium grew out of the popular regional New England OCD Research Symposium (NERS), originally created by Dr. Chris Pittenger and co-presented by Yale University and the International OCD Foundation. In an effort to expand the reach of this invaluable research forum, we offered the symposium as a Pre-Conference event open to researchers across the country (and the globe).





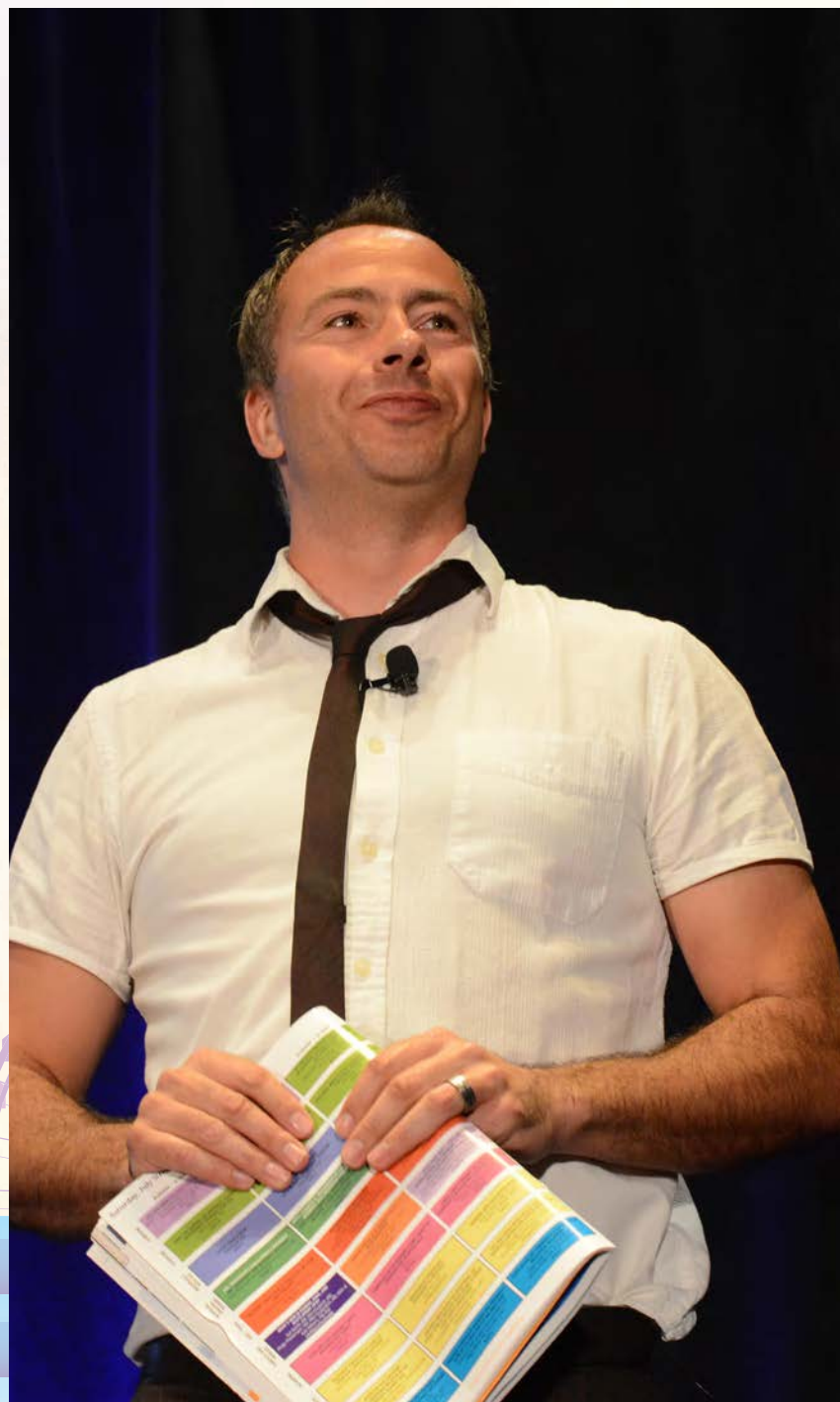
2016 Annual OCD Conference

July 29–31, 2016

Throughout the Conference's general session, attendees were able to choose presentations to attend from multiple tracks, ranging from Individuals with OCD, Therapists, Parents & Families, and more. In addition, we offered bilingual Spanish/English workshops and specialty mini-series on OCD and Substance Abuse, and Body Dysmorphic Disorder (BDD). Introduced in 2014, the BDD mini-series included workshops for individuals with BDD, family members, and researchers and therapists working with BDD, as well as evening support groups.

It was especially exciting to have the 4th Annual Hoarding Meeting held throughout the Conference. The meeting included a day-long Pre-Conference Training Session and two full days of presentations. Meeting attendees heard from individuals with hoarding disorder (HD), their families and supporters, therapists, researchers, and other health professionals who interact with individuals with HD.

Our Keynote speaker for the 23rd Annual OCD Conference was David Adam. David is a writer and editor for the science journal *Nature*, and author of the book *The Man Who Couldn't Stop*. Prior to this, he was a special correspondent for *The Guardian* for several years, writing on science, medicine, and the environment. David hails from the United Kingdom and added some international flair to the conference, sharing his story with an ease and manner that was truly engaging — we were so fortunate to have him speak! In fact, David had been previously honored as the 2015 recipient of the IOCDF Illumination Award at the 22nd Annual OCD Conference in Boston, MA.





2016 Annual OCD Conference

While a primary goal of the Annual OCD Conference is to provide up-to-date information and education about OCD and related disorders, as well as effective treatment options, the Conference is also about creating a community for those affected by OCD and related disorders. That strong and cohesive sense of community could be felt everywhere, and helped to empower each and every attendee.

Our Conference would not be possible without the contributions of so many amazing people. In particular, it is important to acknowledge our tireless Conference Planning Committee, who helped in countless ways during many months of preparation. The Committee is essential and guides our planning to serve the diverse needs of individuals with OCD, parents and family members, kids and teens, as well as therapists and researchers. We could not accomplish so much, and for so many years, without their help.

23rd Annual OCD Conference Planning Committee

Thröstur Björgvinsson, PhD

Director, Houston OCD Program; Director, Behavioral Health Partial Hospital Program, McLean Hospital, Harvard Medical School; Scientific and Clinical Advisory Board, International OCD Foundation

Diane Davey, RN, MBA

Board of Directors, International OCD Foundation; Program Director, McLean OCD Institute

Denise Egan-Stack, LMHC

Board of Directors, International OCD Foundation; Board of Directors, OCD Massachusetts, Affiliate of the IOCDF

Patrick McGrath, PhD

Clinical Director, Center for Anxiety and OCD, Alexian Brothers Health System; President, OCD Midwest, Affiliate of the IOCDF; Scientific and Clinical Advisory Board, International OCD Foundation

Katharine Phillips, MD

Professor of Psychiatry and Human Behavior, Warren Alpert Medical School, Brown University; Scientific and Clinical Advisory Board, International OCD Foundation; Director, Body Dysmorphic Disorder Program, Rhode Island Hospital

John Piacentini, PhD, ABPP

Professor of Psychiatry and Biobehavioral Sciences, UCLA School of Medicine Director, Child OCD, Anxiety, and Tic Disorders Program, UCLA Semel Institute Scientific and Clinical Advisory Board, International OCD Foundation

Bradley Riemann, PhD

Clinical Director, OCD Center, Rogers Memorial Hospital; Scientific and Clinical Advisory Board, International OCD Foundation

Susan Schuster

President, OCD Connecticut, Affiliate of the IOCDF

Margaret Sisson

Executive Director, Riley's Wish Foundation

Ethan S. Smith

International OCD Foundation Spokesperson

Romina Vitale

International OCD Foundation Spokesperson

Allen Weg, EdD

Founder and Director, Stress and Anxiety Services of New Jersey; Vice President, OCD New Jersey, Affiliate of the IOCDF; Scientific and Clinical Advisory Board, International OCD Foundation

Monnica Williams, PhD

Director, Center for Mental Health Disparities and Associate Professor, University of Louisville; Scientific and Clinical Advisory Board, International OCD Foundation

Jo-Ann Winston

Board of Directors, International OCD Foundation

Elna Yadin, PhD

OCD Clinic Director, Center for the Treatment and Study of Anxiety, University of Pennsylvania; Scientific and Clinical Advisory Board, International OCD Foundation



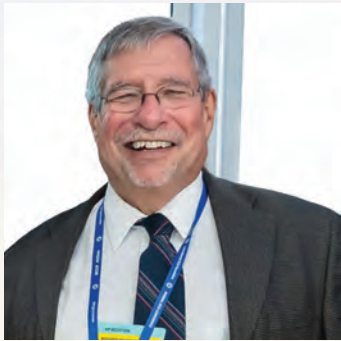


2016 Annual OCD Conference

Award Winners

Patricia Perkins Service Award

Barry Thomet, PhD



Each year, the IOCDF board of directors presents the Patricia Perkins Service Award to a distinguished member of the organization. The award is named in honor of IOCDF co-founder Patricia Perkins, and is intended to recognize someone who has stood out as a long-time, active

contributor to the organization.

Barry Thomet has been an advocate for those with mental health and addiction issues for more than 20 years through his work at Rogers Memorial Hospital. In his role as Rogers' marketing liaison to the IOCDF, Barry has made it his business to know as much as he possibly can about the resources available for people affected by OCD and related disorders, and has accumulated a wealth of knowledge throughout his time with Rogers. He is a true ambassador to the IOCDF, ensuring that everyone affected by OCD is aware of our organization and the resources we provide. Barry brings an infectious enthusiasm to his work and his passion is visible at the Annual OCD Conference, where he is friendly, supportive, and encouraging when connecting with attendees.

Outstanding Career Achievement Award

Jose Anibal Yaryura-Tobias, MD (posthumous) & Fugen Neziroglu, PhD



The first Career Achievement Award was presented in 2012 at the Annual OCD Conference in Chicago. This award honors an individual who has made an outstanding impact in the field of mental health, including patient treatment, professional training, and the advancement of knowledge.

Together, Drs. Yaryura-Tobias and Neziroglu were the first to report in the scientific literature that individuals with OCD have lower levels of serotonin as compared to controls. This finding led to further research into the neurobiology of OCD and the advent of the selective serotonin reuptake blockers (SSRI). Together, they co-founded and established the Bio-Behavioral Institute in 1979, which continues to run today under Dr. Neziroglu's leadership. The Bio-Behavioral Institute provides treatment for people with OCD and related disorders, conducts research, and provides training opportunities for professionals.

In 1983, they published their first book that discussed OC-related or "spectrum disorders," which sparked the initial research into obsessive-compulsive spectrum disorders. In 1987, they both joined the IOCDF (then the Obsessive Compulsive Foundation) as inaugural members of the Scientific Advisory Board, and since then have both presented at several Annual OCD Conferences.

The IOCDF community has much to be grateful for from this pioneering couple. We were deeply saddened to hear of the passing of Dr. Yaryura-Tobias earlier in 2016. He will be sorely missed.





2016 Annual OCD Conference

Award Winners

Illumination Award

John Green



In an effort to counter powerful misconceptions about OCD, the IOCDF first introduced the Illumination Award in 2014. This award honors public figures who portray OCD and related disorders in a respectful, accurate, and enlightening way, and who challenge stereotypes while fighting the stigma surrounding mental illness.

An author of young adult fiction, John Green's books include the bestsellers *A Fault in Our Stars* and *Paper Towns*. Together with his brother Hank, John created the YouTube channel Vlogbrothers, where their videos cover a variety of topics from current events to nerd culture to zany irreverence for their 2-million+ subscribers. OCD has also become a common topic for these videos, and it was exciting to honor John with the 2016 Illumination Award for his openness about his own struggles with OCD.

IOCDF Hero Award

Alison Dotson



Recognizing the many individuals who go above and beyond through special acts of kindness and generosity, the IOCDF introduced the Hero Award in 2014. This award honors those who have made a profound impact in the lives of individuals throughout the OCD and related disorders community.

Alison Dotson is a member of the IOCDF and founding president of the OCD Twin Cities affiliate. Alison is a tireless advocate for individuals living with OCD. She herself suffered for almost two decades before she was finally diagnosed with OCD at age 26. Since then, Alison has thrown herself into reaching out to others with OCD in many different ways, including through her Facebook page, her website, as president of OCD Twin Cities, and as an author of an inspirational book for teens and young adults with OCD.

Alison's impact on the community is evident whenever and wherever her name appears. Whether it's a shared blog post on the IOCDF Facebook page, a tweet from Alison herself, or an article in which she appears as a source, the outpouring of compliments, comments, and thankful messages from those she's impacted crop up almost immediately. Alison is a true hero to many at the IOCDF.





2016 Annual OCD Conference

IOCDF Research Poster Award Winners

Scholarship Winners:

Importance/Control of Thoughts Moderates the Relationship between Contamination Disgust and Sexual Orientation-OCD Symptoms: Avoiding Sexual Orientation Transformation?

Terence H. W. Ching, M.Soc.Sci.
University of Connecticut

The link between ADHD-like inattention and obsessive-compulsive symptoms during treatment for children with OCD

Andrew G. Guzick, BA
University of Florida

Travel Winners:

Predicting Obsessive-Compulsive Symptom Dimensions from Obsessive Beliefs and Anxiety Sensitivity

Samantha Asofsky
University of North Carolina at Chapel Hill

The Parent Trap: The Impact of Negative Parental Reactions and Behaviors on Pediatric OCD

Maria Bolshakova, BS
University of Florida

Structural Brain Differences in OCD - A Voxel-based Morphometry Study

Goi Khia Eng, BA
Nanyang Technological University



IOCDF Research Grant Program

In 1994, we launched the IOCDF Research Grant Program, which funds three to five research projects each year. The grant awards range from \$25,000 to \$50,000; since the beginning of the program, the Foundation has distributed over \$3.6 million dollars in research funding. Our history of research funding is based on a commitment to finding and promoting the most effective treatment methods for OCD and related disorders. Research is vital to scientific discovery, and your annual support has allowed us to award competitive grants to investigators nationally and internationally over several decades.

One hundred percent of contributions to the IOCDF Research Fund are used to directly fund Research Grant Award winners. The IOCDF knows that many of our donors may have a particular area of research that most interests them; as a result, we have made it possible for donors to direct their gift in support of a specific area of OCD or related disorders research, including:

- General Research Fund
- Causes of OCD
- Treatment of OCD
- Pediatric OCD
- PANDAS/PANS
- Hoarding Disorder
- Body Dysmorphic Disorder (BDD)

We are excited to announce plans for a comprehensive database of all our research projects, including investigators, project title, grant amount, and findings, which will be available in the coming years. This online database will provide important information about our support of research into OCD and related disorders. Visitors to the website will be able to search by grant type, read abstracts about each project, and learn more details about the broad spectrum of investigators funded by the IOCDF.

The generosity of the IOCDF's research donors has enabled the Foundation to fund the following 2016 Research Grant Awards, taking another step forward in identifying the cause of OCD and related disorders and in developing new and more effective treatments.



2016 IOCDF Research Grant Fund Winners

Explicating the Influence of Object Attachment in Hoarding Disorder

Melissa Norberg, PhD

Macquarie University
Sydney, Australia

Award Amount: \$49,310

PANDAS Autoantibodies and the Blood-Brain Barrier

Dritan Agalliu, PhD

Columbia University Medical Center
New York, NY

Award Amount: \$43,500

Sleep and Circadian Disturbances as a Vulnerability for OCD

Kiara Timpano, PhD

University of Miami
Miami, FL

Award Amount: \$45,989

We want to thank Dr. Sabine Wilhelm, vice chair of the IOCDF Scientific and 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.

Adam Lewin, PhD, ABPP

H. Blair Simpson, MD, PhD

Brian Brennan, MD

Carey Savage, PhD

Carol Mathews, MD

Carolyn Rodriguez, MD, PhD

Christopher Pittenger, MD, PhD

Daniel Geller, MD

Darin Dougherty, MD

Dean McKay, PhD, ABPP

Eric Storch, PhD

Gail Steketee, PhD, LICSW

Gerald Nestadt, MD

Jamie Feusner, MD

Jamie Micco, PhD, ABPP

Jennifer Freeman, PhD

Jeremiah Scharf, MD, PhD

Jessica Grisham, PhD

Joan Camprodon, MD, PhD

John Geist, MD

John Piacentini, PhD, ABPP

Jonathan Abramowitz, PhD, ABPP

Katharine Phillips, MD

Lee Baer, PhD

Martin Franklin, PhD

Monnica Williams, PhD, ABPP

Neil Rector, PhD

Randy Frost, PhD

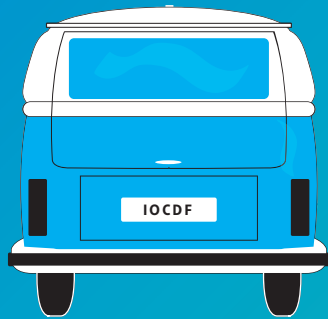
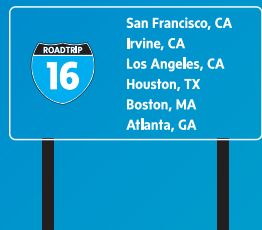
Sadia Najimi, PhD

Tanya Murphy, MD

Thilo Deckersbach, PhD



OCD Awareness Week – October 9-16, 2016



2016 #OCDWeek Roadtrip to Recover Tour

sponsored by  International
OCD
Foundation

 peace of mind

OCD Awareness Week is an international effort that takes place annually during the second week of October, with the goals of building an engaged online community, raising awareness and educating the public about obsessive compulsive disorder, and helping more people access timely, appropriate, and effective treatment. Launched in 2009, OCD Awareness Week is now celebrated by a number of organizations across the US and around the world, with events such as OCD screening days, film and book festivals, lectures, conferences, fundraisers, online Q&As, and more.

Each year, OCD Awareness Week builds increased awareness about OCD and related disorders. Through events, outreach, and regional campaigns, we bring attention to help all of those suffering with OCD and related disorders to lead full and productive lives. As our use of social media platforms and online outreach strategies has increased, we have seen increased engagement with our #OCDWeek hashtag and OCD Awareness Week events, both from the OCD community and the general public. This past fall, we mobilized supporters to simultaneously tweet a message of OCD awareness using a platform called Thunderclap, reaching

over 130,000 people in total. In addition, hundreds of people supported #OCDweek by downloading our Twibbon, a dedicated microsite that social media users can superimpose over their profile picture. We continue to monitor press mentions, social media engagement, and OCD awareness events around the globe.

In honor of our 30th anniversary, our IOCDF Spokespeople— Elizabeth McIngvale, PhD; Ethan S. Smith; and Jeff Bell — embarked on a “Roadtrip to Recovery Tour” around the U.S. during OCD Week to raise awareness and fight stigma with the help of the IOCDF Affiliates. The trio visited IOCDF Affiliates in San Francisco, Los Angeles, Houston, Boston, Atlanta, and spoke with community members about OCD in kids and teens, common myths about OCD, best practices for sharing your personal OCD story, current trends in OCD diagnosis and treatment, and mental health issues that often intersect with OCD (such as substance abuse, depression, and suicide). Roadtrip to Recovery events were also accessible online via Facebook live streams on the IOCDF main Facebook page.

1986 THEN & NOW 2016

30th Anniversary Party

On October 14th, the IOCDF community gathered at the Benjamin Franklin Institute for our 30th Anniversary Celebration. The evening served as an opportunity to honor our founders and key contributors to the Foundation's success, including Patricia Perkins (in absentia), Dr. Wayne Goodman, Dr. Michael Jenike, and Joy Kant. Dr. Goodman and Ms. Perkins were two of the Foundation's co-founders in 1986. Ms. Perkins also served as Board President and Executive Director of the Foundation. And Dr. Goodman was the inaugural Chair of the Scientific Advisory Board. Dr. Michael Jenike will be honored for his more than 20-year involvement in the Foundation as a member of the Board of Directors and Chair of the IOCDF Scientific and Clinical Advisory Board. Last but not least, Joy Kant in her role as Board President from 2004-2008 was integral in the transition of the Obsessive Compulsive Foundation in Connecticut to the now International OCD Foundation in Boston, MA. We are grateful for the courage, leadership and pivotal roles all four of these individuals played in the Foundation's history and OCD and related disorders community at large.

Following the ceremony, we took advantage of the Eighties theme to dance to pop hits from our founding year of 1986 (and the rest of the Eighties)!





International
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TRAINING INSTITUTE

Behavioral Therapy Training Institute (BTTI)

The core of the IOCDF's mission is to help all people living with OCD find qualified treatment providers trained in cognitive behavioral therapy (CBT) and, more specifically, exposure and response prevention (ERP). Since 1994, the IOCDF 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.

Each BTTI is designed to facilitate high-level discussion and exchange of ideas. As such, the BTTIs are limited to a small group of 30 professional participants who work closely together and form valuable collegial connections. The three-day format permits time to cover not only the basics of OCD treatment, but the specific complex issues of treating individuals with OCD.

In response to the significant demand for therapists who are specifically trained to treat OCD in kids and teens, the IOCDF developed the Pediatric BTTI in 2013. The Pediatric BTTI is a specialized course dedicated to training therapists on the best practices for diagnosis and treatment of OCD and related disorders in children and teens. Today, the IOCDF conducts five BTTI sessions (including one Pediatric

BTTI) each year, training a total of 150 therapists annually. Since its inception, the BTTI has trained over 1,400 therapists in OCD-specific CBT treatment practices.

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 costs for therapists to attend the BTTI. There are many training needs that still need to be addressed, and the IOCDF is 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.





International
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2016 BTTI Course Offerings and Faculty

TRAINING INSTITUTE

Pediatric BTTI **St. Petersburg, FL** **January 22–24, 2016**

Hosted by the University of South Florida

- Marty Franklin, PhD
- Adam B. Lewin, PhD, ABPP
- Tanya Murphy, MD
- C. Alec Pollard, PhD
- Bradley C. Riemann, PhD
- Eric Storch, PhD
- Aureen Wagner, PhD

General BTTI **Houston, TX** **April 22–24, 2016**

Hosted by the Houston OCD Program

- Thröstur Björgvinsson, PhD, ABPP
- Constantina H. Boudouvas, LCSW
- Joyce Davidson, MD
- John Hart, PhD
- Patrick McGrath, PhD
- C. Alec Pollard, PhD
- Aureen Wagner, PhD

Pediatric BTTI **Oconomowoc, WI** **May 20–22, 2016**

Hosted by Rogers Memorial Hospital

- Karen Cassiday, PhD
- Jerry Halverson, MD, DFAPA
- David M. Jacobi, PhD
- Rachel C. Leonard, PhD
- Patrick McGrath, PhD
- C. Alec Pollard, PhD

General BTTI **Boston, MA** **September 30–October 1, 2016**

Hosted by Massachusetts General Hospital

- Thröstur Björgvinsson, PhD, ABPP
- Lisa Coyne, PhD
- Randy Frost, PhD
- Michael Jenike, MD
- Nancy Keuthen, PhD
- C. Alec Pollard, PhD
- Sabine Wilhelm, PhD

Pediatric BTTI **Los Angeles, CA** **November 18–20, 2016**

Hosted by UCLA

- Erika Nurmi, MD
- C. Alec Pollard, PhD
- John Piacenti, PhD
- Brad Riemann, PhD
- Felicity Sapp, PhD
- Eric Storch, PhD
- Aureen Wagner, PhD

Here's what our BTTI attendees have to say!

"Well worth the time, effort, and money to get to this training. Thank you!"

"The level of preparation was superb. Each speaker was highly engaging and at a top level. I appreciated everyone's passion"

"Excellent training in quality of speakers and content of information. This training was well-organized and well-worth the money."

"Really helpful, comfortable environment. Informative. Great conference all around!"

"Training through the IOCDF is consistently the best training I attend."

"This has been extremely helpful. I wish it were a week long. Very good information."

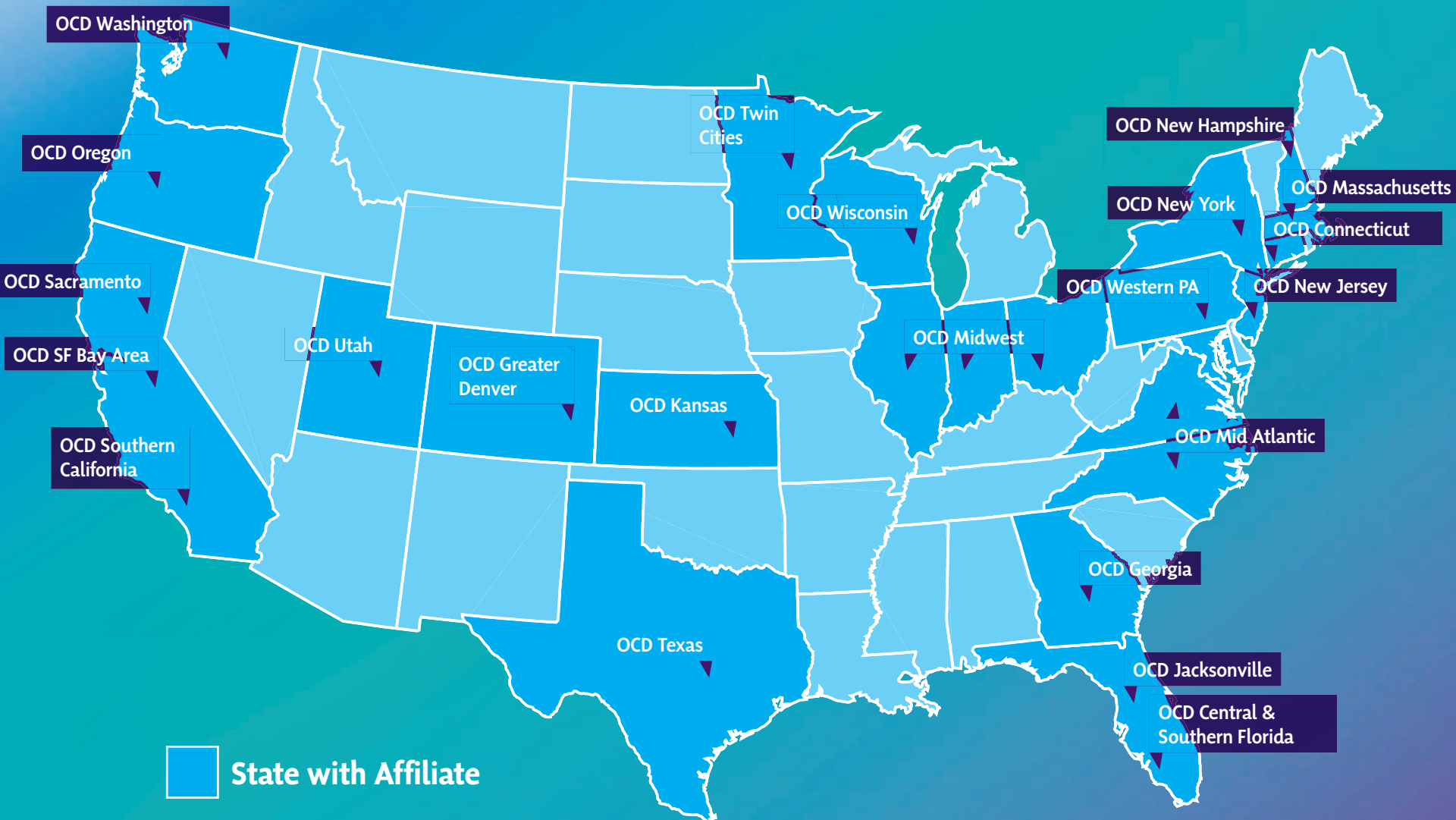




International
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Our Affiliates

AFFILIATE



Our Affiliates

OCD Central & South Florida

- *NEW in 2016*

Website: www.ocdcsfl.org
natalie@tampaocdanxiety.com
Southern half of Florida

OCD Connecticut

CT.ocdf@gmail.com
www.ocdct.org
Area served: State of Connecticut

OCD Georgia

info@ocdgeorgia.org
www.ocdgeorgia.org
Area served: State of Georgia

OCD Greater Denver

ocdgreaterdenver@gmail.com
Area served: 100 miles surrounding zip code 80222

OCD Jacksonville

mikeWbennett@gmail.com
www.ocfjax.org
Area served: Northern half of Florida

OCD Kansas

ocdkansas@gmail.com
www.facebook.com/OCDKansas
Area served: State of Kansas

OCD Massachusetts

carla@ocd-therapy.net
www.ocdmassachusetts.org
Area served: State of Massachusetts

OCD Mid-Atlantic

behaviortherapycenter@verizon.net
www.ocdmidatlantic.org
Area served: 100 miles north and 150 miles south of 20901 zip code

OCD Midwest

ocd-midwest@iocdf.org
www.ocd-midwest.org
Area served: Illinois, Indiana, and Ohio

OCD New Hampshire

info@ocdnewhampshire.org
www.ocdnewhampshire.org
Area served: State of New Hampshire

OCD New Jersey

AllenWeg@aol.com
www.OCDNJ.org
Area served: State of New Jersey

OCD New York

ocdny@iocdf.org
www.ocdny.org
Area served: State of New York

OCD North Carolina

Jeffrey.sapyta@duke.edu
www.ocdnc.org
Area served: State of North Carolina

OCD Oregon - *NEW in 2016*

info@OCDoregon.com
www.ocdoregon.org
Area served: The State of Oregon

OCD Sacramento

info@ocdsacramento.org
www.ocdsacramento.org
Area served: Vacaville (western border), Reno (eastern border), Fresno (southern border), Reno (northern border)

OCD SF Bay Area

ocdsfbayarea@yahoo.com; info@ocdbayarea.org
www.ocdbayarea.org
Area served: 9 Bay Area Counties — Alameda, Contra Costa, Marin, Napa, San Francisco, San Mateo, Santa Clara, Solano, and Sonoma

OCD Southern California

info@ocdsocal.org
www.ocdsocal.org
Area served: Southern CA counties including — San Diego, Orange, Los Angeles, San Bernardino, Riverside, Imperial, Kern, San Luis Obispo, Santa Barbara, and Venture

OCD Texas

secretary@ocdtexas.org
www.ocdtexas.org
Area served: State of Texas

OCD Twin Cities

info@ocdtc.org
www.ocdtc.org
Area served: 250 miles surrounding zip code 55104

OCD Utah

brian.coombs@yahoo.com
Area served: State of Utah

OCD Washington - *NEW in 2016*

info@ocdWASHINGTON.org
www.ocdWASHINGTON.org
Area served: The state of Washington

OCD Western Pennsylvania

info@ocfwpa.org
www.ocfwpa.org
Area served: Western half of Pennsylvania

OCD Wisconsin

info@ocdwisconsin.org
www.ocdwisconsin.org
Area served: State of Wisconsin





International
OCD
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Global Partners

GLOBAL PARTNER

In 2009, we announced that the Obsessive Compulsive Foundation had become the International OCD Foundation. This name change was to emphasize the international outreach we had already begun, and to signal our ongoing commitment to increasing access to effective OCD treatment in the United States, and around the world. Since then, we have continued to connect with organizations around the world who share our mission and add new members to our Global Partnership program. Below is a list of our current partners around the world.

China

OCD China

Contact: Jian-Ping Wang PhD, MD
Professor of Psychology and
Psychiatry, School of Psychology
19# Xijiekouwaidajie Haidian District,
Beijing, 100875
1514 Houzhulou Beijing Normal University

Phone: 150-1003-7261
Email: wjphh@bnu.edu.cn

OCD & Anxiety Support Hong Kong

Contact: Minal Mahtani

41-A Stubbs Road
D1-18th Floor
Hong Kong

Phone: (852) 6108 1162

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

Phone: NA
Email: information@ocdireland.org
Website: www.ocdireland.org

Japan

OCD Japan

Contact: Masaru Horikoshi, PhD

Email: mhorikoshi@ncnp.go.jp
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.fc2web.com/> (in
Japanese)

The Netherlands

Dwang.eu

Contact: Menno Oosterhoff

Schutterlaan 20
9797 PC Thesinghe
The Netherlands

Phone: 0031620708160

Email: info@dwang.eu
Website: www.dwang.eu/





International
OCD
Foundation

Global Partners

GLOBAL PARTNER

New Zealand

Anxiety Support

Contact: Anxiety Support
Mental Health Advocacy and Peer Support
Trust (MHAPS)
P.O. Box 33 332
Christchurch 8244
New Zealand

Phone: 64-3-377-9665
Email: info@anxietytysupport.org.nz
Website: www.anxietytysupport.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

Phone: 011-262-6396
Email: Zane1@hargray.com or shai.friedland@gmail.com
Website: www.sadag.org and www.ownocd.ning.com

Spain

Asociacion TOC Granada

Contact: Aurelio Lopez-Reina
C/ Madrid, 74 A. Bajo 1
Monachil, Granada, 18193
Spain

Phone: +34626397077
Email: administracion@tocgranada.com
Website: www.asociaciontocgranada.com

Sweden

Svenska OCD-forbundet Ananke

Contact: Lars Ekvall
Svenska OCD forbundet Ananke
Svalovsvagen 1
121 53 Johanneshov

Phone: 468-628-3030 or 08-628-3030
Email: mailbox@ananke.org
Website: www.ocdforbundet.se

United Kingdom

OCD-UK

Contact: Ashley Fulwood
P.O. Box 8955
Nottingham, NG10 9AU
Phone: 0845-120-3778

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



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New York, NY
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The Grayson LA Treatment Center for
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Behavior Therapy Center of Greater
Washington, Silver Spring, MD
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Petersburg, FL
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Johns Hopkins Hospital, Baltimore, MD
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University of Southern California, Los
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Huntington, NY
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- **John Piacentini, PhD, ABPP**
UCLA, Los Angeles, CA
- **Christopher Pittenger, MD, PhD**
Yale University, New Haven, CT



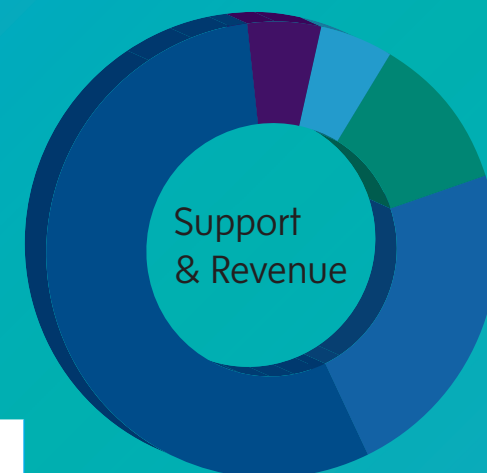
Scientific & Clinical Advisory Board

- **C. Alec Pollard, PhD**
*St Louis Behavioral Medicine Institute,
St Louis, MO*
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- **Allen Weg, EdD**
*Stress & Anxiety Services of New Jersey,
East Brunswick, NJ*
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University of Louisville, Louisville, KY
- **Robin Zasio, PsyD, LCSW**
*The Anxiety Treatment Center,
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Massachusetts General Hospital*
- **Scott L. Rauch, MD, Emeritus**
McLean Hospital



Financial Information

Support And Revenue



		2014	2015	2016
Contributions & Private Grants	Unrestricted	\$1,105,882	\$967,798	\$992,694
	Temporarily Restricted	\$105,584	\$114,968	\$212,599
	Total	\$1,211,466	\$1,082,766	\$1,205,293
Conference	Unrestricted	\$360,757	\$473,957	\$453,057
	Temporarily Restricted	\$2,450	\$800	\$4,404
	Total	\$363,207	\$474,757	\$457,461
Dues	Unrestricted	\$193,217	\$235,439	\$243,086
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$193,217	\$235,439	\$243,086
In-Kind Contributions	Unrestricted	\$141,029	\$115,535	\$74,612
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$141,029	\$115,535	\$74,612
BTTI Fees	Unrestricted	\$61,027	\$57,527	\$69,177
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$61,027	\$57,527	\$69,177
Special Projects	Unrestricted	\$0	\$0	\$51,065
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$0	\$0	\$51,065
Miscellaneous	Unrestricted	\$21,624	\$15,977	\$908
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$21,624	\$15,977	\$908
Net Assets Released From Restrictions	Unrestricted	\$152,945	\$303,136	\$187,575
	Temporarily Restricted	-\$152,945	-\$303,136	-\$187,575
	Total	\$0	\$0	\$0
Total Support & Revenue	Unrestricted	\$2,036,481	\$2,169,369	\$2,072,174
	Temporarily Restricted	\$44,911	-\$187,368	\$29,428
	Total	\$1,991,570	\$1,982,001	\$2,101,602

BTTI Fees

3.3%

In-Kind Contributions

3.6%

Dues

11.6%

Conference

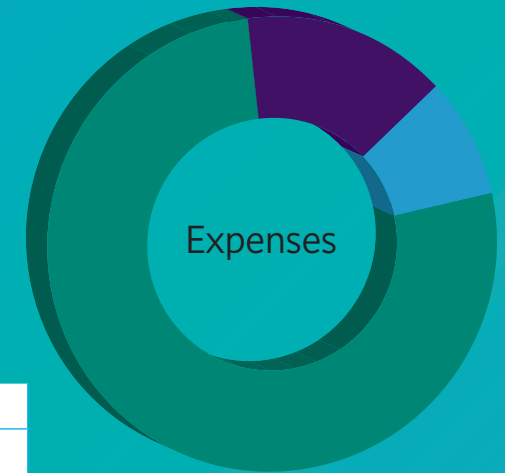
21.8%

Contributions & Private Grants

57.4%

Financial Information

Expenses



		2014	2015	2016
Research & Education	Unrestricted	\$1,409,271	\$1,433,819	\$1,553,955
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$1,409,271	\$1,433,819	\$1,553,955
Fundraising	Unrestricted	\$156,466	\$203,479	\$220,576
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$156,466	\$203,479	\$220,576
General & Administration	Unrestricted	\$349,774	\$281,644	\$318,323
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$349,774	\$281,644	\$318,323
Total Expenses	Unrestricted	\$1,915,511	\$1,918,942	\$2,092,854
	Temporarily Restricted	\$0	\$0	\$0
	Total	\$1,915,511	\$1,918,942	\$2,092,854
Change in Net Assets	Unrestricted	\$121,129	\$250,638	-\$20,397
	Temporarily Restricted	-\$55,296	-\$191,874	\$53,566
	Total	\$65,833	\$58,764	\$33,169
Net Assets, Beginning of Year	Unrestricted	\$131,857	\$252,986	\$503,624
	Temporarily Restricted	\$662,150	\$606,854	\$414,980
	Total	\$794,007	\$859,840	\$918,604
Net Assets, End of Year	Unrestricted	\$252,986	\$503,624	\$483,227
	Temporarily Restricted	\$606,854	\$414,980	\$468,546
	Total	\$859,840	\$918,604	\$951,773

General and Administration

15.2%

Fundraising

10.5%

Research and Education

74.3%



International OCD Foundation

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