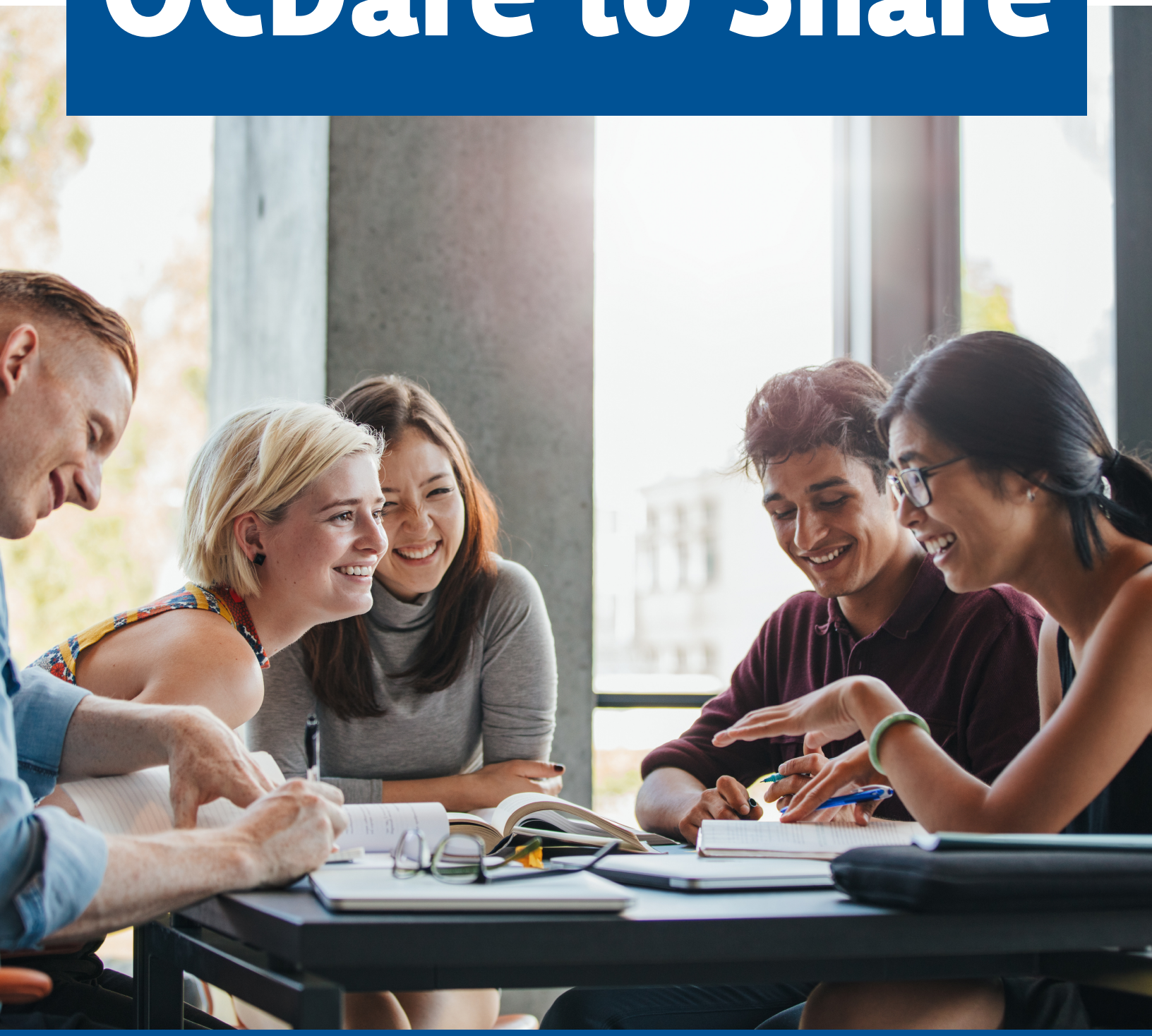
OCDare to Share



HOST GUIDE

A DEDICATED TIME TO START THE CONVERSATION ABOUT OCD

What is OCDare to Share?

OCDare to Share is a one-time casual get together dedicated to starting a conversation about OCD. You choose a place to meet in your community for one hour during OCD Awareness Week. We want to encourage you to participate in our OCDare to Share Day held on Thursday, October 14, 2021. However, you can choose the day and time that works best for you! We are challenging you to step out of your comfort zone to raise OCD awareness right in your community. One Day for One Hour.

The International OCD Foundation (IOCDF) created this hosting guide to help you gather people around you to have an open conversation about OCD with confidence and ease. It's full of advice for preparing an OCDare to Share gathering because we do not want anything standing in your way of speaking out about OCD in your community.

LETTER TO HOST

Dear Host,

It's time to start the conversation. When we give mental illness a face, we get more people to understand and care. You do not need a stage or fancy technology to teach your community the facts about OCD. This is why the International OCD Foundation (IOCDF) has created this OCDare to Share Hosting Guide.

OCDare to Share is a casual get together dedicated to starting a conversation about OCD. You choose a place to meet in your community for one hour of one day during OCD Awareness Week. You can join the entire community in spreading awareness by hosting your event on OCDare to Share Day, Thursday, October 14, 2021. This is stepping out of your comfort zone to raise OCD awareness right in your community. You can choose to have an OCDare to Share gathering at your school, workplace, local coffee shop, library, church or any place you wish.

This guide will equip you with everything you need to host a successful and meaningful gathering. No matter how many attend your gathering, thank you for being willing to set aside time to develop relationships within your community and spread awareness. Our greatest desire is to empower individuals to step out and start an honest conversation about mental health and OCD.

Thank you for your willingness to host an OCDare to Share in your community.

Sincerely,

The International OCD Foundation Team

IT'S TIME TO START THE CONVERSATION

DATE:

OCDare to Share Day will be during OCD Awareness Week on Thursday, October 14, 2021. However, we encourage you to host an OCDare to Share gathering anytime throughout the OCD Awareness Week that best fits your schedule.

OCDare to Share:

A one-time casual get together to invite people in your community to come learn about OCD.

HOST:

An individual with the desire to share about OCD in their community. The host sets the location and time and leads the discussion during their OCDare to Share gathering. (If you are reading this, you are most likely the host!) You are welcome to collaborate with someone to co-host an event with you. Anyone with the desire to spread OCD awareness can be a host.

ONE DAY FOR ONE HOUR:

No two gatherings will be alike. The idea is to create a space to start a conversation about OCD. Maybe you would rather dedicate two hours instead of one. It is completely up to you. We want to challenge you to intentionally invite five people to your OCDare to Share gathering, but we encourage you to leave an open door for as many people as possible to attend.

HOST EXPECTATIONS

THINGS TO KEEP IN MIND

LISTEN:

Not everyone who comes to your gathering will have the same knowledge or experience with OCD as you. In fact, we want people with little experience to attend and learn more. Allow people to ask questions and share their experiences freely. Don't be quick to judge or become defensive. Don't force anyone to share.

LEAD:

Your job as host is to get the conversation going. Share the information in the enclosed fact sheet and lead your group with the discussion questions provided.

HONESTY:

We encourage you to be honest and transparent, creating an environment for people to open up. Sometimes sharing your story will help others feel comfortable to share their experiences. So, don't be afraid to go first.

OPEN INVITATION:

Invite the people around you. This may be a neighbor, co-worker, classmate, friend, or new acquaintance. The idea is to host your gathering in a public place to keep it open for anyone to join. (Maybe you have it at a coffee shop and someone sitting near your table wants to join in the conversation!)

SIMPLE :

There is no need to make this gathering complicated. All you need is a place to host the event, your conversation starters, and the enclosed fact sheet. Think casual and comfortable.

TO-DO LIST

PREPARING FOR OCDare to Share

FIND A SPACE:
Seek a free and easily accessible space to host your gathering. In some cases, you may need to ask permission to use a space. Some ideas are schools, libraries, churches, work places, parks or coffee shops. Choose a place that is convenient! If you workout in the morning, maybe see about hosting your meeting at the gym after your workout!

CHOOSE A TIME:
Choose a time that works for you. Maybe it is before work or school, during lunch, or in the evening.

SEND US YOUR INFO:
Register your gathering by completing the form on the official OCDare to Share webpage (iocdf.org/ocdaretoshare).

INVITE:
Share with those around you that you are putting on this event. Post the event on your social media using the hashtag #OCDaretoShare and #OCDweek, and tag us using the handle @IOCDF.

MATERIAL:
Download and print the enclosed discussion questions and the fact sheet for your event.

WHAT YOU NEED TO DO

MAKE INTRODUCTIONS

Go around the table/room and allow everyone to introduce themselves. You can be as creative as you want!

GET THE CONVERSATION GOING

Start with the discussion questions, reading the fact sheet, or sharing your story! It is completely up to you. The point is to get people talking!

DISCUSSION QUESTIONS

Read the questions one by one yourself or write them on note cards and invite those who attend to choose one card to read aloud. Again, up to you. Allow time for each person to share or respond to each question. You may not get to every question and you may not have everyone answer the question. That's okay.

FACT SHEET

Share the information on the fact sheet at some point in your gathering. We encourage you to use it as an opener which will help set the tone for the conversation.

WHAT YOU NEED TO DO

SHARE YOUR STORY

Make sure to share your experience in a positive way and take care not to monopolize the conversation. The purpose of this event is for conversation and discussion.

TAKE ATTENDANCE

Write down how many people attend your event; we will collect that information from you afterwards. Print the QR Code sheet that we provided for you in this packet for people to give us feedback about the event and to sign-up to receive more information from IOCDF. We would love to share more with them.

OFFER RESOURCES

Make sure those who attend know what resources are available to them by pointing people to the IOCDF and/or your local affiliate!

TAKE A SELFIE

Share your gathering with us! Post to social media (with your group's permission) using the #OCDweek #OCDaretoShare and tag us using the handle @IOCDF, or email them to us at info@iocdf.org.

AFTER YOUR EVENT

We want to know how it went! IOCDF will send you a follow up survey to hear about your experience hosting a OCDare to Share gathering. If you want to pass the survey along to those that attended your event, we would love to hear from them as well. Please feel free to share the survey.

If you had an amazing experience and your group wants to continue to meet, go for it! However, you should not feel obligated. OCDare to Share is a one-time event to get people talking about OCD but it doesn't have to end there. Make sure if you want to continue meeting in the future that it is a commitment that you can realistically make. The International OCD Foundation (IOCDF) is here for support!

QUESTIONS?

If you have any questions or concerns, please visit iocdf.org/ocdaretoshare for more information or email us at info@iocdf.org.

OCD FACT SHEET

We encourage you to share the OCD facts at the start of your gathering. This will help give some basic knowledge to those who do not understand OCD.

- Obsessive Compulsive Disorder (OCD) is a treatable neurobiological disorder characterized by recurrent, unwanted thoughts (obsessions) and repetitive behaviors (compulsions/rituals).
- OCD impacts about 1 in 100 adults - or between 2 to 3 million adults in the United States
- There are at least 1 in 200 - or 500,00 - kids and teens that have OCD. This is about the same number of kids who have diabetes.
- The exact cause of OCD is unknown, although research suggests that differences in the brain and genes of those affected may play a role.
- OCD can start at any time from preschool to adulthood. Although OCD can occur at any age, there are generally two age ranges when OCD tends to first appear: between the ages of 8 and 12; between the late teen years and early adulthood
- A survey of adults with OCD reported that it took an average of 14 to 17 years for them to find effective treatment.

OCD FACT SHEET

- OCD affects people of all races, ethnicities, ages, genders, sexual identities, and backgrounds.

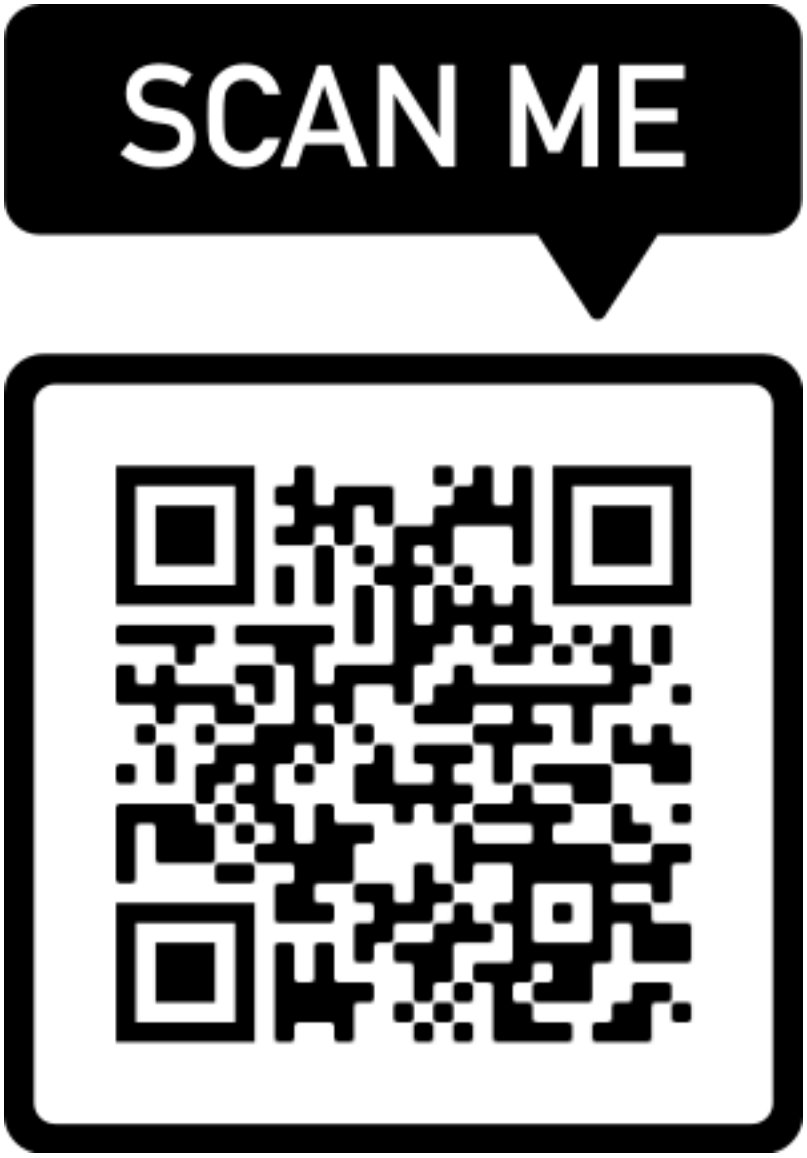
- OCD is treatable and effective treatment is available. The most effective treatment for OCD is a type of cognitive behavioral therapy (CBT) called Exposure and Response Prevention (ERP), or ERP with a combination of medication, specifically a type of psychiatric medication called Selective Serotonin Reuptake Inhibitors (SSRIs).

- You cannot be "a little OCD." It is not a personality trait or quirk. While many people can have obsessive or compulsive traits, OCD stands for obsessive compulsive disorder, and people who are diagnosed with OCD cannot simply "turn it off." Research has shown that their brains are wired differently than the brains of people without OCD, and as such OCD strongly influences their thoughts and actions. If what you are doing brings you pleasure, it is not OCD. OCD is a debilitating mental health condition that causes a magnitude of anxiety and distress. People with OCD try to overcome the anxiety or distress by performing rituals or "compulsions." It's not something they want to do, it's something they feel they must do in order to receive relief from the anxiety or distress.

- OCD is not about being neat or clean. Many people think of handwashing or neatness when they think about OCD. However, there are a wide range of OCD triggers, symptoms, obsessions, and compulsions. Obsessions could include fear of harming oneself or others, losing control, and/or moral failings. Compulsion can include reassurance seeking, ruminating, checking, avoidance, and/or counting.

DISCUSSION QUESTIONS

1. What is Obsessive Compulsive Disorder?
2. Who is impacted by OCD?
3. Did any of the facts stand out to you or resonate? Which ones and why?
4. How have you or someone you know been affected by OCD-related stigma?
5. Why is OCD awareness important? What can we learn from each other?
6. How has OCD been misrepresented in movies and media?
7. What do you want someone without OCD to know or better understand?
8. What areas of your life have OCD impacted you the most?

LEARN MORE ABOUT OCD

Scan the QR Code below to sign-up to receive emails and resources from the International OCD Foundation.