



International  
OCD  
Foundation

**TOGETHER,  
We Break  
Barriers**

## **TOGETHER, we broke barriers in 2019.**

We helped nearly 4,000,000 individuals get the support they needed for OCD and related disorders this year.

*“ I was struggling, but didn't know what was wrong. ”*

*“ I thought my partner might have OCD and I didn't know where to turn. ”*

*“ I'm a pediatrician and needed resources to share with families of kids with OCD. ”*

Our websites educated the OCD community and connected over 2,000,000 people to treatment providers, clinics, support groups, and local Affiliates.



## **TOGETHER,** we launched new initiatives.

*“I came home from a residential treatment facility and didn’t know what to do next.”*

We published our **Transition Packet**, a resource to help individuals successfully transition out of OCD intensive treatment programs, and distributed it to programs and clinics across the country.

*“I’m working with individuals with OCD and needed to expand my knowledge of ERP.”*

We held a record eight **Behavior Therapy Training Institute (BTTI)** sessions this year, training 250 therapists in exposure response prevention (ERP). Additionally, we launched a new webinar program as part of the Training Institute, further increasing the number of clinicians treating members of our community.

*“ I thought  
a kid in my  
classroom might  
have OCD, but I  
wasn't sure how  
to help them. ”*

We launched  
***AnxietyintheClassroom.org***,  
an online resource center to help  
school personnel, students, and  
their families identify and  
treat OCD and anxiety in  
children.



## **TOGETHER, we fostered community.**

Nearly 2,500 people walked in **1 Million Steps 4 OCD Walks** internationally, raising over \$200,000 for the IOCDF and its local Affiliates. The Walks raised OCD awareness and helped to build our community.

The **26th Annual OCD Conference** in Austin, TX was a great success, with over 2,000 individuals, loved ones, and professionals convening to become more informed and empowered members of the OCD community. Thanks to the generosity of our donors, close to 50 people were able to attend the Conference through the Conference Scholarship Fund.

*“ I needed to connect with other people who were struggling with the same things as me. ”*

*“ I wanted to learn how to better support my sister, who was recently diagnosed with OCD. ”*





## **TOGETHER, we advocated to make a bigger impact.**

*“ My child has OCD, but we couldn’t afford proper treatment with our current insurance plan. ”*

Our **Advocacy Program** organized members of the OCD and related disorders community to travel to Capitol Hill and speak with their elected representatives about mental health issues at the **National Council’s 2019 Hill Day**.

*“ I wanted people to understand what OCD really looks like. ”*

We held our annual **Mental Health Advocacy Capital Walk** on the National Mall in Washington, DC to kick off **OCD Awareness Week**, worked with parents around the country to pass laws ensuring access to care for children with PANDAS, and weighed in on key mental health bills before the US Congress.





# TOGETHER

we've overcome many barriers,  
but there's still more to do.



## DONATE today to help us:

- Train more therapists to treat OCD nationwide
- Provide resources to millions of people through our websites
- Help more parents identify OCD and anxiety at ***AnxietyintheClassroom.org***
- Distribute the Transition Packet to more treatment facilities

...and much more!  
Donate at  
***iocdf.org/together***





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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.

***[iocdf.org/together](https://iocdf.org/together)***