

IOCDF 2018 Annual Report

**GOOD
IS NOT AN
ADJECTIVE**

WE'RE IN THIS TOGETHER.

Who we are



International OCD Foundation

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. Based in Boston, MA, we have 24 local Affiliates nationwide and 11 partner organizations around the world.



Dear friends and supporters of the International OCD Foundation,

In my ten 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. This year, in partnership with our affiliates and global partners, we provided resources to 3 million families and individuals worldwide.

On that note, 2018 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 expansion of our standout clinician training program, the Behavior Therapy Training Institute (BTI).
- The launch of Anxiety in the Classroom, a new online resource created to help families and school personnel understand and support a child with anxiety in the school setting.
- The expansion of our Research Grant Program with the debut of the \$500,000 "Breakthrough Award" for senior researchers.
- Our Annual OCD Conference in Washington, DC, which broke our

previous attendance record and celebrated 25 years.

- Our 6th annual flagship 1 Million Steps 4 OCD Walk in Boston, MA, as well as 26 affiliate-run walks and community walks across the globe.
- Our Mental Health Advocacy Capital Walk in Washington, DC to kick off OCD Awareness Week and the ambassador-led #RealOCD Campaign.

I am proud to help lead the IOCDF in our mission to build a supportive, engaging community, end the stigma around OCD, and help more people access the treatment and resources they need to live full and productive lives. Thank you to all the donors, partners, stakeholders, and community members who made 2018 possible, and we look forward to your continued support of our mission next year and beyond!

Sincerely,

Jeff Szymanski, PhD

Executive Director, International OCD Foundation



Resources

This year thanks to our supporters, we were able to accomplish amazing things! In partnership with our affiliates and global partners, we provided resources to 3 million families and individuals worldwide.



Behavior Therapy Training Institute (BTI)

We expanded our BTIs and offered more training events than ever, training 240 new clinicians in exposure/response prevention techniques.

Anxiety in the Classroom

Brought to you by  International
OCD
Foundation

Anxiety in the Classroom

We launched a new online resource called Anxiety in the Classroom, which helps families and school personnel understand and support a child with anxiety in the school setting.

Research

We awarded four Young Investigator research grants to foster ongoing exploration of OCD and related disorders, and debuted a new \$500,000 "Breakthrough Award" for senior researchers!

This year's Breakthrough Award Winner, Susanne Ahmari, MD, PhD, will be researching the postmortem brain tissue of OCD patients.

We also hosted our 3rd Annual IOCDF Research Symposium where leading scientists convened to present cutting edge OCD and related disorders research.

Susanne Ahmari, MD, PhD

University of Pittsburgh
Pittsburgh, PA

Award amount: \$500,000

Identifying the molecular and cellular substrates of OCD using human post-mortem brain

2018 Young Investigator Award Winners:

Martha Falkenstein, PhD

Co-mentors: Courtney Beard, PhD and
Christian Webb, PhD

McLean Hospital/Harvard Medical School
Belmont, MA

Award amount: \$39,766

Neural Mechanisms of Avoidance in Exposure and
Response Prevention for OCD

Berta Summers, MA

Mentor: Sabine Wilhelm, PhD

Massachusetts General Hospital/Harvard Medical School
Boston, MA

Award amount: \$44,856

A Virtual Reality Study of Cognitive Biases in Body
Dysmorphic Disorder

Michael Wheaton, PhD

Mentor: Blair Simpson, MD, PhD
Barnard College

New York, NY

Award amount: \$50,000

Active avoidance of threat cues and fear extinction in
obsessive compulsive disorder

Henry Willis, MA

Co-mentors: Enrique Neblett, PhD and Jonathan
Abramowitz, PhD

University of North Carolina at Chapel Hill
Chapel Hill, NC

Award amount: \$25,826

Obsessive-Compulsive Symptoms in African American
Young Adults: The Roles of Racial Discrimination and
Racial Identity

Respect

We fostered community and advanced education about OCD with our 25th Annual OCD Conference in Washington DC. A record-breaking 1,973 people attended from 49 states and 18 countries (including the US and Canada).

Our 1 Million Steps 4 OCD Walk returned for a sixth year in Boston, with 26 affiliate-run walks, and countless community walks with individuals across the globe participating. Over 1,200 walkers raised more than \$175,000 in support of the IOCDF!

Through our ambassador program, we launched our #RealOCD campaign as a part of OCD Awareness Week to educate people about what it means to have OCD. #RealOCD received nearly 13,000 mentions across social media and the web and reached over 25,000,000 people. Next year, we plan to partner with even more mental health nonprofits to advocate for policies that improve access to care nationwide.

OUR 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
- OCD SF Bay Area
- OCD Sacramento
- 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 (Japan)
- Dwang.eu (Netherlands)
- New Zealand Anxiety Support
- The South African Depression and Anxiety Group
- Asociacion TOC Granada (Spain)
- Svenska OCD-forbundet Ananke (Sweden)
- OCD-UK (United Kingdom)

2018 Financials

Revenue and Support	Category	% of Total
Contributions	\$1,889,338.71	59.81%
Conference	\$645,855.87	20.45%
Membership Dues	\$283,519.03	8.98%
Training Institute	\$238,914.10	7.56%
In-Kind Contributions	\$101,015.00	3.20%
Total Revenue	\$3,158,642.71	100.00%

Expenses	Category	% of Total
Research	\$230,536.23	9.21%
General and Administrative	\$1,999,738.62	79.89%
Fundraising	\$17,968.15	0.72%
Training Institute/Program	\$254,817.33	10.18%
Total Expenses	\$2,503,060.33	100.00%
Net Profit	\$655,582.38	



IOCDF Staff

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Jeff Szymanski, PhD

Director of Operations

Pamela Layne

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Melissa Smith, CMP

Education & Training Manager

Stephanie Cogen, MPH, MSW

Media & Technology Manager

Fran Harrington

Membership & Outreach Manager

Tiia Groden, MA

Communications Manager

Meghan Buco

Annual Fund Officer

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Grant Writer/Philanthropy Officer

Elijah Peterson

Research Coordinator

Will Sutton

Community Support Specialist

Alex Bahrawy

Office & Program Coordinator

C. Wilhelm Engelbrecht

Bookkeeper

Abigail Green

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Robin Zasio, PsyD, LCSW

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Lorrin M. Koran, MD

David Pauls, PhD

Steven Rasmussen, MD

Scott L. Rauch, MD

See you next year!

One of our most exciting ventures in 2019 will be the development and launch of the Transition Packet, which will be distributed to our institutional members as a resource for individuals transitioning out of OCD intensive treatment programs.

Other things we're looking forward to in 2019...

- The 26th Annual OCD Conference, which will be taking place in Austin, TX July 19th-21st!
- The expansion of the Anxiety in the Classroom resource with the development of the "for parents" and "for students" sections.
- Thanks to a generous gift from a donor, a record number of BTTI sessions and the launch of a new webinar program as a part of the Training Institute.
- New advocacy initiatives through the Mental Health Liaison Group (MHLG) and participation in the National Council's 2019 Hill Day



International
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Foundation

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