



@CHALKIN-ABOUT-BOSTON

# 2021

ANNUAL REPORT



International  
OCD  
Foundation



**5,000**

people attended the  
various OCD events

## FROM THE ED



In my time 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. It 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:

- Our second annual Online OCD Conference, Online OCD Summer Camp, Spanish OCD Conference, and Online Hoarding Meeting, with **over 5,000 total attendees**
- The continuation of our Research Grant Program, with over **\$800,000 awarded to junior and senior researchers**
- Gathering together in person once again for our ninth annual flagship One Million Steps for OCD Walk in Boston, MA, as well as **35 Affiliate-hosted OCD Walks and grassroots Community Walks** across the globe
- **Significant updates** to our website, including the addition of an "En Español" button that leads to a Spanish version of the website and updates to our Online Resource Directory

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 2021 possible; with your support, we look forward to furthering our mission next year and beyond!

Sincerely,

Jeff Szymanski, PhD  
Executive Director

**\$800K**

awarded to junior and  
senior researchers



# WHO WE ARE

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 31 local Affiliates nationwide and 15 partner organizations around the world.

## MISSION

The mission of the International OCD Foundation (IOCDF) is to help those affected by obsessive compulsive disorder (OCD) and related disorders to live full and productive lives.

## VISION

Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.

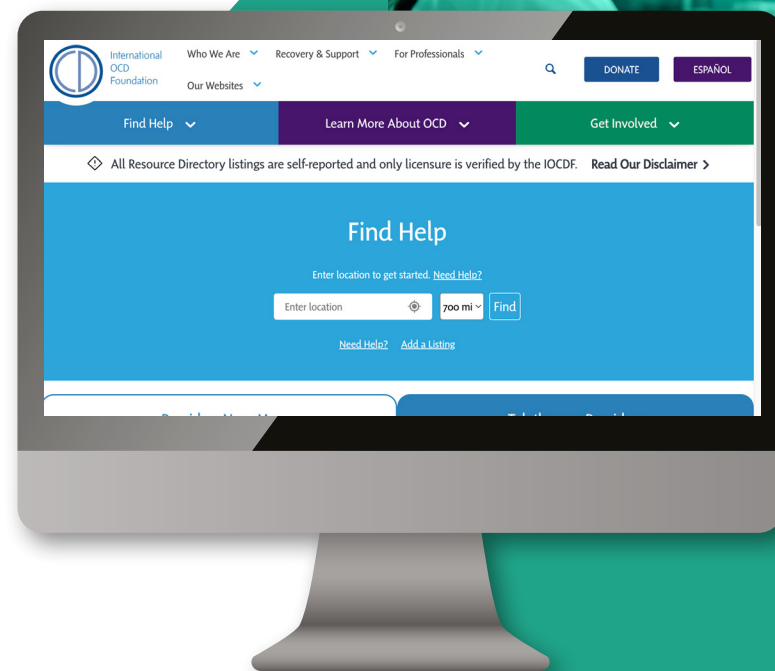




# MAKING HELP MORE ACCESSIBLE

The IOCDF updated our Online Resource Directory so that individuals can find therapists and support groups more easily than ever. We also made our website available to Spanish speakers by adding an “En Español” button that leads to a Spanish version of the website and Online Resource Directory.

The IOCDF completed our Anxiety in the Classroom website by adding a section specifically for students. This free resource provides information and tools for school personnel, families, and students navigating anxiety and OCD at school.



# INVESTING IN GROUNDBREAKING RESEARCH

Over the past 26 years, the IOCDF has awarded research grants annually to investigators in the fields of OCD and related disorders, including hoarding disorder, body dysmorphic disorder, trichotillomania, and tics.





# RESEARCH GRANT AWARD WINNERS

## IOCDF Innovator Award Winners: \$300,000 each



### **ODILE VAN DEN HEUVEL, MD, PHD**

Amsterdam UMC, Amsterdam, The Netherlands  
How Disease and Medication Shape the Brain, and How the Brain Predicts Individual Treatment Response; Learning from Global Collaboration



### **JOHN WILLIAMSON, PHD & CAROL MATTHEWS, MD**

University of Florida  
Pairing tvNS and Exposure and Response Prevention to Improve Symptoms of OCD



## Michael Jenike Young Investigator Award Winners: \$50,000 each



### **ERIN O'CONNOR, PHD**

Pediatric Anxiety Research Center at Bradley Hospital  
Optimization of Parent-Led Exposure Delivery in Pediatric OCD



### **SARAH O'DOR, PHD**

Massachusetts General Hospital/Harvard Medical School  
Correlates of Treatment Outcome Using Multimodal Neuroimaging in Children with PANDAS



### **AMANDA SANCHEZ, PHD**

University of Pennsylvania  
Developing a Cultural Adaptation Toolkit to Increase Equity for Underserved Youth with Obsessive-Compulsive and Related Disorders



### **AMY RAPP, PHD**

Columbia University  
Beyond the Goal versus Habit Binary: A Computational EEG Study of the Neurocognitive Mechanisms of Obsessive Compulsive Disorder



### **HADAR NAFTALOVICH, MA**

Hebrew University of Jerusalem  
Waxing and Waning: Using Ecological Momentary Assessment to Assess Chronotype as a Potential Mechanism of Within-Day Obsessive-Compulsive Disorder Symptom Fluctuations

Research is vital to our goals of increasing our understanding of OCD and related disorders, improving treatment, and reducing stigma.





# HIGHLIGHTS

## Online OCD Conference

Our second annual Online OCD Conference took place virtually and featured a keynote address from Mayim Bialik, best known for her roles on The Big Bang Theory and Blossom. This year's virtual conference featured sessions on new topics including procrastination, grief, peer support, and mental health anxiety, and a full-day series on comorbidities like OCD and substance use disorders, eating disorders, and PTSD. This year also marked the launch of a new, full-day, diversity programming track focused on racially/ethnically diverse populations.

**2,534**

People attended the  
OCD Conference

**50**

U.S. states and territories  
represented

**5,000**

Global virtual  
conference attendees

## 2021 Virtual Conferences

- Online OCD Conference
- Online OCD Summer Camp
- Spanish OCD Conference
- Online Hoarding Meeting



**#OCDweek**  
October 10-16, 2021



## OCD Awareness Week

From October 10–16, 2021, the IOCDF joined together with members of the OCD and related disorders community to celebrate International OCD Awareness Week. This year, the IOCDF's local Affiliates hosted dozens of educational events, professional trainings, film screenings, and other events designed to raise awareness about OCD. In addition, over 93,000 people visited the About OCD page in October, increasing awareness of what OCD is and how it manifests.

The Peace of Mind Virtual Community, featuring weekly live streams and a HealthUnlocked online forum, enables those with lived experience, their loved ones, and professionals to gather to learn and connect.





**\$249,870**

raised in total from  
3,962 donors

**2,806**

walkers from 35 U.S.  
States and 10 countries

## ONE MILLION STEPS FOR OCD WALK

2021 marked the return of the in-person One Million Steps for OCD Walk series, with the ninth annual Flagship Walk in Boston, 36 Affiliate Walks in 36 locations across the country, and a Community Walk for anyone to walk and raise awareness in their community.



# FINANCIALS



## Expenses

ITEMS	COST
Research	\$1,174,367
General, Administrative, and Event	\$1,918,837
Fundraising	\$86,148
Training Institute	\$194,849
<b>Total Expenses</b>	<b>\$3,374,204</b>

## Income

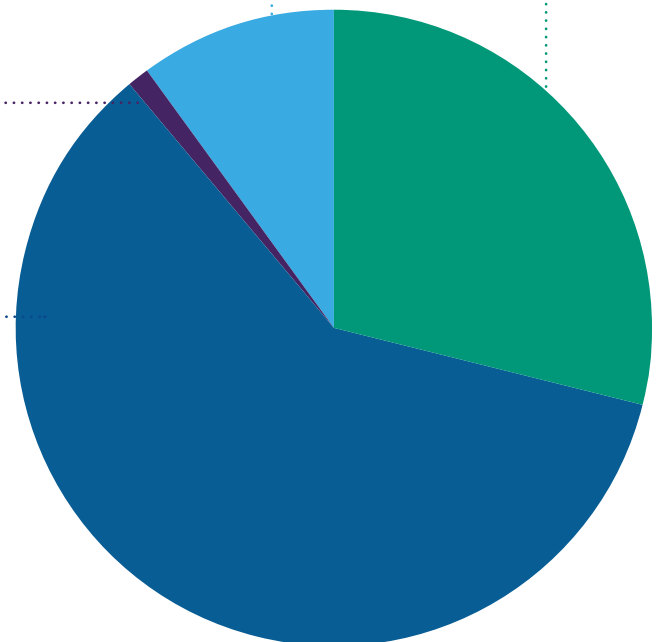
ITEMS	COST
General Revenue	\$3,569,965
Research Revenue	\$1,201,196
<b>Total Revenue</b>	<b>\$4,771,162</b>
<b>NET PROFIT</b>	<b>\$1,396,958</b>

**6%**  
Training Institute

**3%**  
Fundraising

**57%**  
General

**34%**  
Research





# OUR PEOPLE

## Staff

- Executive Director: Jeff Szymanski, PhD
- Director of Operations: Matthew Antonelli
- Director of Media & Technology: Fran Harrington
- Program Director: Stephanie Cogen, MPH, MSW
- Associate Director of Operations: Tiia Groden, MA
- Associate Director of Events: Lise Lawrence
- Marketing & Communications Manager: Heather Demick
- Development Manager: Kristen Lynch
- Program Manager: Will Sutton
- Senior Communications Officer: Jess Price
- Program & Communications Specialist: Chelsea Clifton
- Education & Community Support Specialist: Bethsy Plaisir
- Digital Marketing Specialist: Skyla Buonopane
- Senior Program Coordinator: Wilhelm Engelbrecht
- Events Coordinator: Julie Oliver
- Administrative Assistant: Ming Li

## Board of Directors

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- Joy Kant
- Patti Perkins, JD

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- Odile A. van den Heuvel, MD, PhD
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- Robin Zasio, PsyD, LCSW

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- Lorin M. Koran, MD
- Gerald Nestadt, MD
- David Pauls, PhD
- Judith L. Rapoport, MD
- Steven Rasmussen, MD
- Scott L. Rauch, MD

## Our Affiliates

- OCD Colorado
- OCD Connecticut
- OCD Jacksonville
- OCD Central and South Florida
- OCD Georgia
- OCD Kansas
- OCD Louisiana
- 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 Sacramento
- OCD SF Bay Area
- OCD Southern California
- OCD South Carolina
- OCD Texas
- OCD Twin Cities
- OCD Utah
- OCD Washington
- OCD Wisconsin

## Our Global Partners

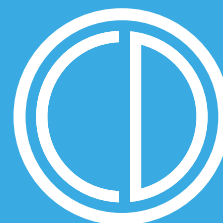
- Alberta OCD Foundation
- Chinese Psychiatrist Association OCD Committee
- OCD China
- OCD & Anxiety Support Hong Kong
- AFTOC (France)
- OCD Ireland
- OCD Japan
- OCD Ohanashikai (Japan)
- Dwang.eu (Netherlands)
- Norwegian OCD Foundation
- OCD Network Singapore
- The South African Depression and Anxiety Group
- Asociacion TOC Granada (Spain)
- Svenska OCD-forbundet Ananke (Sweden)
- OCD-UK (United Kingdom)
- OCD Action (United Kingdom)



# SEE YOU NEXT YEAR!

As we enter into 2022, we plan to continue to offer virtual programs while also returning to in-person events like the Annual OCD Conference. Other things we're looking forward to in 2022...

- The return of the in-person **27th Annual OCD Conference** in Denver, CO July 8–July 10
- The first **BTTI** taught by BIPOC faculty for BIPOC therapists, taking place in Washington, D.C. April 29–May 1
- The first **Spanish-speaking Virtual BTTI** with a goal of training 30 Spanish-speaking therapists from around the world in OCD treatment best practices
- The expansion of the **Anxiety in Athletes website** for specific audiences



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