



ANNUAL REPORT

2019



International
OCD
Foundation



FROM THE EXECUTIVE DIRECTOR



2,149

people attended the
Annual OCD Conference

\$1.7M

awarded to junior and
senior researchers

Dear friends and supporters,
In my 11 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 nearly 4 million families and individuals worldwide. On that note, 2019 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 introduction of new resources, such as the launch of **AnxietyintheClassroom.org** and publication of the **Transition Packet**
- The expansion of our **Research Grant Program**, with **\$1.7 million** being awarded to junior and senior researchers
- Our **26th Annual OCD Conference** in Austin, TX, which broke our previous attendance record

- Our seventh annual flagship **1 Million Steps 4 OCD Walk** in Boston, MA, as well as **27 Affiliate-hosted OCD Walks** and various Community Walks around the globe
- Our third annual **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 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. Together, we broke barriers and furthered our mission. Thank you to all the donors, partners, stakeholders, and community members who made 2019 possible. We look forward to your continued support next year and beyond!

Sincerely,

Jeff Szymanski, PhD
Executive Director



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.



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 the 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 25 local Affiliates nationwide and 13 partner organizations around the world.

TOGETHER...

WE LAUNCHED NEW INITIATIVES.

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 4 million families and individuals worldwide through our suite of websites and events.

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

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

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

WE ADVOCATED TO MAKE A BIGGER IMPACT.

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.

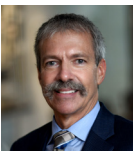
On Saturday, October 12, we held our annual Mental Health Advocacy Capital Walk on the National Mall in Washington, DC to kick off OCD Awareness Week, worked with parents around the country to pass laws ensuring access to care for children with PANDAS, and weighed in on key mental health bills before the U.S. Congress. Over 175 Walkers gathered to advocate for improved access to critical mental healthcare services, and collectively raised nearly \$8,000 in support of the IOCDF's mission.



WE FUNDED GROUNDBREAKING RESEARCH.

Over the past 24 years, the IOCDF’s Research Grant Program has distributed annual grants of \$35,000–\$500,000 to junior investigators in the fields of OCD and related disorders, including hoarding disorder, body dysmorphic disorder, trichotillomania, and tics. This year’s Research Grant Award winners are:

BREAKTHROUGH AWARD WINNERS, \$500,000:



WAYNE GOODMAN, MD & DARIN DOUGHERTY, MD
 MASSACHUSETTS GENERAL HOSPITAL
 Clinical Trial of Low-Intensity Focused Ultrasound Pulsation (LIFUP) for the Treatment of Obsessive Compulsive Disorder (OCD)



CAROLYN RODRIGUEZ, MD, PHD
 STANFORD UNIVERSITY
 Pilot Study of the Glutamate AMPAR Modulator RR-HNK in OCD

YOUNG INVESTIGATOR AWARD WINNERS, \$50,000:



JACOB NOTA, PHD
 MCLEAN HOSPITAL, HARVARD MEDICAL SCHOOL
 Circadian Rhythm Changes as a Predictor of OCD Symptom Severity and Outcome in Residential Treatment



CLARA WESTWELL-ROPTER, MD, PHD
 BRITISH COLUMBIA CHILDREN’S HOSPITAL RESEARCH INSTITUTE
 Celecoxib as an adjunct to treatment as usual in childhood-onset OCD: A double-blind randomized controlled trial

INNOVATOR AWARD WINNERS, \$300,000:



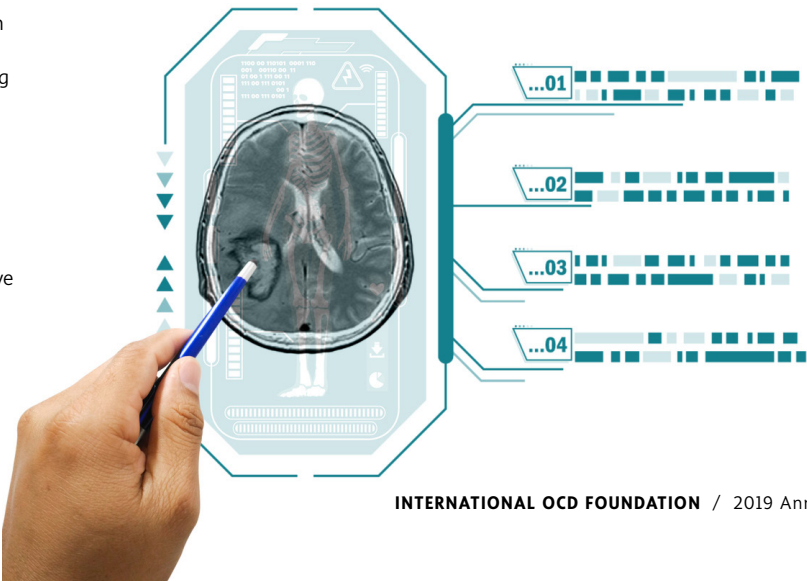
KYLE WILLIAMS, MD, PHD
 MASSACHUSETTS GENERAL HOSPITAL
 Assessing correlates of neuroinflammation in children with PANDAS, obsessive compulsive disorder, and healthy controls using Magnetic Resonance Imaging



BETHANY WOOTON, PHD
 UNIVERSITY OF TECHNOLOGY SYDNEY
 Towards optimal use of internet-delivered interventions for obsessive compulsive disorder



GWYNETH ZAI, MD, PHD
 CENTRE FOR ADDICTION AND MENTAL HEALTH
 Identification of Peripheral Biomarkers of Antidepressant Response in Obsessive Compulsive Disorder



TOGETHER...

WE FOSTERED COMMUNITY ENGAGEMENT.



ANNUAL OCD CONFERENCE

Our 26th Annual OCD Conference took place in beautiful Austin, TX and featured a keynote address from Mara Wilson, best known for her starring roles in Matilda and Mrs. Doubtfire and author of the 2016 autobiography, *Where Am I Now?: True Stories of Girlhood and Accidental Fame*. The theme of this year's Conference was "Life After Treatment" and sought to help attendees navigate rediscovering their identity, navigating a post-treatment world, and maintaining recovery gains. Thanks to the generosity of our donors, close to 50 people were able to attend the Conference through the Conference Scholarship Fund.

2,149

people attended the Annual OCD Conference

49

U.S. states and territories
represented

24

countries
represented

AWARD WINNERS



ISAAC MARKS, MD

IOCDF OUTSTANDING CAREER ACHIEVEMENT AWARD



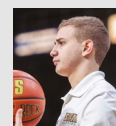
REID WILSON, PHD

PATRICIA PERKINS IOCDF SERVICE AWARD



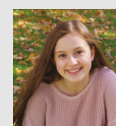
LILY BAILEY

ILLUMINATION AWARD



THOMAS SMALLEY

HERO AWARD



ALYSSA WENINGER

YOUTH HERO AWARD PRESENTED BY UNSTUCK

2,500

people walked in 1 Million
Steps 4 OCD Walks

\$200k

raised for the IOCDF and its
local affiliates



1 MILLION STEPS 4 OCD WALK

This year marked the seventh anniversary of our flagship event dedicated to raising awareness, funds, and hope! In the years following the inaugural 1 Million Steps 4 OCD Walk in Boston, our Walk program has exploded in popularity, with IOCDF Affiliates hosting OCD Walks in 27 locations around the country, and additional Community Walks internationally.

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

OCD AWARENESS WEEK

From October 13–19, 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, trainings, film screenings, and other events designed to raise awareness about OCD. In addition, nearly 100 people participated in the #FaceYourFear campaign, raising awareness of OCD and related disorders.

OUR FINANCES



Expenses

ITEMS	COST
Research	\$523,917
General, Administrative, and Event	\$2,191,965
Fundraising	\$28,397
Training Institute	\$299,148
Total Expenses	\$3,043,427

Income

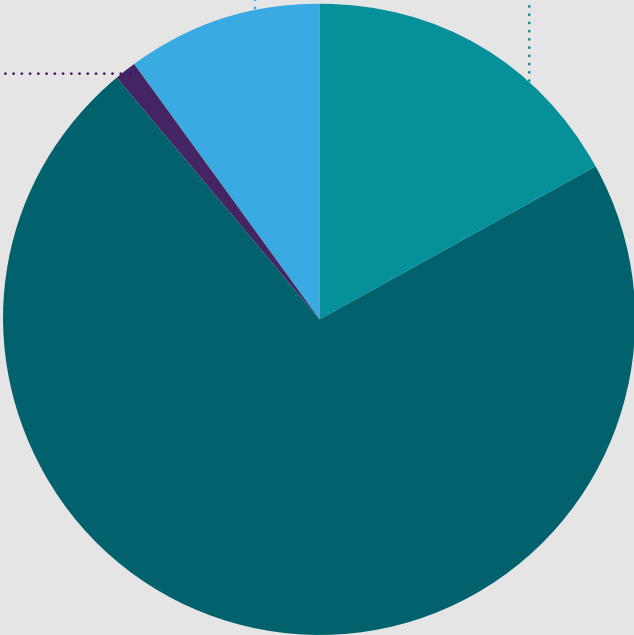
ITEMS	COST
General Revenue	\$2,872,122
Research Revenue	\$820,354
Total Revenue	\$3,692,475
NET PROFIT	\$ 649,049

10%
Training Institute

1%
Fundraising

72%
General

17%
Research



OUR PEOPLE



STAFF

- Executive Director: Jeff Szymanski, PhD
- Director of Operations: Matthew Antonelli
- Program Director: Stephanie Cogen, MPH, MSW
- Director of Meetings and Events: Melissa Smith
- Media & Technology Manager: Fran Harrington
- Operations & Communications Manager: Tiia Groden, MA
- Senior Development Officer: Kristen Lynch
- Marketing Coordinator: Bella Sinsigalli
- Communications & Outreach Specialist: Jess Price
- Development Associate: Cheyenne Griffin
- Education & Community Support Specialist: Bethsy Plaisir
- Research Coordinator: Will Sutton
- Senior Program Coordinator: Wilhelm Engelbrecht

BOARD OF DIRECTORS

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- Diane Davey, RN, MBA
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- Elizabeth McIngvale, PhD, LMSW
- Paul A. Mueller
- Jo-Ann Winston

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- Patti Perkins, JD

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- OCD Jacksonville
- OCD Central and South Florida
- OCD Georgia
- OCD Kansas
- OCD Massachusetts
- OCD Mid-Atlantic
- OCD Midwest
- OCD New Hampshire
- OCD New Jersey
- OCD New York
- OCD North Carolina
- OCD Oregon
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- OCD Rhode Island
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- OCD Texas
- OCD Twin Cities
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- David Pauls, PhD
- Steven Rasmussen, MD
- Scott L. Rauch, MD

OUR GLOBAL PARTNERS

- OCD China
- OCD & Anxiety Support Hong Kong
- AFTOC (France)
- OCD Ireland
- OCD Japan
- OCD Ohanashikai (Japan)
- Dwang.eu (Netherlands)
- Anxiety Support (New Zealand)
- 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...

One of our most exciting ventures in 2020 will be the distribution of the Transition Packet, a resource for individuals transitioning out of OCD intensive treatment programs, to treatment facilities across the nation.

Other things we're looking forward to in 2020...

- The **27th Annual OCD Conference**, which will take place in Seattle, WA July 31st–August 2nd!
- The expansion of the **Anxiety in the Classroom “for parents” and “for students” sections**.
- Providing resources to over **4 million people** through our Online Resource Directory and suite of websites
- New advocacy initiatives through the **Mental Health Liaison Group (MHLG)** and participation in the **National Council's 2020 Hill Day**



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