

# ANNUAL REPORT 2020



International  
OCD  
Foundation

# FROM THE EXECUTIVE DIRECTOR



Dear friends and supporters,  
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. Despite a difficult year with many uncertainties, we were able to pivot and come together as a community, providing resources to 3 million families and individuals worldwide.

On that note, I am delighted to share our newest annual report with you! Some highlights from this year include:

- Celebration of 25 years of the Research Grant Program, with **\$1.1 million** being awarded to junior and senior researchers
- Our first-ever suite of virtual conferences with over **4,000 attendees** across the Online OCD Conference, Online OCD Summer Camp, Spanish OCD Conference, and Online Hoarding Meeting
- The expansion of our Virtual Town Halls — **over 70 this year!** — featuring OCD experts streamed live
- Coming together virtually for the 1 Million Steps 4 OCD Walk series, with over **1,800 walkers raising \$187,000**

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. During this unprecedented time, we worked hard to rise to the occasion with our brand-new events and resources. Thank you to all the donors, partners, stakeholders, and community members who made 2020 possible. We look forward to your continued support of our mission next year and beyond!

Sincerely,

A handwritten signature in blue ink, reading "Jeff Szymanski". The signature is fluid and cursive, with the first name "Jeff" and last name "Szymanski" clearly distinguishable.

Jeff Szymanski, PhD  
Executive Director

**4,000**

people attended various  
virtual conferences

**\$187k**

raised during the 1 Million  
Steps 4 OCD Walk series



## 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.

### 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

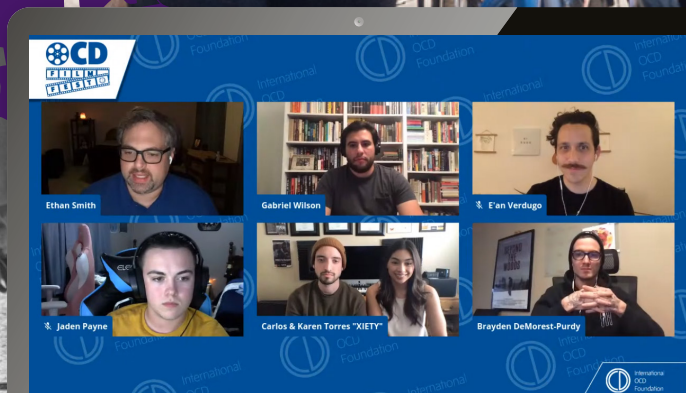
Our vision is that everyone impacted by OCD and related disorders has immediate access to effective treatment and support.



# PROVIDING GUIDANCE AMID UNCERTAINTY.

In response to the ongoing pandemic, our team worked to quickly create a COVID-19 Resource Center for community members to get answers to common questions. Virtual town halls hosted by experts and individuals with lived experience explored varied topics on subtypes, symptoms, and co-occurring conditions.

This year we worked to expand access to OCD and related disorder treatment and support by building upon the Online Resource Directory, which includes over 1,300 therapists who specialize in the treatment of OCD and related disorders, intensive treatment programs, specialty outpatient clinics, and residential programs around the U.S., and over 200 support groups for OCD and related disorders around the world.



# INVESTING IN GROUNDBREAKING RESEARCH.

Celebrating 25 years, the IOCDF's Research Grant program has distributed annual grants of \$35,000–\$500,000 to investigators in the fields of OCD and related disorders, including hoarding disorder, body dysmorphic disorder, trichotillomania, and tics.



**\$1.1M**

awarded to junior and  
senior researchers

## RESEARCH GRANT AWARD WINNERS

### BREAKTHROUGH AWARD WINNERS: \$500,000 EACH



**DAVID MATAIX-COLS, PHD**

Karolinska Institutet in Sweden

Identifying targets for prevention and early intervention in Obsessive-Compulsive Disorder



**JEFFREY MILLER, MD**

Research Foundation for Mental Hygiene, Inc. / Columbia University in New York, New York

A Precision Medicine Approach to OCD Treatment: Targeting Neuroinflammation

### YOUNG INVESTIGATOR AWARD WINNERS, \$50,000 EACH



**LAUREN BREITHAUPT, MD, PHD**

Massachusetts General Hospital/Harvard Medical School in Boston, Massachusetts

Using a Machine Learning Approach to Identify Immune Biomarkers Associated with PANS/PANDAS



**CARLY JOHNCO, PHD**

Macquarie University in Sydney, Australia

Understanding and treating OCD in older adults



**KEONG YAP, DPSYCH**

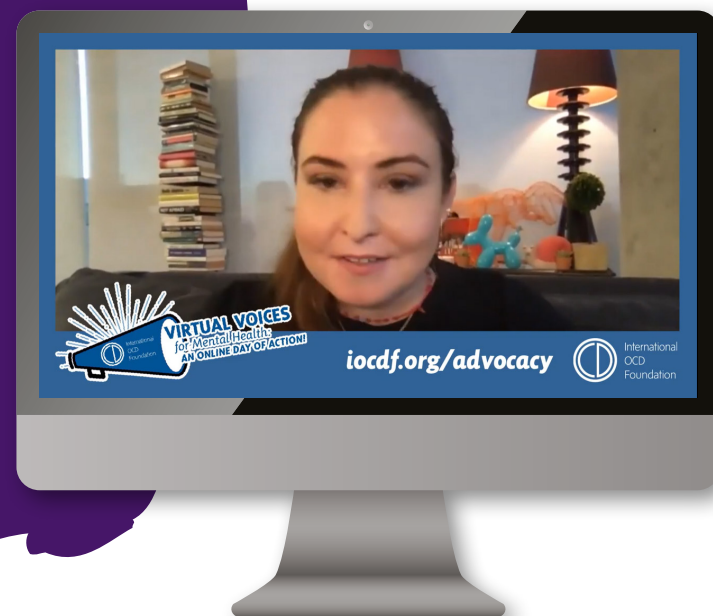
University of New South Wales in Sydney, Australia

Intervening on Loneliness to Reduce Object Attachment in Hoarding Disorder: Two Randomized Controlled Pilot Studies

# COMING TOGETHER AS A COMMUNITY, VIRTUALLY.

This year our amazing community came together in larger numbers than ever before. As the world stayed home, we quickly worked to offer virtual resources for our community, broadcasting over 70 town hall live streams featuring OCD experts to answer questions and offer support.

IOCDF events shifted from in-person to virtual, with over 4,000 attendees to our inaugural online series of conferences, including the Online OCD Conference, Online OCD Summer Camp for kids and families, Spanish OCD Conference, and Online Hoarding Meeting.



**36**

U.S. states and territories  
and 47 countries  
represented

**3,220**

people attended the  
conference

## ONLINE OCD CONFERENCE

Our first Online OCD Conference featured not one but TWO keynotes from Brandon Marshall, former NFL player for the Denver Broncos, and Maria Bamford, actress and stand-up comedian. The first event of its kind, the Online OCD Conference offered individuals with OCD, their family members and supporters, and providers around the world the opportunity to connect and learn from one another from the comfort of their own homes.

This year also marked the launch of on-demand, pre-recorded educational webinars and a supplemental Living Room Brigade, allowing attendees to connect with OCD experts for one-on-one consultations.



## #OCDweek

October 11–17, 2020

To learn more & be part of  
OCD Awareness Week visit

[iocdf.org/ocdweek](https://iocdf.org/ocdweek)

## OCD AWARENESS WEEK

From October 11–17, the IOCDF joined together with members of the OCD and related disorders community to celebrate 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, the IOCDF held virtual events every day of the week so the entire community could come together online.



## 1 MILLION STEPS 4 OCD WALK

2020 marked the eighth anniversary of our 1 Million Steps for OCD Walk series dedicated to raising awareness, funds, and hope! Despite not being able to gather and walk in person, we held a virtual Walk on October 10, 2020 in which participants across the globe walked in their communities to raise awareness for OCD. IOCDF Advocate Ethan Smith hosted a Q&A with Marc Summers who acted as our Virtual OCD Walk grand marshal, which was streamed live before participants headed out to walk outside at a safe distance in their local communities.

**1,806**

walkers from 44 U.S. States  
and 18 countries

**3,003**

total donors

**\$179,690**

raised in total



# 8TH ANNIVERSARY

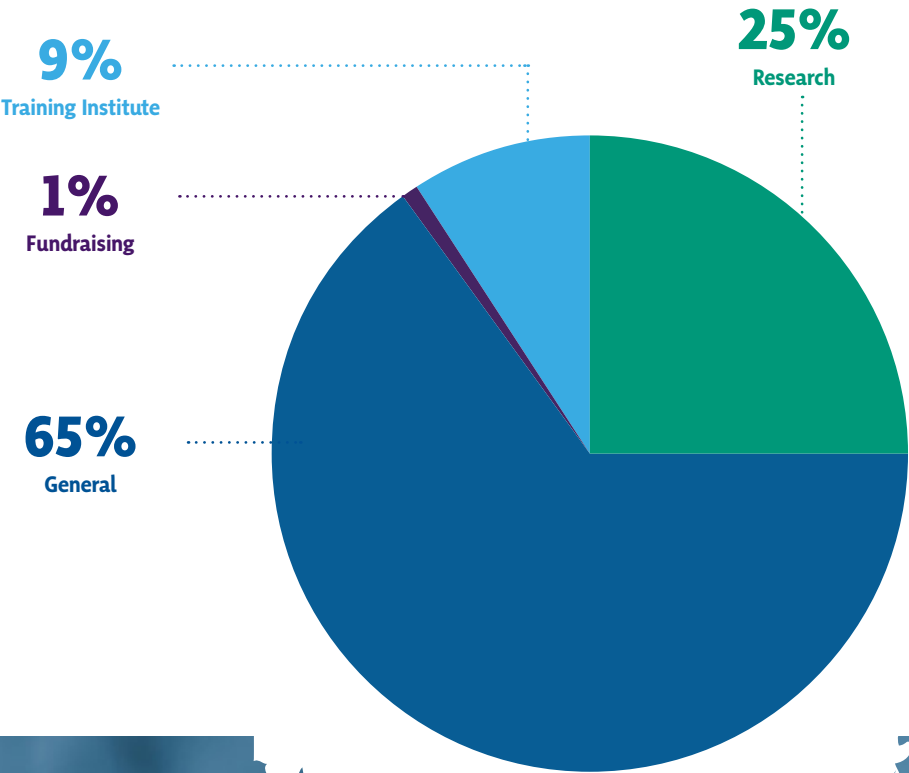
# 2020 FINANCIALS

## Expenses

ITEMS	COST
Research	\$670,705
General, Administrative, and Event	\$1,750,289
Fundraising	\$33,178
Training Institute	\$226,542
<b>Total Expenses</b>	<b>\$2,680,713</b>

## Income

ITEMS	COST
General Revenue	\$2,628,769
Research Revenue	\$1,077,286
<b>Total Revenue</b>	<b>\$3,706,055</b>
<b>NET PROFIT</b>	<b>\$1,025,340</b>



# OUR TEAM

## STAFF

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

## BOARD OF DIRECTORS

- President: Susan Boaz
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- Treasurer: Ron Prevost
- Secretary: Denise Egan Stack, LMHC
- Denis Asselin
- Diane Davey, RN, MBA
- Michael Jenike, MD
- Elizabeth McIngvale, PhD, LMSW
- Paul A. Mueller
- Jo-Ann Winston

### Emeritus Board Members

- Joy Kant
- Patricia Perkins, JD

## OUR AFFILIATES

- OCD Arizona
- OCD Arkansas
- OCD Colorado
- OCD Connecticut
- OCD Jacksonville
- OCD Central and South Florida
- OCD Georgia
- OCD Kansas
- OCD Louisiana
- OCD Maine
- OCD Massachusetts
- OCD Michigan
- 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 Tennessee
- OCD Texas
- OCD Twin Cities
- OCD Utah
- OCD Washington
- OCD Wisconsin

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- Jonathan Grayson, PhD
- Benjamin Greenberg, MD, PhD
- Jonathan Hoffman, PhD, ABPP
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- Sony Khemlani-Patel, PhD
- Adam B. Lewin, PhD, ABPP
- Charles S. Mansueto, PhD
- Carol A Mathews MD
- Patrick McGrath, PhD
- Dean McKay, PhD
- E. Katia Moritz, PhD, ABPP
- Tanya K. Murphy, MD
- Fugen Neziroglu, PhD
- Bunmi O. Olatunji, PhD
- Michele Pato, MD
- Fred Penzel, PhD

- Katharine A. Phillips, MD
- John Piacentini, PhD, ABPP
- Anthony Pinto, PhD
- Christopher Pittenger, MD, PhD
- C. Alec Pollard, PhD
- Steven J. Poskar, MD
- Peggy M.A. Richter, MD
- Bradley C. Riemann, PhD
- Carolyn Rodriguez, MD, PhD
- Sanjaya Saxena, MD
- H. Blair Simpson, MD, PhD
- Gail Steketee, PhD
- S. Evelyn Stewart, MD
- Eric A. Storch, PhD
- Kiara R. Timpano, PhD
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- Barbara L. Van Noppen, PhD
- Aureen P. Wagner, PhD
- Allen H. Weg, EdD
- Monnica T. Williams, PhD, ABPP
- Robin Zasio, PsyD, LCSW

### Emeritus SCB Members

- Edna B. Foa, PhD
- John H. Greist, MD
- Lorrin M. Koran, MD
- Gerald Nestadt, MD
- David Pauls, PhD
- Judith L. Rapoport, MD
- Steven Rasmussen, MD
- Scott L. Rauch, MD
- Susan Swedo, MD

## OUR GLOBAL PARTNERS

- Alberta OCD Foundation
- OCD China
- OCD & Anxiety Support Hong Kong
- AFTOC (France)
- OCD Ireland
- OCD Japan
- OCD Ohanashikai (Japan)
- Dwang.eu (Netherlands)
- Norwegian OCD Foundation, Anake
- 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

Things we're looking forward to in 2021 ...

- The expansion of our **virtual programming** through the acquisition of the Houston-based Peace of Mind Foundation
- Continuation of online conference offerings, including the **Online OCD Conference** and the **Online Spanish OCD Conference**
- Continued updates to our suite of **websites** and **Online Resource Directory**
- Launch of a bimonthly "**Diversity Round Table**" virtual programming series, hosted by Dr. Darlene Davis



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