



International  
OCD  
Foundation

# 2024 ANNUAL REPORT







# From the Board President

## DEAR FRIENDS AND SUPPORTERS,

Each year, the International OCD Foundation grows stronger thanks to the passion and support of our community—and 2024 was no exception. This year, we connected with more individuals and families than ever before, expanded our programming, and deepened our investment in the future of OCD treatment and research.

More than 2.5 million people turned to the IOCDF's educational websites in 2024, and thousands more participated in our conferences, trainings, livestreams, and advocacy programs. Together, we're building a world where everyone affected by OCD and related disorders can access the resources, care, and community they need.

Some of this year's most meaningful milestones included:

- Launching a free online OCD screening tool, helping thousands of adults and youth identify symptoms and connect with care
- Hosting 5,400+ attendees across our in-person, virtual, and hybrid conferences—including 2,359 at our Annual OCD Conference in Orlando

- Awarding nearly \$700,000 in research grants through our Research Grant Program
- Training 853 clinicians in Exposure and Response Prevention (ERP) through our Training Institute programs
- Supporting 5,460 walkers across 44 One Million Steps for OCD Walks in 26 states—and welcoming participants from 17 countries in our inaugural "Walk Around the World"
- Welcoming new team members, including Rachel Crofut as our Director of Communications and Digital Strategy

This year also brought reflection and remembrance. In 2024, we mourned the passing of Patty Perkins, JD—cofounder of the IOCDF and a former executive director. Patty played a pivotal role in establishing the Foundation and guiding it through its early growth. Her leadership helped build a community of hope, support, and action. Her impact lives on in the lives touched by the organization she helped create.

As we look ahead, our new five-year strategic plan, Vision 2030, outlines a

bold path forward—one that prioritizes access, impact, and innovation. Whether through training clinicians, funding research, or offering support to individuals and families, we remain committed to ensuring that no one with OCD or a related disorder feels alone.

Thank you for being part of this community. Your belief in our mission is what makes all of this possible.

Sincerely,

David Calusdian

A handwritten signature in dark ink that reads "David Calusdian". The signature is fluid and cursive, with a large initial "D".

President, IOCDF Board of Directors

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# Who We Are

The mission of the IOCDF is to ensure that no one affected by OCD and related disorders suffers alone. Our community provides help, healing, and hope.

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

The IOCDF provides up-to-date education and resources, strengthens community engagement, delivers quality professional training, and advances groundbreaking research. Headquartered in Boston, MA, USA, our 32 Official Affiliates represent 33 states and the District of Columbia and 19 global partner organizations around the world.

## Snapshots of 2024

More than **2,500,000** *unique visitors* to IOCDF suite of educational websites

Trained **853** *clinicians* through the Training Institute as a whole.

Continuation of our vibrant virtual community, including over **43,000** *views* to weekly livestreams

**44** *One Million Steps for OCD Walks* with **5,460** *walkers*

Nearly **10,000** *HealthUnlocked members*

**4,000+** *Grassroots Advocates* making a change

**5,600+** *combined attendees* to our Conference series, including the in-person Annual OCD Conference, 5 virtual conferences, and one hybrid conference

**5** *Research grants* totaling **\$696,784.92** awarded



# Supporting the Entire OCD Community



The IOCDF is building a future where anyone with OCD and related disorders has immediate access to effective treatment and support. We recognize the many barriers impacting our desired vision, and we are intentional in our pursuit to eliminate them. Throughout 2024, initiatives included:

- More than **\$50,000 in scholarship funds** awarded to therapists of color, multilingual therapists, and those working in underserved communities to attend our Conferences and trainings. More than 30% of our Behavioral Therapy Training Institute attendees identified as non-white.
- The 3rd annual **BTTI for Treating OCD in Communities of Color** took place in Oakland, CA with Dr. Monnica Williams & Dr. Jenny Yip serving as the Clinical Directors for the BTTI training for BIPOC clinicians by BIPOC faculty.
- Offered first international **Advanced Forum for OCD on the topic of "Flexibility Within Fidelity: Adapting Evidence-Based OCD Treatment to Client Factors."** This training, held in Toronto, Canada, taught advanced OCD clinicians treatment adaptations based on client factors and intersectional identities such as race, culture, ethnicity, gender identity, sexual orientation, disability status, neurodiversity, comorbidities, religion, perinatal factors, etc.
- The 5th annual **Conferencia de TOC Online**, a virtual conference entirely in Spanish for people with lived experience with OCD and their supporters, therapists, and students/trainees.
- The 3rd virtual **Spanish-language BTTI**, which trained 30 Spanish-speaking therapists from around the world in OCD treatment best practices
- Awarded almost **\$150,000** in research grant funding to studies focused on access and equitable treatment.

## IOCDF SPECIAL INTEREST GROUPS

Special Interest Groups (SIGs) are developed to cultivate purposeful initiatives around a specific topic or interest for individuals from diverse backgrounds to participate in OCD and related disorder discussions, networking, education, resource development, and/or research.

- |   |                                  |
|---|----------------------------------|
| • Acceptance and Commitment Therapy (ACT) | • I-CBT                          |
| • Artificial Intelligence (AI)            | • LGBTQIA+                       |
| • OCD/Autism                              | • Moms with OCD                  |
| • BDD (Body Dysmorphic Disorder)          | • Professional Networking        |
| • Chronic Illness/Disability and OCD      | • OCD/SUD Recovery Is Possible   |
| • Creative Expression                     | • Therapists & Trainees with OCD |
| • Eating Disorders & OCD                  | • Tic Disorders in OCD           |
| • Faith & OCD                             | • Trauma & PTSD in OCD           |
| • Helping Professionals with OCD          | • Vintage OCD Voices             |
| • Hoarding Disorder                       | • Young Adults                   |



## Resource Highlights



### Online OCD Screening Tool

We were excited to launch a **free online OCD screening tool** during OCD Awareness Week. We created an online version of the ultra-brief 4-question version of the Obsessive-Compulsive Inventory (OCI-4) for adults, and the 5-question version of the OCI-child version (OCI-CV-5) for youth. Both these measures have been shown to be psychometrically valid in research studies (in other words, they are able to accurately assess the likelihood of whether an individual has OCD or not) while still being ultra-brief, thus making them the ideal assessment measures for screening. Based on results, people are immediately connected with our Resource Directory to find help in their area or virtually via telehealth.

The screener has already helped thousands of users across the globe, visit [iocdf.org/screener](https://iocdf.org/screener) to learn more.



### Specialized Toolkits for Anxiety in the Classroom

Coinciding with back-to-school season, we developed free downloadable toolkits for students, parents/caregivers, and teachers around addressing Anxiety and OCD in the Classroom. Each toolkit is jam-packed with information and resources tailored to each audience, with topics such as what to look for in classroom settings, sample accommodations, how to talk to key stakeholders, and advocacy best practices. Each toolkit contained back-to-school checklists and top tips for each audience, as well as comprehensive resource lists.

To learn more about the resources provided to students, parents/caregivers, and teachers, visit [AnxietyintheClassroom.org](https://AnxietyintheClassroom.org)



# TRAIN

## Behavior Training Therapy Institute (BTTI)

In 2024, we made strides to expand access to high-quality OCD treatment by equipping clinicians with the tools they need to deliver life-changing care. From training 853 professionals in Exposure and Response Prevention (ERP) through the Training Institute overall,, to reimagining our On-Demand Webinar Series with a brand-new platform and fresh, expert-led content, our reach and impact grew dramatically.

The BTTI is an in-depth intensive training course in ERP, a form of cognitive behavior therapy (CBT), for mental health professionals who are treating individuals with OCD and related disorders. Led by a world-renowned faculty, the BTTI was developed to help address the shortage of therapists properly trained in using CBT to treat OCD around the country and the world.

BTTIs took place in cities across North America, including Vancouver, New Orleans, Oakland, Cincinnati, Phoenix, Denver, and Charlotte. In total the IOCDF hosted 12 BTTIs, including the BTTI for Treating OCD in Communities of Color in Atlanta, a training for BIPOC clinicians and taught by BIPOC faculty, and the BTTI Virtual en Español, conducted entirely in Spanish.

2024 also saw the highly anticipated relaunch of the IOCDF's On-Demand Webinar Program. Thank you to our Webinar Platform Sponsor, Rogers Behavioral Health!





# RAISE AWARENESS & BUILD COMMUNITY

## IOCDF Advocate Program



In 2024, our Advocates helped strengthen our ability to elevate lived experience and amplify diverse voices from around the world

- 4,000+ GRASSROOTS ADVOCATES
- 41 IOCDF ADVOCATES
- 4 LEAD ADVOCATES
- 2 NATIONAL ADVOCATES
- 77 INTERNATIONAL ADVOCACY & NETWORKING MEMBERS

From around the world, our advocates played a vital role in shaping our strategy and programming- participating in conferences, and livestream events, guiding initiatives at the local levels and leading Special Interest Groups that reflect the divisive needs of the community.

## OCD Awareness Week



Throughout the 2nd full week in October, the IOCDF joined together with members of the OCD and related disorders community to celebrate OCD Awareness Week. This year's #OCDWeek reach included a featured OCD question package within 618 Sporcle Trivia games at pubs and other locations across the U.S.; a CNN segment featuring Sheppard Pratt's Jon Hershfield, MFT; a feature story of IOCDF Advocate Uma Chatterjee on the National Institute of Mental Health website; and social media collaborations with partner organizations Mental Health Coalition,

Tourette Association of America, and OCD Action, and a special collaboration with Illumination Award winner and Reality TV star Scheana Shay.

In addition, 28 monuments lit up teal to raise awareness for OCD and related disorders, and the IOCDF launched its inaugural "Walk Around the World" with 90 walkers participating from 17 countries! Over the course of the week, more than 77,000 people visited IOCDF's website to learn more about OCD and related disorders, and IOCDF's social content reached more than 570,000 impressions.

## Expanding our impact through Partnership and Global Collaboration Strengthening our Partnerships



We continue to build the foundation for expanding our global network and partnerships, laying the groundwork for greater awareness and broader access to support and treatment worldwide. Here are a few highlights:

New US-based Official Affiliates:

- OCD TENNESSEE
- OCD DELAWARE
- OCD NEVADA

### Mental Health Coalition

Through our partnership with MHC, our trusted resources including "What is OCD" and the Resource Directory, are featured on their website, helping to ensure accurate information reaches a broad audience. Ongoing coordinated social media efforts expand public awareness, and stigma reduction.

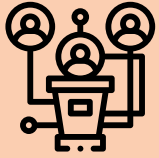
### OCD Western Australia

OCD WA was founded to ensure individuals with OCD and Related Disorders (OCDs) have access to the best treatment and support. Together, we have supported events such as the inaugural OCD Walk Around the World and 2nd annual OCD Walk in Perth AU





## 2024 Annual OCD Conference by the numbers:



**Attendees: 2,359**  
(1704 In-Person; 655 Virtual)



**US states and territories represented: 52**



**Countries represented: 14**

## 2024 Virtual & Hybrid Conferences



Online OCD Camp



Online BDD Conference



Online Faith & OCD Conference



Online Hoarding Disorder Conference



IOCDF Research Symposium (Hybrid)



Conferencia de TOC Online



Online OCD Conference

# RAISE AWARENESS & BUILD COMMUNITY

## 29th Annual OCD Conference

In 2024, the OCD and related disorders community, including individuals and families with lived experience, mental health professionals, and researchers, gathered for the 29th Annual OCD Conference in Orlando, FL. The weekend was packed with informative presentations, community-building, and fun after-hours activities.

The Orlando conference was particularly special as it was our first time offering hybrid options for virtual participation. Throughout all three days of the event, sessions in one of the Everyone Tracks were streamed live from the breakout room, making them accessible from anywhere in the world. Virtual attendees were able to watch the stream and ask questions of the presenters in real time with the help of IOCDF staff moderating the sessions.

Also streamed live for the first time were the Professional Plenary, which focused on increasing access to evidence-based

treatment for OCD using New York State as a case example, and the Keynote Address, given by Daniella Pierson. Daniella is the Latina 27-year-old founder/CEO of The Newsette as well as co-founder of Wondermind, a mental fitness company she started with Selena Gomez and Mandy Teefey. Daniella has been very open about having ADHD, OCD, and depression, and gave a passionate speech to attendees about her experience achieving success, even though millions in venture capital dollars, while struggling with learning disabilities and mental health disorders.

This year's conference prioritized accessibility, inclusion, and safety to ensure all attendees felt welcome and comfortable. Measures included adding subtitles to virtual sessions, providing alternative text for images, and offering gender-inclusive restrooms. We also expanded identity ribbon options to reflect a broader range of experiences and increased staff monitoring hours to support a safe and supportive environment.

## 2024 Annual OCD Conference Award Winners

**IOCDF Career Achievement Award:**  
C. Alec Pollard, PhD

**IOCDF Patricia Perkins Service Award:**  
Michael Jenike, MD (posthumous)

**IOCDF Illumination Award:** Scheana Shay

**IOCDF Hero Award:** Catherine Benfield

**IOCDF Youth Hero Award presented by UNSTUCK: an OCD kids movie:** Noemi Tsai

## Outstanding Research Poster Awards

Chanelle Salonia (*Fielding University*) A pilot study of peer support groups for individuals with OCD on a waitlist for treatment: A mixed methods study

Jeanmarie Harvey (*Nathan S. Kline Institute for Psychiatric Research*) \$100 now or more money later? Comparing delayed discounting in obsessive compulsive disorder and major depressive disorder

# Virtual Community

This year, our virtual communities thrived with weekly livestreams being cast to hundreds of viewers across platforms each week. These livestreams feature IOCDF Advocates and include the Community Conversations, Town Halls, Ask the Experts, and roundtables for Research, Faith & OCD, and Diversity.

The My OCD Community forum on HealthUnlocked, a free, anonymous online forum for users to share their stories and get support continues to grow with nearly 10,000 members.



LIVE

Every 2nd Thursday  
@ Noon ET

with guests



BDD, Part 2

with hosts



Thursday, December 12



LIVE

Thursday, December 19

Supporting Our Families

with host

with guests



Sidney Lodge

Jesse Birnbaum

Kyle King

Victoria Lane

# ONE MILLION STEPS FOR OCD WALK

2024 was our busiest year of OCD Walks yet! The Boston OCD Walk had record attendance with 875 walkers on a beautiful day at our brand new venue along the Charles River. IOCDF and its Affiliates hosted 44 OCD Walks in 26 states, bringing this incredible, joyful event to more people than ever before. On October 12 & 13, 2024, we hosted the inaugural Walk Around the World and had participants from 17 countries and six continents.

 **5,460**  
walkers

 **44**  
OCD Walks in the US

 **\$286,000+**  
fundraised for programs in 2024

 **\$2,155,000+**  
raised by the OCD Walk since 2013

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# RESEARCH

## Research Grant Program

This year's Research Grant Award winners are:

### 2024 IOCDF BREAKTHROUGH AWARD WINNER:

This award was made possible through the generosity of the Selig Family.



**STEVEN MCCARROLL, PHD**

*Harvard Medical School (Boston, MA)*

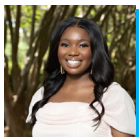
Insights into the Pathophysiology of Obsessive Compulsive Disorder from Single-Cell Analysis of the Human Brain

*Award Amount: \$500,000*

### MICHAEL A. JENIKE YOUNG INVESTIGATOR AWARD WINNERS:

These gifts were all made possible through individual donations to the Research Grant Fund.

[You can support future grants here.](#)



**OGECHI ONYEKA, PHD**

*Baylor College of Medicine (Houston, TX)*

Utilizing Community-Based Approaches to Increase Treatment Access for Black Americans with OCD: Evaluating the Feasibility of The Black and Living with OCD (BLOC) Project, a Culturally-Informed Web-Based Multimedia Program

*Award Amount: \$49,959*

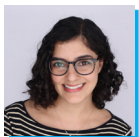


**KATELYN DYASON, PHD**

*University of New South Wales (Sydney, Australia)*

Co-delivered Exposure with Response Prevention in Outback Australia: A Novel Training Model to Increase Access to Evidence-based Care for OCD in Rural Settings

*Award Amount: \$47,856*



**AMELIA DEV, MS**

*University of Miami (Miami, FL)*

Who Learns from OCD Exposures? Investigating Asymmetrical Learning Rates and Cognitive Immunization During Expectancy Violation

*Award Amount: \$49,320*



**NORA STROM, MS**

*University of Miami (Miami, FL)*

Who Learns from OCD Exposures? Investigating Asymmetrical Learning Rates and Cognitive Immunization During Expectancy Violation

*Award Amount: \$49,320*

## Why Research Matters

Research is vital to our goals of increasing our understanding of OCD and related disorders, improving treatment, and reducing stigma. To help achieve these goals, the IOCDF awards research grants for promising studies through generous donor-funded support. Since 1994, the IOCDF has awarded nearly \$11 million in research grants, and continues to offer research grant awards annually.

Adding to our research portfolio, our newest grants examined topics including:

- Examining postmortem brain cells to identify cellular, molecular and genetic abnormalities in OCD - to discover targets of potential new and better treatments
- An online program for Black Americans with OCD - to better understand their lived experience and barriers to OCD treatment faced by them
- Genetic similarities and differences between OCD, Tourette Syndrome, and comorbid OCD with tic disorders
- Improving exposure and response prevention (ERP) therapy for OCD by examining belief changes and inconsistent interpretations of evidence that may interfere with ERP.
- Developing a method to train rural clinicians in Australia how to do ERP for child & adolescent OCD, in order to expand access to evidence-based care in remote rural areas where it is not currently available.



# 2024 Financials



## REVENUE AND SUPPORT

ITEM	COST
General Program Revenue and Support	\$3,799,763
Research & Restricted Support	\$ 1,669,883
<b>Total Revenue</b>	<b>\$5,469,646</b>

## EXPENSES

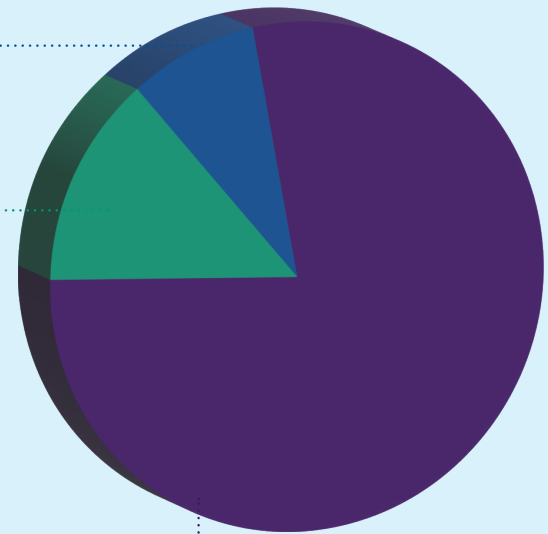
ITEM	COST
Programs & Events	\$4,452,127
General & Administrative	\$749,988
Fundraising	\$467,355
<b>Total Expenses</b>	<b>\$5,669,470</b>

<b>NET ASSETS, END OF YEAR</b>	<b>\$5,473,599</b>
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8%  
Fundraising

13.0%  
General &  
Administrative

79%  
Programs & Events



## INAUGURAL IOCDF LEGACY SOCIETY

We are grateful to our charter Legacy Society members for helping create a hopeful future for those impacted by OCD.

### Charter Members

- Anonymous
- Patrick Johnson
- Pranay Kondlekar
- Ron Prevost
- Susan Boaz

Learn more and join at [iocdf.org/legacy](https://iocdf.org/legacy)

## THANK YOU TO OUR 2024 EVENT SPONSORS!

- Ascension
- Anxiety Institute
- Better Living Center for Behavioral Health
- Biohaven
- Bradley Hospital
- Calm OCD
- CBTeam
- Embark Behavioral Health
- Greater Hope Center for OCD
- HabitAware, Inc.
- Helping Minds (StopOCD)
- How to Defeat Bully Brain: OCD Detectives
- JACK MHA
- Lamberti Family
- McLean OCD Institute
- MGH CORD
- NBI
- New England Center for OCD & Anxiety
- Newport Healthcare
- NOCD
- OCD Central & South Florida
- OCD Institute of Texas
- OCD Midwest
- OCD Program at UCSF
- Portland Anxiety Clinic
- Psychiatry Redefined
- Rogers Behavioral Health
- Sheppard Pratt
- Stick with the Ick
- Wisely Wellness





# Our People

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- Director of Clinical & Research Affairs: Sanjaya Saxena, MD
- Director of Development: Kristen Lynch
- Director of Communications & Digital Strategy: Rachel Crofut
- Senior Events Manager: Margaret Harrison
- Education & Community Support Manager: Bethsy Plaisir, MPH
- Communications Manager: Amanda Ota
- Training Manager: Kate Scolatti, MS, LMFT
- Walk Manager: Mary Kate Lang-Moisson
- Development Manager, Sponsorships & Corporate Relations: Breanna Galante
- Digital Marketing Manager: Alexis Davis
- Senior Operations Specialist: Ming Li
- Research Communications Specialist: Boris Litvin, MA
- Communications Specialist: Emilio Arango, MA
- Development Coordinator: Rae Nylen
- Events Coordinator: Julie Oliver
- Finance Administration Associate: Omar Orellana



## OUR AFFILIATES

- OCD Arizona
- OCD Colorado
- OCD Connecticut
- OCD Delaware NEW in 2024
- OCD Jacksonville
- OCD Central and South Florida
- OCD Georgia
- OCD Iowa NEW in 2023
- OCD Kansas
- OCD Louisiana
- OCD Massachusetts
- OCD Mid-Atlantic
- OCD Midwest
- OCD Missouri
- OCD Nevada NEW in 2024
- OCD Twin Cities
- 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 NEW in 2024
- OCD Texas
- OCD Twin Cities
- OCD Utah
- OCD Washington
- OCD Wisconsin

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- AFTOC (France)
- Alberta Obsessive Compulsive Disorder Foundation
- Ananke (Sweden)
- Asociación TOC Granada (Spain)
- Asociación TOC Zaragoza (Spain)
- Chinese Psychiatrist Association OCD Committee
- Norwegian OCD Foundation, Ananke
- OCD & Anxiety Support Hong Kong
- OCD Action (United Kingdom)
- OCD China
- OCD Ireland
- OCD Japan
- OCD Network Singapore
- OCD Ohanashikai (Japan)
- OCD Western Australia
- OCDnet (Netherlands)
- Svenska OCD-forbundet
- The Institute of Counseling in Nigeria
- The South African Depression and Anxiety Group





International  
OCD  
Foundation

# Thank you!

## ***Your Support. Your Impact.***

**One vision: Everyone impacted by OCD and related disorders has immediate access to effective treatment and support.**

As a donor-powered 501(c)(3) nonprofit, we rely on your support to drive progress. Every gift brings us closer to this vision and enables us to provide life-changing resources, information, and expand treatments to help people with OCD and related disorders live happy, thriving lives.

EIN: 22-2894564



Powered by our community of donors, you can help us continue to work towards accomplishing this vision. *Click or use the QR code on the left to make a contribution today.*

# ***iocdf.org***

## **STAY IN TOUCH**

- [Sign up for emails](#)
- [Sign up for the Quarterly OCD Newsletter](#)
- [Share your Story](#)
- [Attend a Community Event](#)
- [Attend a Livestream](#)
- [Find an OCD Walk](#)