



OCD Southern California  
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Dear Friends,

OCD Southern California (OCD SoCal) continues to evolve and expand the programs and events we offer to serve individuals and families living with OCD. In our effort to raise awareness about OCD and to provide resources and training to improve treatment options for families, OCD Southern California decided to expand our board to 10 in 2022 and increased the number of programs that we were able to offer. Our intention to expand programs such as the Anxiety in the Classroom program in addition to our flagship events has begun to take shape, and we look forward to more in the year to come.

In 2022, we held all our regular yearly events including four separate Million Steps for OCD Walks, our signature Conference on April 30<sup>th</sup>, our OCD Awareness Week Virtual Panel, and we also sponsored another BTTI and added a holiday party at the end of the year.

The first part of the year was focused developing and producing our 6<sup>th</sup> Annual (2<sup>nd</sup> Virtual) OCD Conference which was held on April 30<sup>st</sup> 2022. We had 930 attendees. We are so appreciative that we once again had over 80 speakers volunteer to share their time, expertise, and life experience. Since it is an important part of our mission to increase access to care by educating more therapists early in their careers, we offered free admission to associates, trainees and students and provided licensed clinicians with the opportunity to earn continuing education for seven of our presentations. We also offered scholarships to many, and gave out a total of 234 free admissions. Feedback was overwhelmingly positive.

In June of 2022 we once again organized 1 Million Steps 4 OCD Walks in four locations and had approximately 250 participants. Holding these events in person was still challenging, but we look forward to growing attendance in 2023.

For OCD Awareness week, we offered a Virtual Panel Discussion on October 15<sup>th</sup> with Board Members speaking on topics according to their expertise and we were joined by Eric Storch who generously stayed on to answer questions for over an hour after the event was scheduled to end. This event was free and recorded, and it was ultimately sent to over 3000 people.



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The Holiday part was our new program this year. As the fears of gathering in person began to settle, it seemed to be the perfect time reconnect, celebrate the holidays, and build community. We had a wonderful turnout, of 140 people enjoying our entertainment and a delicious meal.

In addition to these large yearly events, OCD SoCal continues to reach out in smaller ways to the local communities. We connected with community organizations by hosting a resource table at NAMI Orange County. One of our board members participates on the IOCDF Diversity, Equity and Inclusion Action Committee and others continue to reach out on smaller local levels to schools and community mental health clinics.

Finally, on our website we continue to provide information about programs, research and the resources provided through IOCDF as well as articles and the personal stories of individuals sharing their struggles and their victories.

We have big plans for 2023 when we will continue to grow these programs. We will collaborate with IOCDF to offer a joint Virtual conference over two days instead of just one and will replace that with a local in person Speaker Series in April. We will also sponsor another in person BTTI which is the Pediatric BTTI in the San Diego area in March. Finally, many of us are looking forward to attending the IOCDF conference in San Francisco in July.

Many thanks to all who have helped to make 2022 a fantastic year.

Sincerely,

Melissa Mose  
President, OCD Southern California