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2024 Annual Report

Dear Friends,

OCD Southern California (OCD SoCal) continues to expand our outreach efforts in a variety of domains that support our mission statement which is to **increase OCD awareness and access to compassionate, evidence-based care in Southern California**. This includes providing and increasing access to affordable training and education for treatment providers as well as individuals with OCD and their families, community building, offering relevant resources as well as promoting and supporting IOCDF's programming and goals. In 2024, in our efforts to serve individuals and families living with OCD, we built upon our strategic planning to improve our local programs and to plan for a return of our yearly conference in 2025. Improving treatment options for families continues to be a top priority for us at OCD Southern California.

Our 2024 Speaker Series reached a diverse audience across multiple regions. We held three separate events on different weekends in April. These included an Orange County speaker event (April 6) with 12 different local speakers and attendance of nearly 200, a San Diego event (April 20) sponsored by Rogers Behavioral Health with 40 attendees and an Los Angeles event at USC (April 21) that reached 50 attendees.

Our annual walks continued to build community awareness and generate support. This year we expanded from four to five separate walks reaching participants in San Diego (June 1), Orange County (June 29), Inland Empire (June 1), Los Angeles (October 20) and Santa Clarita (October 19).

OCD Awareness Week provided opportunities for education and community building with some of our old favorites such as the virtual panel discussion and some new ideas, such as a bonfire. In Orange County (October 19) we hosted a free series of workshops with speakers as well as 4 in-person support groups (families, people with OCD, parents of kids, couples). 76 people attended and gave rave reviews. In San Diego (October 14) a community gathering facilitated by Sue Chudy, LCSW, with about 25 attendees, 20 of whom were first-time participants in an OCD SoCal event. This free event helped newly diagnosed individuals connect with the OCD support community and decreased feelings of isolation. San Diego also offered an OCD 101 Clinical

Workshop (October 18) facilitated by Sue Chudy, LCSW and Katherine Pica, LCSW. This was another free event that had 35 attendees, 34 of whom were first-time participants. The training targeted clinicians with little to no background in OCD, teaching them to identify OCD in clients, understand differential diagnosis, learn about evidence-based treatment options, and locate resources for further training. Chris and Liz Trondsen once again offered their Family and Loved Ones group an expanded Virtual Panel Discussion which featured board members speaking on topics within their expertise. This event was free and recorded and ultimately reached hundreds of people. Finally, board secretary Dr. Adam Frank appeared on KCAL 9 morning news to speak on raising awareness about OCD ([YouTube Link](#)).

We wrapped up the year in high spirits on December 7th with our annual Holiday party at the Costa Mesa Marriott. This free event provided a wonderful opportunity for community building and celebration and brought together 110 people for a festive afternoon of connection and celebration. Activities included bingo, trivia, and great refreshments.

In addition to our signature events, OCD SoCal board members continued to reach out in smaller ways to local communities. We participated in several community events. The NAMI walks in which we participated were particularly rewarding. In addition to the Orange County NAMI Walk that we regularly attend we joined NAMI's 2nd annual Imperial County Walk (April 13). Imperial County is a treatment desert (no OCD providers) and we were thrilled to connect with individuals and community health providers in this community. Several individuals from this area traveled to one of our San Diego events later in the year to volunteer!

Other training events at treatment centers occurred throughout the year in which board members spread information about OCD SoCal and IOCDF in the endeavor to increase awareness.

We have exciting plans for 2025, when we continue to grow our Speaker Series programs (March-May) and our 1 Million Steps for OCD Walks (June and October). We will maintain our regional focus for local events while expanding our reach to underserved areas and populations. And we will once again host our own Online OCD Conference. This year, for the first time, it will be a two-day event, and it will be held on November 15-16.

Many thanks to all who have helped to make 2024 a fantastic year of growth and impact. **Through educational programs, events and outreach, we believe we are making significant steps to foster a resilient, inclusive community of lived experience, loved ones, clinicians, researchers and local partners that promotes hope.**

We are grateful for the support we have received from IOCDF and look forward to our continued collaboration in the upcoming years.

Sincerely,

Melissa Mose, LMFT
President, OCD Southern California