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2025 Annual Report

Dear Friends,

OCD Southern California (OCD SoCal) continues to expand outreach efforts that support our mission to increase OCD awareness and access to compassionate, evidence-based care throughout Southern California. Our work includes increasing access to affordable training and education for treatment providers as well as individuals with OCD and their families, building supportive community connections, sharing relevant resources, and promoting the programming and goals of International OCD Foundation (IOCDF). In 2025, we continued strengthening our local programs through strategic planning initiatives and the re-launch of our annual conference.

Our marquee event of 2025 was the re-launch of the Online OCD Conference, hosted by OCD SoCal (November 15-16). Featuring 112 speakers and 53 sessions, the conference brought together individuals with OCD, families, and professionals to foster community and provide accessible, practical resources. We were blown away by the success of this event, which welcomed nearly 1,400 attendees not only from Southern California, but also from across the country and around the world, representing at least 39 U.S. states and 15 countries.

Nearly all attendees (97%) reported gaining something useful from the conference, frequently sharing that they left with a greater sense of hope, connection, and that they were not alone. Meaningfully, nearly 80% of attendees indicated that the affordability of the conference was a reason they attended. Registration began at just \$20, and scholarships were provided for 100% of requests received. Clinicians also expressed gratitude for the opportunity to earn low-cost continuing education credits while advancing their knowledge of OCD treatment.

The conference reached many new audiences, with nearly half of attendees reporting that they had never attended a prior OCD conference. In partnership with BFRB Changemakers, we featured a dedicated track on body-focused repetitive behaviors such as trichotillomania and skin picking disorders, with 65 attendees registering specifically for these offerings. We are thrilled to host the conference again on November 7-8, 2026.

Our 2025 Spring Speaker Series reached a diverse audience across multiple regions both in person and virtually. We held four separate events including an Orange County speaker event (May 3) with 12 different local speakers and attendance of 138; a San Diego event (April 26) sponsored by Rogers Behavioral Health and Newport Healthcare with 46 attendees; a Los Angeles event at USC (May 4) that reached 40 attendees; and an online event (June 14) reaching 175 attendees.

The One Million Steps for OCD Walks continue to be an important way to build community awareness and generate support across our catchment area. This year we hosted four separate walks reaching participants in San Diego (June 7), Orange County (June 28), Ventura County (October 12), and Santa

Clarita (October 18). Together, these walks included over 400 attendees and raised nearly \$13,000 in funds to support the vital work of the IOCDF and OCD SoCal.

OCD Awareness Week provided opportunities for education and community building. We kicked off the week with an online workshop featuring Dr. Nathaniel Van Kirk and facilitated by Chris Trondsen LMFT and Liz Trondsen, *Igniting Willpower: Separating Fact from Fiction in Motivation*. This event created a space for individuals with OCD and their loved ones to debunk motivation myths while learning strategies to increase motivation and create treatment longevity. In San Diego, we also hosted a sold-out film screening of *Anxiety Club*, which was a wonderful community building event with pizza and Q&A featuring OCD specialists and the movie director.

In addition to our signature events, OCD SoCal continued supporting partner organization initiatives throughout the year. We were delighted to sponsor the IOCDF's Advanced Forum on Pediatric OCD in Long Beach (October 23–25), where we hosted an informational table and board member Chris Trondsen LMFT presented as a speaker. To further our mission of providing resources and hope throughout Southern California, we also continued building partnerships in regions with limited existing OCD services. We were honored to again participate in NAMI's 3rd Annual Imperial County Walk (April 12). Imperial County remains a treatment desert for OCD care, and we were grateful for the opportunity to connect with community members and local health providers. These conversations have already led to exciting collaborative initiatives planned for 2026.

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 2026. OCD SoCal continues to invest significant time and energy into strengthening our organizational infrastructure, with the goal of empowering rising leaders to host local events in their own communities while expanding our reach to underserved regions and populations. The continued development of our Regional Councils will help support this vision, alongside growing partnerships across the broader Southern California community. In the coming year, we will again host the Online OCD Conference, Speaker Series, and multiple OCD Walks. We also remain deeply committed to evaluating and improving our programs so that we can continue responding thoughtfully and effectively to the needs voiced by our community members.

Many thanks to all who have helped to make 2025 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,



Jennie Kuckertz, Ph.D.
President, OCD Southern California