



OCD Connecticut  
PO Box 104  
Old Saybrook, CT 06475

## 2015 ANNUAL REPORT

Dear Friends and Members,

OCD Connecticut had a productive 3<sup>rd</sup> year and we continue to focus on our mission of: **“Serving adults, children, and families in Connecticut living with Obsessive Compulsive Disorder by promoting early intervention and expanding awareness, treatment and research”**.

Communication via email and phone has been ongoing with both members and non-members and these personal connections have verified the need of support for families living with OCD in our state. Our website [www.ocdct.org](http://www.ocdct.org) is consistently updated to include current local research, listings of local providers and support groups within our catch-man area and events of interest to our members. Our Facebook page and twitter accounts are timely ways of providing information and have been very active this year.

Our activities this past year include:

- Attendance at Yale's 4th Annual Course on the Treatment of OCD and Related Disorders in May, hosting a table for outreach and information regarding OCD CT.
- Participation in the Million Steps 4 OCD walk in Boston in June as Team Connecticut.
- Our second annual OCD Awareness Week presentation “Living with OCD” held at the Yale Child Study Center in New Haven on October 10<sup>th</sup> was a huge success. Lecture topics included: “What is OCD?” and “Overview of ERP”. A panel discussion concluded the day, as people with OCD described their recovery journey and answered questions from the audience.
- A lecture presented in the community “Parenting Your Child with OCD – How to Love and Nurture Your Child While Quieting Their OCD”.

OCD CT is excited for the upcoming year and looks forward to growing membership and continuing to be a resource for people in the State of Connecticut. Please feel free to contact us for support and volunteers are always welcome.

Sincerely,

Susan Schuster, President

Jen Piper, Vice President

Collin Schuster, Secretary