



*OCD Twin Cities now also providing resources to the Fargo-Moorhead area*

## ANNUAL REPORT 2010-2011

Dear Friends,

The mission of OCD Twin Cities is to “create awareness and resources for individuals with OCD and their family and friends, educate the public and professional communities about OCD, and improve quality of treatment and access to resources for individuals with OCD”. Looking back on this past year we have met many of these goals and have more activities planned in 2011 to continue on this rewarding journey.

Accomplishments over the past year include quarterly meetings that were followed by support groups and continued developments in several areas. In 2010, we welcomed our friends struggling with trichotillomania and skin picking to join our meetings and support groups. We had some fantastic fundraisers including a golf tournament, “chance to win raffle”, and individual art and bake sales. We also developed a relationship with Build a Bear who has generously donated stuffed animals to our organization. A wonderful family in the OCD Twin Cities group, who initiated many of our fundraisers, distributed the animals to children undergoing residential treatment for OCD at Rogers Memorial Hospital. This is a tradition that we plan to continue to let children know that we care about them and understand the battle they have chosen to fight. As one of our Board members stated, “Kids with other illnesses get teddy bears, kids with OCD need bears too”. With this idea in mind, we also plan on offering some promotional items including stuffed animals at the IOCDF Conference and our 2011 October event.

With some of the money that we have raised from our fundraisers we have given out grants. The money was used for several good causes including funding a local support group to start a website, assisted with development costs of a parent support group manual, and this year we will sponsor two therapists to attend training at the Behavior Therapy Training Institute. We have also donated some money toward research being funded through the IOCDF.

Other exciting developments include improvements to our website. Over the past several months we have been fortunate to have Board members with IT knowledge and we have added some great features to our website. We now have 3 different discussion boards, including a parent board, hoarding board, and general OCD board. We are also in the process of finalizing an e-mail listserv for our Board members and one for the entire OCD TC community. Our website has links to resources and lists support groups in Minnesota and North Dakota.

The support groups in our community are growing and we are hearing good feedback from participants. While OCD Twin Cities is not affiliated with any of the groups, we are here to support them with their projects and look forward to continuing to fulfill grant requests. We now have a contact person who will provide training to support group leaders. She has received training from NAMI and is willing to pass that information on to others. Our support group break out sessions following our meetings have also been successful and meaningful relationships and resources have blossomed as a result.

Looking at the year ahead, we are please to announce that on October 15<sup>th</sup> we will be hosting our first one day OCD conference for professionals, family members and individuals struggling with OCD and related disorders. In 2011, we are working toward educating future teachers at the University of Minnesota about OCD and related conditions so that they can better identify students struggling with these problems. We also hope to continue our mission of increasing awareness by running press release articles in our local newspapers and encouraging the media to do more stories on these conditions.

As we work to continue our mission, volunteers with any level of skill and time are needed and much appreciated. We already have some preliminary steps in place for our October conference, but will need more support as the process continues. We have a great community which understands that in order to get, we also need to give.

I am honored to be a part of our local affiliate and grateful for the support of IOCDF. It is amazing to look back on what our group has accomplished and I am excited for the future of our organization.

Thank you for your continued support and I am looking forward to our next meeting on May 7<sup>th</sup>.

Sincerely,

Renae Reinardy, Psy.D., LP

OCD TC Co-Founder, 2011 President