

NEVER say NEVER



*In the midst of the seemingly endless storm,
look to the promise of the rainbow -
the rain shall not prevail!*

Fall 2011

OCD On The Internet

The Internet. The World Wide Web. It is the new encyclopedia, always current, always there. It is an unlimited, universal source of information. And it has become an invaluable resource for those of us suffering from Obsessive Compulsive Disorder, for family, friends, treatment providers, educators, and anyone whose life has been touched by OCD. Our website, www.ocdmich.org, has a long list of useful websites and online support groups. In this issue of *Never Say Never*, we will look at some of the ways we can use the Internet to find information, help, support, treatment, as well as inspiration and humor. There are treasures to be found, so let's start digging.

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All of us here at The OCD Foundation of Michigan wish everyone a very happy holiday season, and good health and happiness in the New Year. Let this be the year you conquer your OCD!

THE OCD FOUNDATION OF MICHIGAN

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* Thanks to Mark Fromm, President of Business Growth Today, Inc., for hosting our website.

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NEVER say NEVER

is the quarterly newsletter of The OCD FOUNDATION OF MICHIGAN,
a 501(c)(3) non-profit organization.

Please note that the information in this newsletter is not intended to provide treatment for OCD or its associated spectrum disorders. Appropriate treatment and advice should be obtained directly from a qualified and experienced doctor and/or mental health professional. The opinions expressed are those of the individual authors.

To submit articles or letters, write or e-mail the OCDFM at the above addresses.

LIST OF SELF-HELP GROUPS

ANN ARBOR:

1st Thursday, 7-9 PM
St. Joseph Mercy Hospital Ann Arbor
Ellen Thompson Women's Health Center
Classroom #3
5320 Elliott Drive, Ypsilanti, MI
Call Jeannie at (734) 846-9656
E-mail michiganlady64@gmail.com

DEARBORN:

2nd Thursday, 7-9 PM
First United Methodist Church
22124 Garrison Street (at Mason)
Call (734) 466-3105

FARMINGTON HILLS:

1st and 3rd Sundays, 1-3 PM
Trichotillomania Support Group
Botsford Hospital
Administration & Education Center, Classroom C
28050 Grand River Ave. (North of 8 Mile)
Call Bobbie at (734) 522-8907 or (734) 652-8907
E-mail rslade9627@aol.com

GRAND RAPIDS:

Old Firehouse #6
312 Grandville SE
Call the Anxiety Resource Center
(616) 356-1614
www.anxietyresourcecenter.org

Anxiety (all forms)

Meets every Wednesday, 7 to 8:30 p.m.
Open to individuals who have any kind
of anxiety problems as well as their
friends and family members.

Adults Obsessive-Compulsive Disorders

2nd and 4th Tuesdays, 7 to 8:30 p.m.
Open to any adults who have or think they
may have Obsessive-Compulsive Disorder.
Friends and family members welcome.

Body Focused Repetitive Behaviors

1st Tuesday, 7 to 8:30 p.m.
A monthly support group for adults who have
Compulsive Hair Pulling, Skin Picking and Nail
Biting problems.
Open to friends and family members.

Compulsive Hoarding

3rd and 5th Tuesday, 7 to 8:30 p.m.
A monthly support group for people who have
trouble with compulsive hoarding.
Open to friends and family members.

Social Outings

3rd Tuesday and 4th Saturday, call for details
Challenge your anxiety in the comfort of others while
attending fun-filled events.
Past activities have included: game night, visiting a
bird sanctuary, concert and comedy events, sunset strolls
on the beach and even canoeing.

LANSING:

3rd Monday, 7-8:30 PM
Delta Presbyterian Church
6100 W. Michigan
Call Jon at (517) 485-6653

LAPEER

2nd Wednesday, 7:30 - 9 PM
Meditation Self-Healing Center
244 Law St. (Corner of Law & Cedar Streets)
Call Mary at (810) 793-6544

PETOSKY

2nd Tuesday, 7-9 PM
Northern Michigan Regional Hospital
Community Health Education Center (CHEC)
360 Connable Avenue
Call Kevin P at (231) 838-9501
E-mail Runocd@gmail.com

ROYAL OAK:

Beaumont Hospital, Administration Building
3601 W. Thirteen Mile Rd.
Use Staff Entrance off 13 Mile Rd.
Follow John R. Poole Drive to Administration Building
Park in the South Parking Deck

OCD Support Group

1st Wednesday, 7-9 PM
Private Dining Room
Call Kevin S at (248) 991-9350
E-mail jogger112@earthlink.net

Family & Friends of Hoarders

4th Wednesday, 7-9 PM
Conference Dining Room A
Call Diane at (586) 942-3321
E-mail foxythecat@aol.com

**(Please note: this meeting is NOT for hoarders,
but their families, friends, and supporters)**

LETTER TO THE EDITOR

Our last issue of *Never Say Never* was devoted to the topic of Purely Obsessional OCD, or “Pure-O”. This is, in fact, a controversial subject, and we included articles expressing both points of view. The following is a statement by Dr. Steven Phillipson, who wrote “Re-Thinking the Unthinkable”, in which he clarifies his use of the term.

I’m amused and saddened by the article which immediately follows mine in the Summer 2011 newsletter. Many of my colleagues are put off by the term "Pure-O". Even though I’m the one who coined the term, I am aware that the term is a misnomer. There is no "Pure-O"!!!! As a scientist I agree wholeheartedly. When I coined the term in 1987, OCD was most thought of and represented on TV and in most research as the observable forms, namely hand-washing, door checking and the like. Instead of "Pure-O" the term is more scientifically accurate as "Non-observable ritualizes". I could have used this term but it just did not roll off of one’s tongue easily. I am aware of this now as I was in 1987. But as a clinician my goal was to give patients with this form of OCD a term which they could see that "yes" they had OCD but still their rituals were performed in their mind with thought. I have been dogged by this scientific "misrepresentation" since my article originally was printed. In a book by Fred Penzel an entire paragraph was devoted to the notion of how the term may be harmful to patients. I have been nagged by many peers who do not have OCD but I have never been criticized by one person with this form of OCD as doing them a disservice by not representing their condition in a scientifically accurate way. After 20 years from the initial printing of this article I still hear patients say that they went to a psychologist who said, "I do not believe you have OCD since you do not engage in hand-washing". These stories infuriate me now as much as they did in 1987. I’m happy for the term, even though I’m the first one to agree that it is scientifically incorrect.

I can't debate that the term is a misnomer since I’m the first to agree with my scientific peers. However, it is a way for the "patient" to recognize that YES they do have OCD but it not the kind that anyone has every heard of. There is actually a web site "www.theotherOCD.com" devoted to keeping persons aware that even though they are not washing their hands they do have OCD.

STEVEN PHILLIPSON, PH.D.
Clinical Director
Center for Cognitive-Behavioral Psychotherapy
www.cognitivebehavioralcenter.com

Creator and author of
www.ocdonline.com

International OCD Foundation Scientific Advisory Board

The Best Places to Start

The best place to start any quest for information is on your favorite search engine. This could be Google, Yahoo, Ask, or any of dozens of search engines on the Internet. Once you find a good general information site, you start following the trail, link by link by link, until you find what you've been looking for. It may be an inspirational story, a different method of treatment, or a new way of thinking about your OCD. There is something for everyone. Throughout this issue, the links given are live and can be accessed on the electronic version, available for download at www.ocdmich.org.

International OCD Foundation (IOCDF), www.ocfoundation.org



All searches for information, treatment options, treatment providers, support groups, latest research, and everything else OCD begin here. The IOCDF site also has sub-sites for Hoarding, and for Children/Teens. The information is priceless.

OCD Chicago, www.ocdchicago.org



This is a beautiful and very informative site. It has sections for Individuals, Teens, Parents, Friends & Family, College Students, School Personnel, and Clergy. And they have an excellent series of OCD Guides available for download for adults, parents, teens, and college students.

The Peace of Mind Foundation, www.peaceofmind.com



This is the website of Elizabeth McIngvale, a remarkable young woman who has struggled with severe OCD, and who has become the face and voice of the IOCDF. Her site has information on many of the sub-types of OCD - Counting/Checking, Intrusive Thoughts, Contamination, Scrupulosity, Perfectionism, Magical Thinking, and Hoarding, as well as a section for Caregivers. And much of this information is given by way of videos.

BrainPhysics.com, www.brainphysics.com

A comprehensive informational website, it has everything you ever wanted to know about OCD and its Spectrum Disorders.

Understanding OCD, www.understanding OCD.tripod.com

Another good overall site, with links for every aspect of OCD.

Again and Again, www.geonius.com/ocd

A compendium of information on OCD. Many topics, many links to many websites.

For Kids, Parents, and Schools

OCD in Kids, www.ocfoundation.org/ocdinkids



A page on the International OCD Foundation (IOCDF) website, this is a comprehensive resource for kids, teens, young adults, their parents, teachers and other school personnel, and treatment providers.

JJ's Place - The Childhood OCD Project, www.jjsplace.org



Another good site for kids, parents, siblings, friends, teachers, therapists, and physicians.

WorryWiseKids, www.worrywisekids.org



This site deals mostly with childhood worry and anxiety, but it does have sections on OCD and PANDAS (Pediatric Autoimmune Neuropsychiatric Disorders Associated with Strep).

OCD Education Station, www.ocdeducationstation.org



A resource for school personnel provided by OCD Chicago, this web site is designed to provide valuable knowledge about OCD for all school personnel, including regular, bilingual, special educators, school psychologists, social workers, counselors, nurses, administrators, and paraprofessionals.

Being a Parent With a Kid Who Has OCD,

www.understanding OCD.tripod.com/ocd_parents.html

From the Understanding OCD website, everything a parent needs to know to support a child with OCD.

Psychotherapy for Children with Obsessive-Compulsive Disorder,

www.brainphysics.com/ocd-children.php

A page on the website of BrainPhysics.com, a discussion of the use of Cognitive Behavior Therapy for the treatment of Childhood OCD.

Kids Health, www.kidshealth.org/kid/feeling/emotion/ocd.html

A presentation of OCD in language kids can understand, including an audio reading of the article for kids to listen to. There are sections for teens and parents, and also a presentation on Trichotillomania (compulsive hair pulling).

Other OCD Types and Spectrum Disorders

Not to be forgotten are those sub-types of OCD that don't quite fit in the usual discussions of OCD. These include (but are not limited to) Hoarding, Purely Obsessional OCD (or Pure-O), Trichotillomania, and Body Dysmorphic Disorder (BDD).

Hoarding Center, www.ocfoundation.org/hoarding

The Hoarding site of the International OCD Foundation (IOCDF), comprehensive information on all aspects of hoarding.

5 Tips to Help Overcome Hoarding,

www.curiocabinetspot.com/tips-to-overcome-hoarding

An interesting article, oddly enough on a website that sells curio cabinets, that also has some useful links.

Hoarding Pros, www.hoardingpros.com

This is a company in Southeast Michigan that provides counseling for hoarders, as well as cleanup and organizing services.

The Psychology of Hoarding,

www.psychologydegree.net/psychology-of-hoarding

This is an “infographic” (a visual explanation that helps you more easily understand something) on hoarding. It's hard to explain what it is, you will have to see it for yourself.

Children of Hoarders, www.childrenofhoarders.com/wordpress



The site for children (or spouses or loved ones) of hoarders, gives voice to the problems and traumas of growing up with a hoarder, or having to live in a hoarded home.

The Other OCD, www.theotherocd.com

A complete resource guide to understanding and living with "Purely-Obsessional" OCD, or “Pure-O”.

The Trichotillomania Learning Center, www.trich.org

The place to go for information and support on compulsive hair pulling, skin picking, and other Body-Focused Repetitive Behaviors (BFRB's).

BDD Central, www.bddcentral.com

The most comprehensive website related to Body Dysmorphic Disorder (BDD).

Treatment Information and Options

Those who suffer from OCD or one of its associated spectrum disorders often find that proper treatment is not available to them. First of all, they might not live near a mental health professional who is qualified to treat OCD, and secondly, even if they can find one nearby, treatment is very expensive. The Internet offers some solutions in the form of treatment guidelines that can be given to your treatment provider, or websites that provide interactive programs to assist you. Some of these are:

Expert Consensus Guidelines:

Treatment of Obsessive-Compulsive Disorder - www.psychguides.com/ocgl

Treatment Guidelines for Obsessive-Compulsive Disorder:

A Guide for Patients and Families - www.psychguides.com/ocd_patient

Expert Consensus Guidelines for Trichotillomania, Skin Picking, and Other Body-Focused Repetitive Behaviors - www.trich.org/dnld/ExpertGuidelines_000.pdf



OCD Challenge is an on line, interactive, behavioral program designed to help people suffering from Obsessive Compulsive Disorder. The program was built by psychologists who are leaders in the field of behavior therapy and have a specialization in the area of OCD. OCD Challenge has three Modules: Assessment, Gaining Awareness and Intervention. Users will be guided through the Modules and taught skills and strategies for managing their OCD behavior. OCD Challenge uses the principles of exposure and response prevention (the treatment of choice for OCD) to help the user to confront and challenge their OCD. OCD Challenge is not therapy and there is not a therapist on the other end of the computer telling you what to do. Instead, OCD Challenge is a program built to interact with the user in a way that is interesting, useful, and moves the user toward change. OCD Challenge is a self-help website and is not intended to replace therapy. The program cost ranges from \$12.50 to \$20.00 per month, depending on the length of time you sign up for. - www.ocdchallenge.com



Anxieties.com is the website of Dr. R. Reid Wilson, co-author with Dr. Edna Foa of the book *Stop Obsessing! How to Overcome Obsessions and Compulsions*. He walks you step-by-step through a free self-help program based on the book. Worth looking at.



StopPulling.com and StopPicking.com are easy to use, on-line behavioral programs designed to help individuals manage their trichotillomania or compulsive skin picking. This is not therapy and is not intended to replace individual behavior therapy.

These are interactive behavioral programs that will help you to identify situations associated with your pulling or picking behavior, and will recommend strategies to help you to change those behaviors. The cost is \$29.95 per month.

Online Support Groups

An Online Support Group can be a wonderful alternative when live support groups are not available, or for those individuals who are homebound or who prefer an anonymous interaction. [Yahoo! Groups](#) is host to a tremendous number of online support groups for OCD, Hoarding, Trichotillomania, Skin Picking, BDD, and many other areas of interest. Some of the groups are very large, very active, and are monitored and advised by many of the OCD experts we have come to know and love. Doing a search for your desired group will give you an idea of the scope of help available. There are many more Online Support Groups listed on our website at www.ocdmich.org/OnlineResources.htm.

OCD-Support, www.health.groups.yahoo.com/group/OCD-Support

This is a very large and well-connected support group. Among its many members are doctors and treatment professionals who respond to questions.

ObsessiveCompulsiveDisorder3, www.health.groups.yahoo.com/group/obsessivecompulsivedisorder3

OCD-Family, www.groups.yahoo.com/group/OCD-Family

A group for the loved ones of OCD sufferers to discuss OCD and the way it affects the family as well as the sufferer.

OCD Relationships, www.health.groups.yahoo.com/group/ocd-relationships

OCD'ers can discuss how their disorder affects their relationships with the people around them.

OCD and Parenting, www.health.groups.yahoo.com/group/ocdandparenting

A group for parents of children with OCD.

Parents of Teens & Young Adults with OCD,
www.health.groups.yahoo.com/group/OCD-POTAYA

Parents of Adults with OCD, www.health.groups.yahoo.com/group/parentsofadultswithocd

OCD Support for Teens, www.health.groups.yahoo.com/group/ocdsupportforteens

OCD Kid's Loop, www.health.groups.yahoo.com/group/ocdkidsloop

A safe place for kids under 16.

Pure O - OCD, www.health.groups.yahoo.com/group/pure_o_ocd

For people with OCD whose compulsions are primarily mental in nature.

The Scrupe Group, www.health.groups.yahoo.com/group/the_scrupe_group

For those suffering from scrupulosity.

OCD-SSI, www.health.groups.yahoo.com/group/OCD-SSI

For those with an interest in Supplemental Security Income (SSI) or Social Security Disability Income (SSDI) .



FOUND ON THE INTERNET

(Editor's note: We found NeedyMeds.org online. It is an excellent resource for finding assistance paying for your medications. You can find state-sponsored programs, and you can search for Patient Assistance Programs (PAPs) by company or by drug name. This helpful article was written by the President of the organization.)

Pharmaceutical Companies Helping Patients Get Their Medicines

By Richard J. Sagall, M.D.

It's a choice no one should have to make - pay rent and buy food or get prescriptions filled. Yet all too often it's a choice Americans, particularly older Americans, have to make.

Nearly 50 million Americans have no health insurance, and millions more have limited coverage. Many Americans just can't afford health care, and, if they can, they don't have the money to buy their medicines.

Patient Assistance Programs

There is help available for many people who can't afford their medicines. These programs, frequently called patient assistance programs (PAPs), are designed to help those in need obtain their medicines at no cost or very low cost.

Many, but not all, pharmaceutical companies have PAPs. The manufacturers who have programs do so for various reasons. Some believe that they have a corporate social obligation to help those who can't afford their products. Others believe it's a good marketing tool. As one PAP director once told me, many people who can't afford their medicines now will go on to obtain some type of coverage. And when they do get this coverage, they will continue using the medication provided by the PAP.

In 2008, PAPs helped over 8 million people. The programs filled prescriptions with a total wholesale value of over \$8 billion.

The Basics of the Programs

All PAPs are designed to help those in need obtain their medicines. Since each pharmaceutical company establishes its own rules and guidelines, all are different. All have income guidelines, but they vary considerably. Each company selects which drugs are available on their programs and how long a person can receive assistance.

How PAPs Work

Although no two programs are exactly the same, most require that the applicant complete an application form. The amount of information required varies. Some programs require detailed medical and financial information, others very little. All require a doctor's signature. Certain programs require the doctor complete a portion of the form while others only need a signed prescription.

Most send the medicines to the doctor's office for distribution to the patients, while others send the medicine to a pharmacy. A few send a certificate to the patient to give to the pharmacist.

Some patients need drugs for a long time. Most, but not all programs that cover medicines used to treat

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chronic diseases offer refills.

What Medicines are Covered

The pharmaceutical companies decide if they will have a PAP and, if they do, which of their medicines will be available through the program. Some include many or all of the medicines they manufacture while others include only a few. The reasons for these decisions are not something they reveal.

There are a few programs that sell generic medications at a fixed price - usually \$20 for a three-month supply. These programs are adding more drugs all the time.

Sometimes a medicine or a certain dosage of that medicine will be on a program, then off, and then back on again. Or one dose of the medicine will be on the program but a different dose won't be.

How to Learn about PAPs

Your doctor is **not** the best source of information on PAPs. Surprisingly, many doctors don't even know PAPs exist. The same applies for pharmacists. Many social workers know about the programs. Books in the library or bookstore on PAPs are probably outdated before they are printed.

The best place to learn about PAPs is the Internet. There are a number of sites that have information on these programs. Many pharmaceutical companies have information on their patient assistance programs on their websites. Unfortunately, it's often difficult to find the page that describes their PAP.

Types of Websites

There are two types of websites with information on patient assistance programs. Three of these sites list information on patient assistance programs - NeedyMeds (www.needymeds.org), RxAssist (www.rxassist.org), and Partnership for Prescription Assistance (www.pparx.org). There is no charge to use the information. These sites don't have a program of their own nor do they help people get their medicines.

NeedyMeds is a non-profit funded by donations, sales of software for managing PAPs, and other sources. The Pharmaceutical Research and Manufacturers of America (PhRMA), an association and lobbying group whose members include many of the larger pharmaceutical manufacturers, runs HelpingPatients.org, which has information on PhRMA members programs.

Then there are a number of sites that charge people to learn about patient assistance programs and complete the application forms. The charges vary, as does the quality of their services. Some offer a money-back guarantee if they can't get your medicines.

How to Use NeedyMeds

Most PAP sites contain similar information. They differ in how they organize the material, the ease in accessing the information, and the timeliness of their data.

To use the NeedyMeds site you begin with the name of your medicine. There are two ways you can check to see if your medicines are available in a patient assistance program. One is to click on the drug list. This brings up an alphabetical list of all the drugs currently on PAPs. Find the medicine you take and click on its name. This will bring up the program page.

On the program page, you will learn about the specifics of the PAP - the qualification guidelines, the application process, the information you need to supply, what your doctor must complete, etc. In addition, you

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will learn if there's a downloadable application on the website or if you must get an application from the company. (Some companies accept copies of their application form while others require you complete an original.)

If you know the medicine's manufacturer, you can click on the programs list. From there, you can click on the program you want to learn more about. That should bring up the information you need.

Once you have acquired the information, it's up to you to complete the applications, get the necessary signatures, and send the form to the program.

A Few Tips

The most common problem patients encounter when completing the application forms is lack of physician cooperation. Over and over I hear from people whose physicians just won't complete the forms - or charge to do it. I am asked what they should do.

Here are a few suggestions:

1. Make sure you have completed everything on the form that you can. Not only should you complete the applicant's section, but anything else you can fill in. This may include the physician's name and address, phone number, etc.
2. Bring all the information your doctor may need. For example, some programs require proof of income. If so, attach whatever documents are required.
3. Bring an addressed envelope with the appropriate postage.
4. Don't expect your doctor to complete the form immediately. A busy doctor may not have time to read the form while you are in the office.
5. If you encounter resistance, tell your doctor that without his/her help, you won't be able to obtain the medicines he/she is prescribing. Be blunt.
6. If all else fails, you may need to find a physician more sympathetic to your plight and willing to help you.

What if I Don't Have a Computer

Many people without a computer can still use the information available on these websites. Nearly everyone knows someone with a computer - a family member, a neighbor, or a friend. Most public libraries have computers for public use and assistance for those not familiar with their use.

Summary

Patient assistance programs may not be the best solution to the problem of inability to pay for medication, but they can help many people. Millions of people use PAPs to get the medicines they need but can't afford. If you can't afford your medicines, a patient assistance program may be able to help you.

Richard J. Sagall, M.D., practiced family medicine and occupational medicine for 25 years. He cofounded NeedyMeds and continues to run it. He can be reached via the website, www.needymeds.org. He lives in Gloucester, MA.

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MARK YOUR CALENDARS FOR 2012

The OCD Foundation of Michigan (OCDFM) Spring Program.

The speaker will be Dr. James Gall. He will discuss OCD in children with regard to family and school strategies. Keep watching the newsletter, website, Facebook page, and e-mail announcements for more information as it becomes available.

Ping Pong 4 OCD, April 21 in Petosky, MI. See flyer on the next page.

The Trichotillomania Learning Center Annual Conference, May 4-6

Anyone who has ever been to a TLC Conference will tell you it can be a life-changing experience. In 2012, you only have to go as far as **CHICAGO!** See their website at www.trich.org.

The International OCD Foundation Annual Conference, July 27-29

The 2012 IOCDF Conference is likewise being held in **CHICAGO**. See their website at www.ocfoundation.org.

Welcome Our Newest Board Member

If you've been visiting our website, following us on Facebook, or receiving e-mail announcements, you might have seen mention of **Kevin Putman**, from Petosky, Michigan. He first came to our attention at the beginning of this year when he was promoting his fundraiser "PingPong4OCD." Later on, when the International OCD Foundation (IOCDF) was holding a contest to select a song to be performed at their "Dare to Believe" live webcast, Kevin's rap song "Breakin' the Symmetry" was the big winner and he performed his song on the webcast live in Boston. We had a chance to finally meet Kevin when he drove down from Petosky to attend Dr. Rosenberg's talk in September. In October, he started up an OCD Support Group in Petosky, and hopes to start a children's group next year. He is already planning the 2nd Annual "PingPong4OCD" event coming this Spring, and is talking to IOCDF about holding one at their Annual Conference in July. And now, Kevin is the newest member of the OCDFM Board of Directors. He has been attending meetings via speakerphone from Petosky, and soon we hope to include him using Skype. We thank Kevin for his commitment and dedication in devoting his efforts to the cause of OCD.



RUN OCD presents:

Ping Pong 4 OCD 2012

"A Ping Pong Tournament to benefit OCD in Michigan"

Saturday, April 21, 2012, 12pm
Emmet County Fairgrounds
Petoskey, Michigan

Contact:

Kevin Putman
(231) 838-9501

runocd@gmail.com

runocd.org

SUGGESTED READING

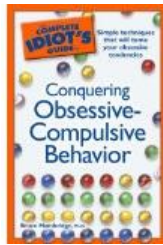


Lee Brosan
*Introduction to Coping With
 Obsessive-Compulsive Disorder*
 Robinson Publishing, 2007
 ISBN: 978-1845292881

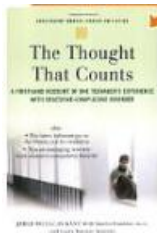


Wendy Isnardi
*Nobody Told Me: My Battle with
 Postpartum Depression and
 Obsessive-Compulsive Disorder*
 Legwork Team Publishing, 2011
 ISBN: 978-1935905042

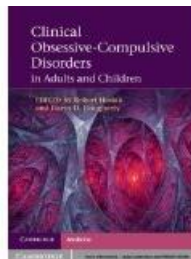
Bruce Mansbridge, PhD
*The Complete Idiot's Guide to
 Conquering Obsessive Compulsive
 Behavior*
 Alpha, 1st Edition, 2009
 ISBN-10: 1592578454



Stanley Rachman, Padmal de Silva
*Obsessive-Compulsive Disorder:
 The Facts*
 Oxford University Press, USA, 2009
 ISBN: 978-0199561773



Jared Kant, Martin Franklin,
 Linda Wasmer Andrews
*The Thought that Counts: A Firsthand
 Account of One Teenager's Experience
 with Obsessive-Compulsive Disorder*
 Oxford University Press, USA, 2008
 ISBN: 978-0195316896



Robert Hudak, MD,
 Darin Dougherty, MD
*Obsessive-Compulsive Disorders in
 Adults and Children*
 Cambridge University Press, 2011
 ISBN: 978-0521515696

The OCD Foundation of Michigan is now on FACEBOOK!



Always get the latest news and events. Go to our Facebook page,
www.facebook.com/pages/The-OCD-Foundation-of-Michigan/192365410824044
 and click "Like".

PROFESSIONAL DIRECTORY

List with us

Treatment professionals, what better way to find the OCD sufferers who need your help, and to give them a way to find you. Just place your business card in *Never Say Never*, the quarterly newsletter of The OCD Foundation of Michigan. For just \$25.00 per issue, your card can be in the hands of the very people who need you most. It's a great way to reach out to the OCD community, and at the same time support The OCD Foundation of Michigan. Send your card to OCDFM, P.O. Box 510412, Livonia, MI 48151-6412, or e-mail to OCDmich@aol.com. For more information, call 734-466-3105.

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THERAPISTS!!

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YOUR BUSINESS CARD COULD BE HERE!

PLEASE HELP

The OCD Foundation of Michigan is funded solely by your annual membership fees and additional donations. We have no paid staff. All work is lovingly performed by a dedicated group of volunteers. **WHY NOT VOLUNTEER YOUR TIME?** Call 734-466-3105 or e-mail OCDmich@aol.com.

The OCD Foundation of Michigan Membership Application

Please Print:

Name: _____

Address: _____

City: _____ State/Province: _____ ZIP/Postal Code: _____

Phone Number: _____ E-mail Address: _____

May we send you newsletters, notices and announcements via e-mail? _____

- Enclosed please find my check for \$20 annual membership fee.
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Make check or money order payable in U.S. funds to
THE OCD FOUNDATION OF MICHIGAN
c/o Terry Brusoe, Treasurer
25140 Docksides Lane
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12/2011

Please Don't Throw Me Away

You've finished reading me and don't need to keep me anymore. Or worse (boo-hoo), you don't need me and don't even want me. In either case, please take me somewhere where I can help someone else. Take me to your library. Take me to your doctor, therapist, or local mental health clinic. Take me to your leader. But please, please, don't throw me away.



The OCD Foundation of Michigan Mission Statement

- ◆ To recognize that Obsessive-Compulsive Disorder (OCD) is an anxiety-driven, neurobiobehavioral disorder that can be successfully treated.
- ◆ To offer a network of information, support, and education for people living with OCD, their families and friends, and the community.

**IF YOU WOULD LIKE TO BE ADDED TO OR DELETED FROM THE MAILING LIST
PLEASE CONTACT US**

The OCD Foundation of Michigan
P.O. Box 510412
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