

PEACE OF MIND

Newsletter, July 2020



OUR MISSION

The Peace of Mind Foundation has made a commitment to helping improve the quality of life to all those impacted by Obsessive Compulsive Disorder (OCD) through education, research, support and advocacy. Over the years, our passion has always

been to increase care for diverse groups in underrepresented locations that lack access to appropriate treatment. OCD does not discriminate. However, minorities with OCD often experience increased barriers when it comes to receiving effective treatment for OCD. The Peace of Mind Foundation is dedicated to doing our part to continuing to reach individuals of color and diverse backgrounds to work towards breaking down these barriers in order to increase access to proper care and resources.

"After receiving the care that forever changed my life, I felt grateful and saddened at the same time. I struggled to sit with the reality that not everyone with OCD has access to the care they deserve. This is why The Peace of Mind Foundation was founded. I will never stop fighting for access to care and working to make it accessible for all with OCD"

- Elizabeth McIngvale, Founder of the Peace of Mind Foundation

EDUCATION & TRAINING

Education and training has been at the forefront of our mission. The foundation values creating opportunities for health care providers and community leaders to learn about OCD and evidenced-based treatment. Dr. Elizabeth McIngvale along with other leading experts have presented the OCD 101 Training in the Houston and surrounding area to community based mental health centers, school districts, religious organizations and health care providers in an effort to increase education around OCD to our community. Over the past 3 years, **the training has had over 980 in-person and 2,265 virtual participants.**





In collaboration with the International OCD Foundation ([IOCDF](#)), the Peace of Mind Foundation has offered **over \$80,000 in scholarship funds since 2018 to the Behavioral Therapy Training Institute (BTTI) for clinicians who work for community based mental health centers, clinicians who work predominately with people of color and clinicians with financial needs who work with underserved populations.** The BTTI is a 3-day intensive program that trains mental health providers in Exposure with Response Prevention (ERP) for OCD. This training is led by world-renowned OCD experts and is offered in an effort to decrease the shortage of mental health providers properly equipped to effectively treat OCD. We currently have **sponsored an estimated 60 providers across the globe to receive this training.** The Peace of Mind Foundation and IOCDF will continue to work together to create continued opportunities to increase education and training for culturally diverse and community-based clinicians.

In 2018, The Peace of Mind Foundation proudly sponsored an OCD training program in Karachi, Pakistan, an area that had a scarcity of OCD resources. This project was developed after the Recovery House, a rehabilitation institute, reached out to Shaheen Ahmen, who works closely with IOCDF and is from Pakistan herself, for help with treating OCD patients.

“The OCD training has had a lasting impact on our professional growth. The clarity that we have achieved in understanding the manifestation of OCD in our culture has been unparalleled to what we have known till now. Through this training, THE RECOVERY HOUSE in Karachi , Pakistan , has been able to approach and integrate OCD treatment with rehabilitation for chronic and severe mental illnesses.”

– Shaheen Ahmen

The training was led and conducted by Dr. Monnica Williams and Dr. James DiLoreto. Our sponsorship resulted in **3 clinicians receiving an opportunity to learn evidence-based interventions for OCD which had directly impacted OCD treatment options in Pakistan.** Trainings, such as these, can help make significant progress in understanding how evidenced-based treatments can be applied to different cultures, populations, and ethnoracial groups in order to further treat individuals with OCD ([Turner, 2019](#)). By investing in education and training, the foundation is working towards creating opportunities to expand OCD resources and access to treatment across cultures and the globe.



YOU'RE NEVER ALONE

For years, the foundation has sponsored individuals and their family members to attend the IOCDF annual OCD conference, the largest OCD focused event in the world. This educational event uniquely brings OCD professionals and those impacted together. For many

OCD sufferers and caregivers, this event is the first time they are meeting others with similar struggles. Recognizing the lasting impact of this event, the foundation established a scholarship program for first-time conference attendees living in areas lacking OCD resources and for those unable to attend due to financial difficulties. Over the last 5 years, we have contributed **over \$60,000 in sponsorship funds benefiting over 60 individuals from diverse backgrounds to attend the IOCDF conference.**

Along with the conference sponsorships, the foundation is dedicated to reaching diverse groups and making a global impact through our live stream programs and self-help resources. This year alone, the foundation has hosted **over 18 online events featuring OCD advocates and experts that have had over 50,000 views (April 2020-June 2020).**

The online events are a small part of our library of educational videos featured on the PeaceofMind.com website. This year, our

website has been viewed in over 192 countries by nearly 140,000 users, 45% of these individual's live outside of the United States. The foundation's video library helps provide guidance around OCD care and support to those living with OCD. **Over the course of this year (January 2020-June 2020), the video library has received over 80,000 views.**

"I am incredibly grateful to have received a scholarship, allowing me to share my subtype with other patients and mental health specialists over a weekend. Getting to participate in various support groups helped me to determine how and where to treat a co-morbid, subtype of OCD."

- Samir J.



CONFERENCE
SCHOLARSHIPS



ONLINE VIDEO
LIBRARY VIEWS




ONLINE USERS LIVING
OUTSIDE THE US

"I had no idea until I watched your video what was going on with me: OCD" - T. Hurley

Our educational website is intended to help families and individuals suffering from OCD find evidenced-based resources and support. Back in 2010, the foundation

launched a free self-help website called OCDChallenge.com. **The program, built by leading OCD experts, is live in 8 languages and has nearly 6,000 users from 114 countries serving 8 different ethnicities.** The mission of the program is to supply those lacking resources with a free and convenient self-help option built on evidenced-based interventions. Although the program is not intended to replace therapy, individuals suffering from OCD can receive an easy step-by-step guide to understanding OCD management and maintaining progress. The OCD Challenge program has been used to further understand treatment disparities and culture barriers among diverse populations. In addition to our self-help website, the foundation supplies self-help workbooks to individuals with financial difficulties with limited access to the internet. The foundation has mailed hundreds of self-help books to those living all around the world including Germany, India, Brazil, Pakistan and the UK.



"The Peace of Mind Foundation has been instrumental in helping my family and I navigate life with OCD. With this foundation and the many resources it provides, we have found a sense of peace in our lives."

-Christy H.

Outside of providing self-help tools and a wealth of educational opportunities, over the years, the Peace of Mind Foundation has provided **over \$300,000 in scholarships to individuals suffering from OCD to receive intensive treatment.** Although the foundation no longer provides treatment

scholarships, the foundation remains dedicated to supporting efforts that will help increase access to treatment.

MESSAGE OF HOPE

As we continue to serve the OCD community, the foundation is more dedicated than ever to enhancing our resources. We have made it a priority to continuously provide information, resources and advocacy to best represent the unique challenges and barriers that are faced by different cultures and those of diverse backgrounds with OCD. We want you and the community to know that we see and hear you. There is so much to be done and we are here to do our part. You are not alone in your journey. We are aware of the lack of specific information, content and treatment for many ethnic groups and cultural backgrounds and we are committed to helping change that. Stigma and barriers still need to be broken. Access needs to be increased and more work needs to be done. The Peace of Mind Foundation is committed to being a part of that positive change. Remember, hope and help are available.

We would love to hear from you. We want to know how we can best support you and your loved ones. Please email us at info@peaceofmind.com.

HELPFUL RESOURCES

[Culture and Diversity in OCD](#)
[Minority Mental Health Month Live Streams](#)
[HealthUnlocked - Peer to Peer Online Support](#)
[Therapy for Black Girls](#)
[Asian American-Pacific Islanders](#)
[Middle Eastern Americans](#)

[Therapy for Black Men](#)
[Melanin & Mental Health](#)
[Black Therapists Rock](#)
[The Steve Fund](#)
[Native and Indigenous Communities](#)
[Therapy for Latinx](#)



For more OCD resources, please visit our website, PeaceofMind.com or email us at info@peaceofmind.com. Support our mission by donating today at PeaceofMind.com/Donate