

ABOUT US

OCDC, formerly the Obsessive Compulsive Information and Support Centre, was established in 1995 by consumers who were looking for much needed support and information about Obsessive Compulsive Disorder (OCD) that was not readily available in Manitoba. A dedicated group of those with OCD, parents, family members and friends, worked together to make available resources and to help others in the community.

Today, we have a volunteer board of directors as well as volunteers and staff who work through our office.

OUR SERVICES

- **Support Groups** for those who have OCD and for Family and Friends of those affected by OCD
- **Educational Sessions** to empower individuals and groups with information about OCD through guest speakers and resource and discussions
- **Resource Library** with a variety of OCD-related books, tapes and videos. Members may borrow copies and several resources are for sale
- **Informative Newsletters** of OCD Centre Manitoba Inc. and the OCFoundation (USA)
- **Private Consultations** for those with OCD and others who would like more information about OCD
- **Public Presentations** to build awareness and understanding of OCD to the public, other organizations and schools in our community

HELP US TO CONTINUE AND BUILD OUR SERVICES BY MAKING A DONATION OR BECOMING A MEMBER

MISSION STATEMENT

OCD Centre Manitoba, Inc. is a non-profit organization that provides support, education and information to members, their families and friends, the public, and to professionals, and promotes psycho-social research of Obsessive Compulsive Disorder.

OUR GOALS

- To provide opportunities for support groups, encouraging self-help.
- To provide support, peer counselling, information, and education, with a view to helping with diagnosis, management, and recovery of OCD.
- To support and promote psycho-social research.
- To co-ordinate communication between healthcare professionals, community services and those affected by OCD.
- To cooperate with other organizations involved with neurological and anxiety disorders in order to achieve common objectives.

How to Find Us

OCD Centre Manitoba, Inc.
100-4 Fort Street (at Assiniboine)
Winnipeg MB R3C 1C4
tel 204 942 3331
fax 204 772 6706
education@ocdmanitoba.ca
www.ocdmanitoba.ca

Office Hours

Monday to Friday
9 AM to 2 PM

OBSESSIVE COMPULSIVE DISORDER



OCD
CENTRE MANITOBA, INC.

INFORMATION
SELF-HELP
SUPPORT
EDUCATION
AWARENESS

OCD TREATMENT IN WINNIPEG

GRACE GENERAL HOSPITAL DEPARTMENT OF CLINICAL HEALTH PSYCHOLOGY

Laine Torgrud Ph.D.

Focus: Provide consultation and short-term treatment of adults with OCD (adults).

Treatment Offered: Cognitive Behaviour Group Therapy **Intake Process:** Must be referred by a psychologist, psychiatrist or family physician. Assessment by Dr. Torgrud.

For more information call 837-0319

HEALTH SCIENCES CENTRE OCD RESEARCH AND TREATMENT CLINIC

Mark Lander MD and Jitender Sareen MD

provide consultations and short-term treatment of adults with OCD. **Treatment offered:** Pharmacotherapy consultations and Cognitive Behaviour Group Therapy. Research in Neurobiologic and Treatment Aspects of OCD.

Intake Process: Must be referred by a family physician or a psychiatrist.

For more information call: 787-7253

ST. BONIFACE GENERAL HOSPITAL ANXIETY DISORDERS SERVICE FOR CHILDREN AND YOUTH

Focus: Provides consultation and short-term treatment of children and youth (to 18 years) with OCD, general anxiety, social phobia, separation anxiety, school phobia, panic disorder, and trichotillomania. Also provide school and public presentations and school consultations.

Treatment Offered: Pharmacological Therapy, Group and Individual Cognitive Behaviour Therapy, Family Therapy, Psychological and Educational Assessments and Occupational Therapy Assessments. **Intake Process:** Referrals can be made through the Central Intake Office at 958-9660. Ask to make a referral to the Anxiety Disorders Service for Children and Youth at St. Boniface General Hospital. For more information call 237-2924.

PRIVATE PSYCHOLOGISTS

Names and contact information can be provided by the OCD Centre Manitoba, Inc.

For more information call: 942-3331

WHAT IS OBSESSIVE COMPULSIVE BEHAVIOUR (OCD)?

OCD is a neurobiological disorder, classified as one of the anxiety disorders. It has two components.

Obsessions are repetitive, unwanted thoughts that cause a person to feel discomfort or fear.

Compulsions are repetitive, unwanted actions that are performed in an attempt to stop the feelings brought on by the obsessions. Compulsions can be visible or just thoughts in the mind, such as mentally repeating certain phrases.

When an obsession reappears the compulsion which alleviated the anxiety the first time is repeated, to the point where the compulsive behaviors become very difficult to control.

OCD affects 2 - 3% of the population, world wide. It affects persons of any race & culture, socio-economic status, educational achievement, and by adulthood, as many females as males.

On a continuum, it may be very mild to very severe and disabling. Moderate to severe OCD can cause interference in a person's functioning at home, school, and work. OCD symptoms can come and go and they can change over the years.

HOW TO FIND OUT IF YOU HAVE OCD

OCD can only be formally diagnosed by certain health professionals including physicians, psychiatrists, and psychologists.

If you suspect you may have OCD a first step would be to discuss it with your family doctor, your psychiatrist or your psychologist. This is not a time to hide the problem! The more health professionals know about your difficulties, the better they can tell whether your problem is OCD or something else. The health professional can then help you with the problem, or refer you to someone else who can help.

CATEGORIES OF SYMPTOMS	OBSESSIONS (REPETITIVE THOUGHTS) EXAMPLES	COMPULSIONS (REPETITIVE THOUGHTS OR ACTIONS)
Contamination	Fear of dirt, germs, diseases, chemicals, thoughts of death	Hand washing, showering, cleaning, using plastics, paper or cloth to touch items
Harm Avoidance	Questioning ones actions or thoughts	Checking locks, appliances, and the road to see if you have run over a person or animal
Symmetry	Having certain things arranged in a particular order	Ordering things in cupboards and closets, straightening pictures, ensuring socks are at the same level on legs
Terrible Thoughts (Scrupulosity)	Thoughts of having done or thought something inconsistent with ones personal or religious values	Questioning oneself or others as to whether one has done something wrong or saying prayers over and over
Aggressive Thoughts	Concerns of harming oneself or others, thoughts of impending doom, physical or sexual thoughts that are disgusting to the person	Storing knives, medications, and other items out of reach which might be harmful. Performing rituals such as prayers, asking forgiveness and avoiding triggering situations
Hoarding	Inability to discard useless, worn-out possessions	Keeping all papers, clothing, items in case they are needed one day
Magical Thinking	Counting, believing and repeating superstitious rituals	Repeating an activity with a good thought in mind, avoiding certain colours or numbers

TREATMENT OF OCD

The following two treatments for OCD have been shown by research to be the most effective. Other treatments may work for some people.

COGNITIVE BEHAVIOUR THERAPY (CBT)

This is a non-medication therapy where the patient, with the help of a trained therapist, practices exercises that are designed to overcome the fear and discomfort caused by the obsessions and to decrease compulsive behaviours. For example, someone with fears of contamination would be encouraged to practice touching certain dirty objects and not washing their hands. Typically, the exercises involve facing fears in a gradual way, beginning with situations that produce only moderate anxiety. Some forms of CBT involve "talk therapy" designed to change the way the person thinks about feared situations and thoughts.

PHARMACOLOGICAL THERAPY

Selective Serotonin Reuptake Inhibitors (SSRI's) are the drugs most commonly used first in the treatment of OCD. Drugs work differently with each individual and side effects will vary.



DONATION AND MEMBERSHIP FORM

OCD Centre Manitoba, Inc. (OCDC) volunteers and staff are dedicated to providing support and education to those in need of services. We provide assistance to an ever-increasing number of people. Your financial donation and/or membership help support this registered charitable organization.

Charity # BIN 89824 4751 RR0001

MEMBERSHIP CATEGORY

- Family (\$35)
- Individual (\$25)
- Agency (\$35)

DONATION

- I wish to make a donation to OCDC
- \$10 \$25 \$50
- \$75 \$100 \$200
- Other: \$ _____

YOUR INFORMATION

Name _____

Address _____

City _____ Province _____

Postal Code _____

Phone _____ Fax _____

Email _____

PAYMENT

Please make your cheque payable to OCDC

Please mail to:
 OCD Centre Manitoba, Inc.
 100-4 Fort Street,
 Winnipeg MB R3C 1C4