



GTH: GATEWAY TO HOPE

Lunch & Learn: OCD

Obsessive-Compulsive Disorder

PRESENTED BY

Mariana Barahona

Community Education Coordinator

Hope and Healing Center & Institute

Our four-part approach



01. Education

Raise awareness and educate community on relevant mental and behavioral health topics.



02. Training

Develop local networks of guidance and support with Gateway to Hope training.



03. Clinical Services

Provide personalized mental health care through dedicated professional services.



04. Research

Explore and advance new resources and approaches for unmet mental health needs.

The Four Rs

RECOGNIZE a mental health problem

REFER to a mental health professional

RELATE to those in distress

RESTORE through supportive community



RECOGNIZE

a mental health problem

What is OCD?

Obsessive-Compulsive Disorders are characterized by recurrent and specific thoughts (**obsessions**) or rituals (**compulsions**) that people feel they cannot Control.

- Harm
- Relationship
- Contamination
- Sexual Orientation
- Perfectionism



Obsessions

Persistent thoughts that one recognizes as intrusive and inappropriate and that result in marked distress.

- Fear of germs or contamination
- Taboo thoughts about sex, religion, and aggressive thoughts
- Thoughts of needing to have things symmetrical or in perfect order

Compulsions

Rituals that are performed to try or stop the anxiety related to the obsessions.

- **Obsession:** Fear of germs
- **Compulsion:** Washing hands repeatedly



Recognize the Symptoms

- Obsessive Thinking
- No control of thoughts or behavior
- Extreme anxiety
- Irrational fear of germs and illness
- Particular about order, place, pattern or quantity
- Excessive cleaning or handwashing
- Needing to repeatedly check on things

Types of Obsessive- Compulsive Disorders

- Obsessive-Compulsive Disorder
- Body Dysmorphic Disorder
- Hoarding Disorder
- Trichotillomania
- Excoriation Disorder



Body Dysmorphic Disorder

Obsessional thinking about one or more perceived defects or flaws in one's appearance.



Hoarding Disorder

Persistent difficulty parting with possessions because of a perceived need to save them.



Trichotillomania

Recurrent, irresistible urges to pull hair from the scalp, eyebrows, or other areas of your body, despite trying to stop.

Dermatillomania - Repeated, Compulsive picking at one's own skin causing lesions.



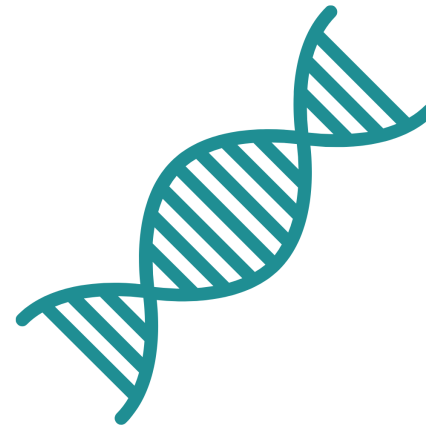
REFER

to a mental health professional



What Causes OCD?

- Genetics
- Brain Structure
- Environment



Prevalence and Age of Onset

- The lifetime prevalence of OCD is estimated to be 2.3 % of the population.
- OCD usually begins before age 25 years and often in childhood or adolescence.
- Females are affected at a slightly higher rate than males in adulthood, although males are more commonly affected in childhood.

The Right Mental Health Provider

- Primary Care Doctor (General Practitioners)
- Counselors (LPC)
- Therapist (LMFT)
- Psychiatrist (MD, DO)
- Hospital & Treatment Facilities

Treatments

- Psychotherapy
- Pharmacotherapy

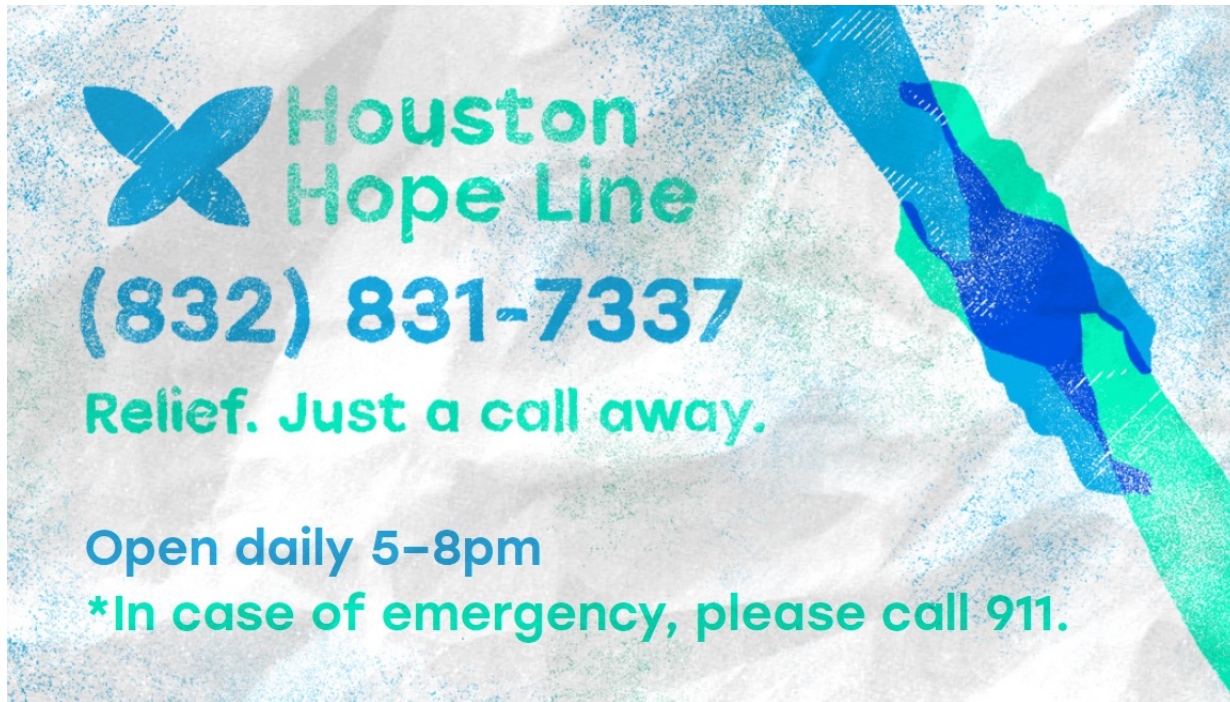


Coping while untreated

- Hide or mask their symptoms
- Avoid stressful situations
- Bring up excuses for their thoughts



Hope Line



Relief. Just a Call Away.



RELATE

to those in distress

How to Support them

Being supportive and understanding is the first thing you should focus on.

- Be open
- Don't be judgmental
- Try to be as patient as possible
- Take the initiative to learn more about OCD



Enabling vs Empowering

You may take part in the following, in effort to help but there are other way to help that can be more effective for someone with OCD.

- Participation
- Facilitation
- Adjusting your own Schedule
- Changing routines

DO's & DON'Ts

- Do ask them questions
- Do prepare yourself to recognize their thoughts and rituals
- Do use positive communications
- Do help them connect with a professional
- Don't ask them to "STOP"
- Don't insult or belittle the person
- Don't assume they know what to do
- Don't talk or gossip about the person's diagnosis to other people
- Don't laugh before, during or after they experience the behavior and compulsions



RESTORE

through supportive
community

Psychoeducation

Beneficial for those living with a mental health issue and their loved ones by providing them with information and support to better understand and cope with the disorder.

- Learn about the condition
- Interpersonal learning
- Support structure



OCD Myths

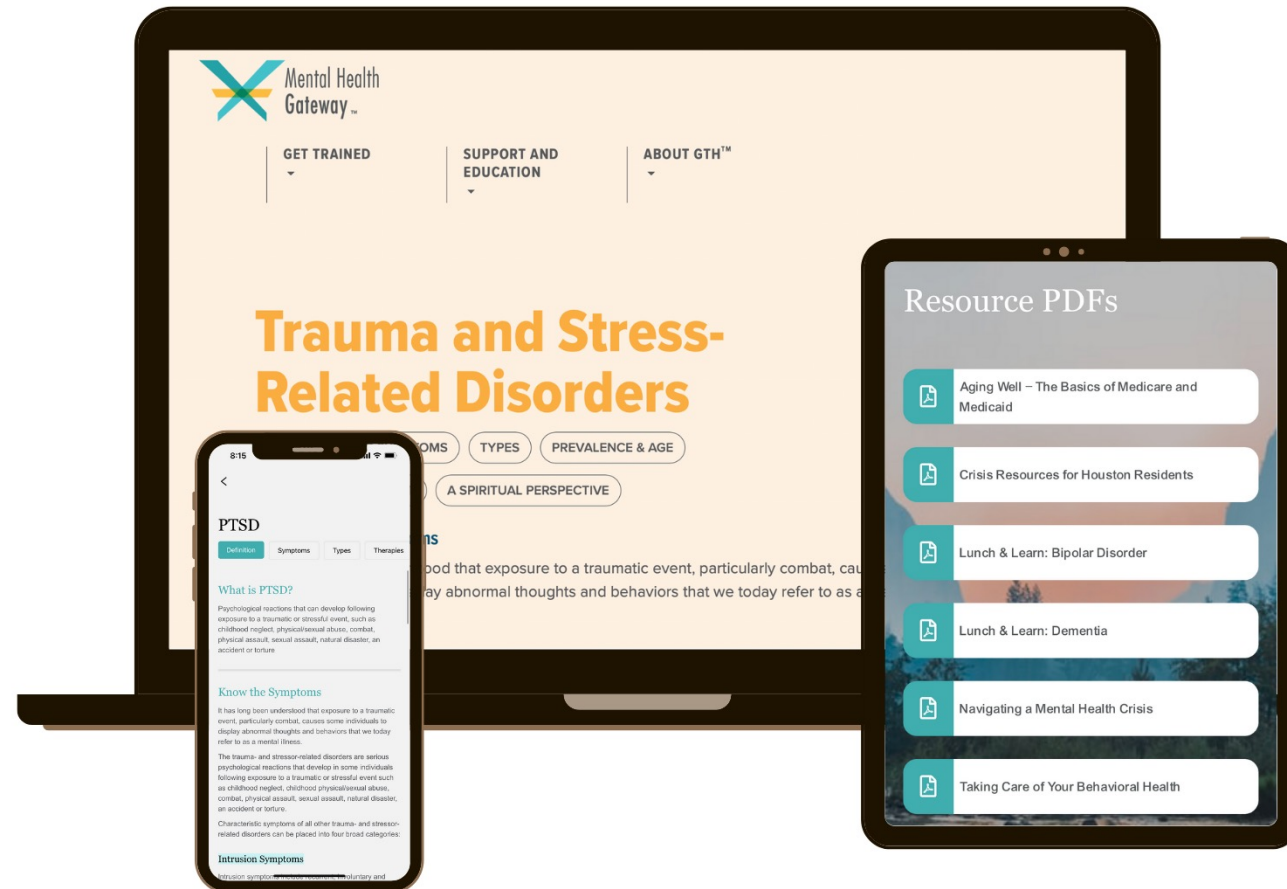
- All neat freaks have OCD
- OCD is all about cleanliness
- Stress causes OCD
- OCD is rooted in your childhood
- OCD is rare in kids
- OCD is a woman's disease
- Test can confirm OCD
- OCD isn't treatable



“There is no fear in *Love*; but
perfect *Love* casts out fear.”

1 John 4:18

MENTAL HEALTH GATEWAY WEBSITE AND MOBILE APP



Contact Us to Learn About Our Trainings!

Mariana Barahona

346-335-8628

mbarahona@hhci.org

Carolina Vargas

713-830-4143

cvargas@hhci.org





GTH: GATEWAY TO HOPE

Stay Up-to-Date

Follow us on social media!

[MentalHealthGateway.org](https://www.MentalHealthGateway.org)

