

# LET'S TALK *about* OCD IN SCHOOLS

April 10th, 2014 from 9:00am - 12:00pm & 1:30 - 4:30pm\*

Westin Grand Vancouver Hotel - 433 Robson Street, Vancouver, BC

The World Health Organization places Obsessive-Compulsive Disorder (OCD) amongst the top 10 most disabling medical conditions in the world today. Over a million Canadians; 1 child in every 2 BC classrooms, suffer from OCD.

Many children affected by this disorder experience challenges at school. School personnel are in a unique position to support students with OCD in the classroom. Working together with parents they can help children and youth win the battle against this disorder.

Dr. Alec Pollard, a leading expert in OCD, will address unique issues and challenges that school personnel face in identifying and managing OCD in the classroom.

## This workshop will cover:

- **Psycho-education about OCD**  
(what is it, developmental course, prevalence rates, overview of treatment)
- **Identification of OCD in the school setting**  
(examples of OCD symptoms displayed at school)
- **Classroom/school strategies to manage OCD** (hands-on strategies to be implemented by teachers, school counsellors, child/youth care workers)
- **Ideas on how to develop Individual Education Plans (IEP-behaviour) to support students with OCD**  
(examples of short-term and long-term achievable goals)
- **Consultation with experts in OCD to assist with implementation of strategies in the school setting**  
(suggestions on how to collaborate with outside school professionals)
- **Importance of home-school collaboration to "boss back" the OCD**

For more information visit: [OCDbc.ca](http://OCDbc.ca)

## About the Presenter:

Dr. Pollard is Founder and Director of the Center for OCD and Anxiety-Related Disorders and Professor of Family and Community Medicine at Saint Louis University School of Medicine. He is a licensed psychologist who works with a range of obsessive-compulsive and anxiety-related disorders, with a special interest in patients ambivalent about or resistant to treatment. He is on the Scientific and Clinical Advisory Board of the International OCD Foundation and chairs the organization's Training Subcommittee, including a national training initiative called the Behavior Therapy Training Institute. Dr. Pollard also serves on the Scientific Advisory Committee of the Canadian Institute for Obsessive-Compulsive Disorders and the Obsessive-Compulsive Cognitions Working Group research collaborative. He is former chair of the Clinical Advisory Board of the Anxiety and Depression Association of America. He serves as a reviewer for a number of professional journals and conference program committees and has authored over 90 publications, including 2 books: *The Agoraphobia Workbook* and *Dying of Embarrassment: Help for Social Anxiety & Phobia*.

# OCDbc

There's hope because there's help

# WORKSHOP

OCDbc is a newly formed volunteer parent advocacy group that came together with the goal of helping create an OCD Centre of Excellence at BC Children's Hospital in Vancouver, BC. We exist to raise awareness among policy makers and the general public about Obsessive-Compulsive Disorder [OCD]; to help educate health practitioners and teachers about the effective diagnosis, treatment and research surrounding OCD; to connect people suffering from OCD with treatment providers and to provide support to families with children and adolescents affected by OCD. OCDbc relies and operates on donations and in-kind support.

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## WORKSHOP REGISTRATION

### Registration Information:

Register by sending an email to [info@OCDbc.ca](mailto:info@OCDbc.ca)

Please send an email including the following:

Name, Title

School Name, Address & School District (SD#)

Phone & Email

### Workshop Cost:

Before March 30, 2014: \$50.00

After March 30, 2014: \$75.00

Includes light refreshments.

### Pay by Cheque:

#### Pay by March 30, 2014:

School district, company and personal cheques are accepted up to the Early Bird cut-off date (March 30, 2014) by mail.

Make cheques payable to OCDbc and mail to:

OCDbc Workshop

6169 Crescent Place, Delta, BC V4K 4V1

#### After March 30, 2014:

Payment must be paid by cash at the workshop.

\* Receipts will be sent to your email



**Only 75 seats available per session.**  
**Your seats will be confirmed once payment is received.**

### Cancellations:

Refund requests for registrations paid by cheque take 4 weeks and must be sent by e-mail to: [info@OCDbc.ca](mailto:info@OCDbc.ca) prior to March 30th, 2014.

### Getting There/Parking:

Westin Grand Vancouver is conveniently located 0.3 miles/450 meters (5 mins walking distance) from the Vancouver City Center Canada Line Station.

Parking is available throughout the downtown area close to the hotel. There is also parking at the hotel [\$26/day]. Parking at the Bridgeport Richmond Canada Line Station is \$2.50/day.

“It takes just one understanding teacher to make it possible for a child struggling with OCD to feel understood. That sense of safety and acceptance can make the difference between a child attending and thriving at school, or not.”

—Tamar Chansky, Author, *Freeing Your Child From Obsessive-Compulsive Disorder*