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**The Power of *More***

June 20, 2008



Dear Friend:

As we officially enter into summer, and many of us plan vacations and outdoor fun with family and friends, I am writing to ask for your support for something quite serious: helping people who have OCD find effective treatment in order to live *more* full and productive lives.

As someone who has battled severe OCD myself, I understand firsthand the challenges of this disorder, and the importance of effective treatment. I first became aware of the OC Foundation (OCF) 15 years ago, after two misdiagnoses; and with its help, I was able to connect with an OCD specialist who helped me turn around my life. I have admired the Foundation's work ever since, and I'm now proud to serve as an OCF National Spokesperson, helping to spread our message that while the challenges are great, there is real hope for people with OCD.

Indeed, since 1986, the OCF has reached out to tens of thousands of people with OCD, their families, service providers, policymakers and others to raise awareness about the disorder, to help connect people with OCD to treatment providers, and to advance research into more effective treatments. While we have touched many lives and made real progress, the challenges remain enormous, especially since up to 10 million Americans will suffer from OCD at some point in their lives. Sadly, most people with OCD are not promptly or properly diagnosed, and therefore miss out on treatment therapies that can markedly improve their condition and the quality of their lives.

The OCF seeks to change that. Through our acclaimed Behavior Therapy Institutes, we are training mental health providers so that *more* of them are better able to offer *more* effective treatment to *more* people with OCD. We offer free information through our website, [www.ocfoundation.org](http://www.ocfoundation.org), about the disorder, the Foundation's programs and activities, treatment providers, support groups, helpful links, and special sections dedicated to Compulsive Hoarding and teens and young adults. Each summer, OCF sponsors a popular Annual Conference for people with OCD, their families and friends, and the mental health providers who treat them.

OCF also grants Research Awards annually to investigators who are searching for answers to questions about the causes and treatment of OCD. In fact, since 2001, the Foundation has given over \$1.2 million in support of vital research to help unravel the mysteries of OCD. Furthermore, OCF established the Genetics Collaborative in 2002 which is comprised of researchers from around the world who are working hard to understand the genetics of OCD.

(OVER)

I invite you to support our work by making a donation to the OCF. Please find enclosed a donation envelope for your convenience, or if you prefer, you can contribute securely on-line by visiting the Foundation's website.

Please help us reach more people in more effective ways. Your contribution will make a real difference in the lives of people with OCD and those who care for them. On behalf of all people with OCD, thank you for your generous support. Together, we can do *more*.

Sincerely,

A handwritten signature in black ink, appearing to read "Jeff Bell". The signature is fluid and cursive, with the first name "Jeff" and last name "Bell" clearly distinguishable.

Jeff Bell  
Author, "Rewind, Replay, Repeat: A Memoir of OCD"  
National Spokesperson, OCF

Enclosure