

POP

**PROVINCIAL
OCD PROGRAM**



Greetings!

We hope you had a relaxing summer. The start of the school year is always a busy time as families squeeze out the final minutes of the break and kids prep for a new school year, and all of us at the Provincial OCD Program wanted to

wish you a smooth transition back into the classroom. Below you'll find some program updates, along with some recent studies we've published and some helpful tips about OCD in the school environment.

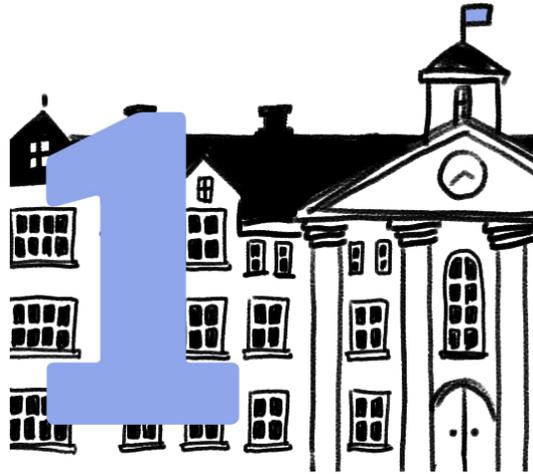
resources



- Dr. Juliana Negreiros, a past psychologist with the program, [developed a resource for teachers to better help students manage anxiety and worries](#). These resources, called EASE (Everyday Anxiety Strategies for Educators), are based on Cognitive Behavioural Therapy (CBT) principles and align directly with the BC Ministry of Education curriculum.
 - [BoosterBuddy Mobile App](#): A free, mobile app for young people to check in on their feelings each day, learning coping skills and keep track of appointments, medications, and tasks. Created in part by a youth design team in the Vancouver Island Health Authority.
 - [Mindshift](#): A free, mobile app designed to help teens and young adults learn how to relax, develop helpful ways of thinking, and identify active steps that will help teens take charge. Created by AnxietyBC.
 - [My Anxiety Plan](#): Provides free anxiety management programs based on cognitive-behavioral therapy, an evidence-based psychological treatment. Programs are available for children and teens, and for adults.
 - [YouthinBC Online Chat](#): Get support, information and resources for youth in B.C. and Yukon. Online chat is available from noon to 1am Pacific Time.
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research



Is there a difference between parents and teachers when examining a child's OCD? Our research shows that the two parties agree to varying degrees, ranging from similar rankings of child executive functioning to differing opinions on OCD symptom presentation, and effective communication could lead to better support. [Click here for more.](#)



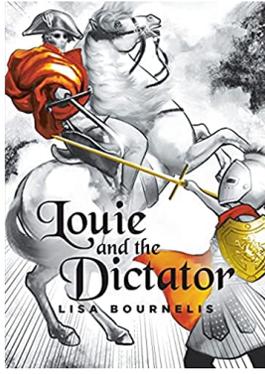
When do kids disclose their OCD diagnosis in schools? Choosing to tell teachers, staff, or friends about an OCD diagnosis can be a vulnerable experience, but it is critical to developing a supportive learning environment. We explore key factors that make a positive and negative impact on this decision. [Click here for more.](#)



The first clinical trial to come out of POP, this new IOCDF-funded study examines the use of the anti-inflammatory drug *celecoxib* as an add-on to usual therapy in youth and children with OCD. This study is open to all youth in British Columbia with an OCD diagnosis between the ages of 7-18 years old. [Click here for more information](#) or contact us at aceocd@Bcchr.ca

updates





Lisa Bournelis, a transformation specialist over at Fraser Health and a past parent of the program, is now a published author! Inspired by her child's own journey with OCD during the COVID-19 pandemic, *Louie and the Dictator* is a heartwarming children's book about overcoming impossible odds, and the courage it takes to better yourself and conquer your fears. Published in July of 2021, the book has garnered great reviews from critics and received an honorable mention at the Purple Dragonfly Awards. Lisa has decided to donate 100% of the royalties for her book towards various fundraising goals at BC Children's Hospital, including our program. [Click here for more information.](#)

Thanks for reading and have a great long weekend!

Until next time,

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