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Toodle-oo to 2022!

2022 has been a year of adjustment and a test of patience and perseverance, more than any before it. This community has shown time and time again that grit and resolve is key to success, and we are grateful for your support this past year. Thank you for sticking around. Below you'll find a summary of what we've been up to in 2022, none of which would be possible without your help. We hope to hear from you on the other side of these holiday celebrations, and wish you a prosperous 2023!

2022 in review...



INCLUDING...

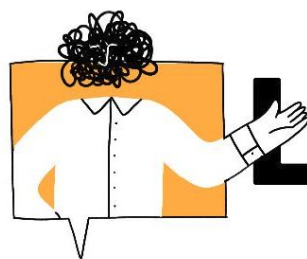
- An fMRI study of cognitive planning before and after symptom provocation in pediatric obsessive-compulsive disorder -- Fern Jaspers-Fayer, Sarah Yao Lin, John R. Best, Anders Lillevik Thorsen, Juliana Negreiros, Elaine Chan, Rhonda Ellwyn, Boyee Lin, Stella de Wit, Odile A. van den Heuvel, S. Evelyn Stewart
- Challenges of insight assessment in pediatric obsessive-compulsive disorder: Initial results and clinical considerations from a measure development study – Robert R. Selles, John R. Best, Cynthia Lu, Noam Soreni, Lara J. Farrell, Sharna Mathieu, S. Evelyn Stewart
- Age Group-Specific Determinants of Mental Illness and Unmet Support Needs Among Canadians After the First COVID-19 Wave -- S. Evelyn Stewart, John R. Best, Robert Selles, Zainab Naqqash, Boyee Lin, Clara Westwell-Roper, Tanisha Vallani, Elise Ewing, Hasina Samji
- Prevalence of Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS) in Children and Adolescents with Eating Disorders -- Marya Aman, Jennifer S. Coelho, Boyee Lin, Cynthia Lu, Clara Westwell-Roper, John R. Best and S. Evelyn Stewart

This year we had the honour of presenting our research to a larger breadth of audience, from parents to students to academics, about a wide range of topics, including:

- “*Neurodiversity and Disabilities*” @ A.WARE Foundation
- “*Beyond PANS/PANDAS: Inflammation in childhood-onset obsessive-compulsive disorder*” Pediatric Grand Rounds @ BC Children’s Hospital
- “*Age Group–Specific Determinants of Mental Illness and Unmet Support Needs Among Canadians After the First COVID-19 Wave*” @ AACAP/CACAP 2022



- **Quality Forum 2022** (Organizing Committee) – *Vancouver, May 2022*
- **International Obsessive-Compulsive Disorder Foundation (IOCDF)** 27th Annual OCD Conference – *Denver, July 2022*
- **AACAP/CACAP 2022** Annual Meeting – *Toronto, October 2022*
- **Association For Behavioral and Cognitive Therapies (ABCT)** – *New York City, November 2022*



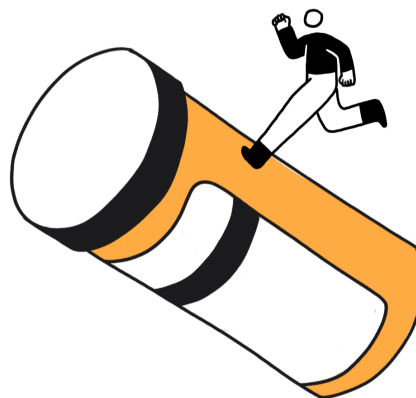
Lab Updates

This year we've closed two major chapters in our ongoing **PICS** (Personal Impacts of COVID-19 Survey) study saga. After crunching the numbers from PICS I, we've learned more about how British Columbia's mental health has changed in the past couple years, and especially how that differs between different groups. Secondly, we've finished recruitment on PICS II, which dived into the nitty gritty of it all by interviewing dozens of participants on their own mental health struggles and triumphs. While each carries significant insight separately, we get the big picture data complemented by the nuance of personal accounts when we combine the two, and aim to present this to integral stakeholders and governing bodies to better serve communities where help is needed.



- **GAYA** (Genetic Architecture of Youth Anxiety): a CIHR-funded multi-site large scale genetic study of youth across Canada that will assess symptoms of anxiety and it's major comorbidities in order to understand the genetic underpinnings of anxiety.
- **PGxSpark**: a CIHR-funded study that wil evaluate an evidence-based pharmacogenetic testing service to improve drug treatment outcomes in children receiving mental health care.

ACE-OCD (Adjunctive CElecoxib in childhood-onset OCD): Check out our first clinical trial to date which examines use of the anti-inflammatory drug *celecoxib* as an add-on to usual therapy in youth and children with OCD. This IOCDF-funded 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



Camp OCD celebrates its 10 year anniversary! In 2012, Dr. Evelyn Stewart and Dr. Katherine McKenney joined forces to create a program in BC dedicated to offering cognitive behavioral therapy (CBT) for OCD. Starting with just their rag-tag team of two, determination and grit has grown the program to include a collective of various social workers, psychologists, psychiatrists, students, and trainees. Ten years and innumerable families later, the Provincial OCD & Psychiatric program remains steadfast in providing effective care and teaching skills to families struggling with OCD.



Thank you for your continued support. *The research we've done in 2022 has reached more people and expanded our scope more than ever before, and we hope to continue this work in the next year and beyond. Have a warm, safe, and loving holiday celebrations, and we'll see you next year!*

- Provincial OCD Program

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