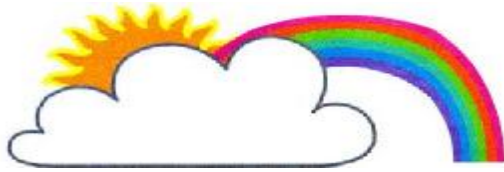


NEVER say NEVER



*In the midst of the seemingly endless storm,
look to the promise of the rainbow -
the rain shall not prevail!*

Summer/Fall 2010

Hormones, Brain Chemistry and Treatments for OCD

By Antonia Caretto, Ph.D.

Obsessive-Compulsive Disorder (OCD) is a neurobiological disorder with resultant cognitive, emotional and behavioral symptoms. Research shows that there are changes in brain function associated with OCD, and that biological and physiological changes can trigger OCD. There is also evidence that by changing OCD behaviors, we can change brain chemistry. One of the ways in which I have seen biology impact OCD has been when hormonal changes in women have triggered or worsened symptoms. The precise way in which hormones impact OCD is unclear; however, there is much research on the effects of estrogen and other hormones on serotonin, the main neurotransmitter most often associated with OCD.

Hormonal OCD

One type of hormonal OCD is Post-partum OCD. Post-partum OCD is a rapid onset OCD, likely trig-

gered by hormonal changes which accompany pregnancy and childbirth. In Post-partum OCD there is a distinct set of symptoms: the obsessions involve horrific or violent thoughts or images relating to the baby being harmed (and resultant compulsions) and/or fear of contamination.

Though there are documented cases of new fathers experiencing post-partum OCD, it is likely not just the stress of having a new baby that may worsen OCD. Symptoms of OCD are worse when women are premenstrual, and having a miscarriage is associated with a higher risk of OCD as well. Hormones and their effect on brain chemistry seem to play some role. Researchers at the Yale OCD Clinic found that 32% of the women patients who had ever been pregnant had their first OCD symptoms triggered by the pregnancy or childbirth. Interestingly, among women who had OCD prior to pregnancy, 33% reported that their

(Continued on page 4)

Help Wanted

The OCD Foundation of Michigan is looking for individuals who would like to serve on the Board of Directors. Have you ever felt the desire to help out your Foundation? Are you passionate about helping others with OCD? Have you been helped by the Foundation and want to give back? The commitment is small. The Board meets only once a month. Beyond that, you can put in only as much time as you wish. If you're interested, call 313-438-3293 or e-mail OCDmich@aol.com.

THE OCD FOUNDATION OF MICHIGAN

P.O. Box 510412
Livonia, MI 48151-6412

Telephone (voice mail): (313) 438-3293

E-mail: OCDmich@aol.com

Web: www.ocdmich.org *

* Thanks to Mark Fromm, President of Business Growth Today, Inc., for hosting our website.

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Wayne State University

NEVER say NEVER

is the quarterly newsletter of The OCD FOUNDATION OF MICHIGAN,
a 501(c)(3) non-profit organization.

Please note that the information in this newsletter is not intended to provide treatment for OCD or its associated spectrum disorders. Appropriate treatment and advice should be obtained directly from a qualified and experienced doctor and/or mental health professional. The opinions expressed are those of the individual authors.

To submit articles or letters, write or e-mail the OCDFM at the above addresses.

LIST OF SELF-HELP GROUPS

ANN ARBOR:

Group is currently not meeting.
Looking for new group leader.
Call (313) 438-3293

DEARBORN:

2nd Thursday, 7-9 PM
First United Methodist Church
Garrison and Mason Streets
Call (313) 438-3293

FARMINGTON HILLS:

1st and 3rd Sundays, 1-4 PM
Trichotillomania Support Group
Botsford Hospital
Administration & Education Center,
Classroom C
28050 Grand River Ave. (North of 8 Mile)
Call Bobbie at (734) 522-8907
E-mail rslade9627@aol.com

GRAND RAPIDS:

Old Firehouse #6
312 Grandville SE
Call the Anxiety Resource Center
(616) 356-1614
www.anxietyresourcecenter.org

General Anxiety

Meets every Wednesday, 7 to 8:30 p.m.
Open to individuals who have any kind of
anxiety problem as well as their friends and
family members.

Adults Obsessive-Compulsive Disorders

2nd and 4th Tuesdays, 7 to 8:30 p.m.
Open to any adults who have or think they may
have Obsessive-Compulsive Disorder. Friends
and family members welcome.

Teen Group General Anxiety

1st Monday, 5:30 to 6:30 p.m.
A monthly support group for teens who have or
think they may have an anxiety disorder.
Friends and family members welcome.

Body Focused Repetitive Behaviors

1st Tuesday, 7 to 8:30 p.m.
A monthly support group for adults who have
Compulsive Hair Pulling, Skin Picking and Nail
Biting problems. Open to friends and family
members.

Compulsive Hoarding

3rd and 5th Tuesday, 7 to 8:30 p.m.
A monthly support group for people who have
trouble with compulsive hoarding. The group is
open to friends and family members.

LANSING:

3rd Monday, 7:00-8:30 PM
Delta Presbyterian Church
6100 W. Michigan
Call Jon at (517) 485-6653

LAPEER

2nd Wednesday, 7 - 9 PM
Meditation Self-Healing Center
244 Law St.
Call Mary at (810) 793-6544

NOVI:

1st and 3rd Wednesday, 7:00-9:00 PM
Novi Providence Park Hospital
47601 Grand River Ave., Novi, MI
Existing Medical Center (Outpatient Center)
Conference Room A
I-96 and Beck Rd. (Exit 160)
Use Heart Institute Entrance off Beck Road.
Call Kevin at 248-991-9350
E-mail jogger112@earthlink.net

ROYAL OAK:

Group is currently not meeting.
Looking for new group leader.
Call (313) 438-3293

SPRING LAKE / MUSKEGON / GRAND HAVEN:

Group does not meet regularly,
but will meet a few evenings a year.
Call Pam at (231) 744-3585

AKRON, OH

Parents of Kids with OCD
3rd Monday, 7 PM
Outpatient Pediatric Psychiatry Dept.
Akron Children's Hospital, 300 Locust Street
Suite 280 in Conf. Room
Call Susan at (330) 499-0373
To receive free e-newsletter,
Contact Marie at ooocccdddkids@yahoo.com

AKRON/CANTON, OH

OCD/Scrupulosity
2nd and 4th Tuesdays, 7 - 8:30 PM
Queen of Heaven Parish, (In the Bride's Room)
1800 Steese Road, Green, OH
Call Susan at (330) 499-0373

symptoms worsened with pregnancy and 22% reported that symptoms in fact improved with pregnancy! A history of pre-menstrual worsening of OCD symptoms was highly predictive of OCD symptoms worsening as a result of pregnancy.

Exogenous hormones have an impact on OCD symptoms as well. In a large study of over 1200 women, researcher Elizabeth Young and her colleagues from the University of Michigan and Massachusetts General Hospital found that women who were on a combined hormone contraception were less likely to experience OCD than those taking no hormones or progestin only.

Brain Imaging

The role of serotonin in OCD has been identified via brain imaging studies which have been able to pinpoint both specific areas of the brain and specific neurotransmitters which are more or less active in those with OCD. Some of the research on the brain chemistry of OCD is being done by David Rosenberg at Wayne State University. His research focus is on children with OCD given that roughly 80% or more of all OCD has onset in childhood or adolescence.

Using brain imaging, Rosenberg has found that pediatric OCD is associated with low levels of serotonin and high levels of glutamate, a brain chemical which may regulate serotonin. These findings have led to new ideas about the use of different medications (not just serotonergic) to treat OCD.

Treatment

Medication is not the only treatment for OCD. Research by Jeffrey Schwartz at UCLA has shown that the brain chemistry of those with OCD can be changed not only with medication, but also with a specific type of Cognitive Behavioral Therapy known as Exposure with Response Prevention (ERP).

[John March](#) at Duke University found that medication alone, ERP alone, and the combination of medication and ERP were all more effective than no treatment. Neither the combined treatment nor the ERP alone resulted in significantly different outcomes (both were better than medication alone).

Conclusion

Though there is strong evidence of brain changes associated with OCD (triggered by hormones or not), there is also strong evidence that behavior therapy can reverse those changes. Research provides valuable data which then leads to improved treatment.

Please post the enclosed flyer in a location where families with children can see it. Dr. Rosenberg's current research is part of a six year project funded by the National Institute of Mental Health. Dr. Rosenberg needs 360 children and adolescents for his study this year, and each of the next 2 years. The study needs both those with OCD and those without OCD.

Dr. Antonia Caretto is an OCD Therapist in Farmington Hills, and a member of the Science Advisory Board of The OCD Foundation of Michigan. See her website at www.betreatedwell.com.

OCD MEDITATIONS

“Obsessive thoughts are just thoughts. They have no form or substance. They are like clouds—Less even than clouds. They are mere wisps that will blow away once we return our focus to what is really important in our lives. Obsessions are error messages, junk mail from the brain. They trigger an alarm in us that is not necessary. They feed a sense of foreboding, a feeling that something is wrong when all that is “wrong” is that we have OCD! Through dedicated practice we can learn to separate ourselves from these thoughts. We can acknowledge the thought-intruder and then move on—as we moved on past our childhood fears of monsters in the dark. When obsessive thoughts present themselves at the door of our consciousness we can acknowledge them for what they are and continue on with our real life.”

Courtesy of Dr. Christian Komor from “The OCD Calendar: 52 Weeks of Hope and Solutions.”

Seeking participants for a study of Pediatric Obsessive Compulsive Disorder (OCD)

David R. Rosenberg, M.D., Chief, Psychiatry and Psychology at Children's Hospital of Michigan, and Professor, Psychiatry and Behavioral Neurosciences at Wayne State University, is seeking participants for a research study to look at the brain chemistry and genetics of children with OCD, *and* children without OCD.

The study uses Magnetic Resonance Imaging (MRI) and genetic samples (blood and/or saliva) to learn more about how different treatments affect the brain.

All participants: Both biological parents must participate.

Requirements for study participants:

- European Caucasian decedents
- 6-19 years of age
- Diagnosed with OCD or suspect having OCD
- Cannot wear braces
- Cannot be pregnant

Requirements for control participants:

- 6-19 years of age
- No personal or immediate family history of psychiatric or mental illness
- Cannot wear braces
- Cannot be pregnant

For more information – Call 313-745-4645

Financial compensation will be provided to those children that qualify for the study.

**Children's Hospital
of Michigan**

DMC DETROIT MEDICAL CENTER



FROM THE NEVER SAY NEVER ARCHIVES:

When the Music Won't Stop

By Dan M.

(from the Fall/Winter 2002 issue)

Most people have had the experience of having a song stuck in their minds for a day or two. You may have heard them say, "I just can't get that song out of my head!" But, in most cases, the song eventually fades away and the person is no longer troubled by it.

If you are like me, however, a person suffering from OCD, you may be annoyed on a daily basis with one song or another playing subjectively in your mind. OCD you ask? Yes, this is a rather unknown symptom of Obsessive-Compulsive Disorder that has been bothering me since the spring of 2002.

I was first struck by OCD in 1996. My symptoms have generally been those of checking related to the safety of others. Then in early 2002, just prior to the OCD Conference in Ann Arbor, the songs started and continue today in my mind. When questioned about this phenomenon I was informed at the conference that this is indeed OCD. I also met two OCD sufferers who also shared this symptom.

I am grateful to get some relief from the ongoing musical array in my mind when I am in a conversation, watching TV, or as I am writing this article now.

Some people may wonder if this could be a sign of Schizophrenia. It is not. Schizophrenic hallucinations are perceived as being real, as if coming from the outside environment. This is not the case with "intrusive music" relating to OCD. The music is a subjective (internally produced) experience. When thinking about this, it makes sense that a song playing over and over in my head would be related to

the "loop-like" thinking that accompanies OCD checking.

In his article, "I've Got the Music in Me: A Look at Intrusive Music and OCD", Harold Pupko, M.D., writes, "As a clinician whose practice includes many patients with OCD, I am surprised that the diagnosis of intrusive music, a form of OCD, is rarely entertained by the psychiatrists and neurologists who write about Musical Hallucinations in the scientific journals." Dr. Pupko says that this phenomenon is quite common among his OCD patients. The article went on to confirm that the symptom is the strongest when the person is not highly focused on some outside task or conversation. Also, it proved that "sufferers often note intrusive music to be their first experience upon awakening in the morning." I couldn't agree with that more!

In her famous book, "The Boy Who Couldn't Stop Washing," in the chapter entitled "The Music Goes 'Round and 'Round," Dr. Judith Rappaport says the following: "These odd manifestations of OCD do not fit well with any of our models. We are certain that they are part of OCD because typically, patients such as Don with tunes in his head had other periods of washing, checking, and so on.. And, too, these cases respond selectively to Anafranil."

In knowing that these songs are OCD, I can now be hopeful that they will eventually go away by themselves. If not, I also have learned that this form of OCD can be responsive to the traditional medications for OCD. New information on OCD and Intrusive Music presented to professionals and the general public helps to educate and hopefully remove some of the ignorance and stigma associated with OCD. In turn, this will lead to a greater understanding of this disorder and, hopefully, a cure.

NOTE: For those of you who have been disappointed because we have not held our Camp Redwing in a few years, here is a possible alternative.

Tourette Syndrome Camp Organization

6933 N. Kedzie #816

Chicago, Illinois 60645

(773) 465-7536 or [E-mail:scott63@prodigy.net](mailto:scott63@prodigy.net)

Every summer the Tourette Syndrome Camping Organization runs a week long residential summer camp for children 7-16 at YMCA Camp Duncan Near Fox Lake, Illinois (35 miles North of Chicago).

The name of our program is only part of the children whom we serve. Each summer more than 60% of our campers have OCD aside from Tourette Syndrome. On occasion we have some campers who just have OCD as the symptoms can be undistinguishable. Our purpose at camp is to ensure all campers have a fun, safe camping experience. As the founder and Camp Director, I have Tourette Syndrome and OCD.

We have children attend not only from the Midwest but from all over the country. We recruit our staff nationwide and even had staff from the United Kingdom. Most of our staff our high school and college students who have Tourette Syndrome and/or OCD. We currently or have former staff that our teachers, police officers, psychologist and other professionals who deal with Tourette Syndrome and OCD. 2011 will be our 18th year of offering camp

We should have our 2011 dates for our Spring program and summer camp on our website at www.tourettecamp.com by the end of October. I expect the price for our summer program will remain at \$525 per child, however we will have aid available. I invite you to look at our website for more information or contact me at the above phone number or e-mail.

Scott Loeff

"Tourette Camp is not a job, its an obsession"



Desert Lily, by Peter A. Pascaris iUniverse, Inc., 2007

“Pascaris’s skillful writing and ruthless honesty detail the lives of Nick and Amy, keeping us engaged and unable to look away as we are transformed by their resilience.”—**Margo LaGatuta, MFA, author of *Freefalling: Writing without Limits***

Nick Demetrious is torn. His twenty-five-year-old wife, Amy, suffers from depression and obsessive compulsive disorder, and Nick is in over his head. But admitting her to the Lynwood Psychiatric Hospital in Michigan would feel like surrender. On the eve of their daughter’s first birthday in 1966, it becomes painfully evident that Nick has no choice. Amy’s wasted, eighty-pound body and listless eyes haunt his conscience, and if he doesn’t do something now, she might not be around for their daughter’s second year.

While Amy endures shock treatments and becomes reliant on tranquilizers, Nick struggles with the fear that his love won’t be enough to guard against the demons that caused her illness. Faced with conflicting advice from health professionals, family, and friends, the stigma of mental illness, and a sexual temptation he never saw coming, he is propelled into a world of uncertainty.

When Amy returns home, disillusioned by psychiatry’s limited methods, she turns to self-help organizations and her own determination for healing and growth. Her newfound strength and independence force Nick to question his role as protector, and mark the beginning of a journey of self-discovery that will span the rest of their marriage.

From 1966 to the present, *Desert Lily* is the bittersweet story of one couple’s resolve to build their marriage into a balanced and joyful partnership.

This description was taken from Amazon.com. See Peter’s website at desertlilyanovel.com.

ONLINE SUPPORT

OCD-Support (<http://health.groups.yahoo.com/group/OCD-Support>)

This is a very large and well-connected support group. Among its many members are doctors and treatment professionals who respond to questions.

OCD-Family (<http://groups.yahoo.com/group/OCD-Family>)

This is a mailing list for the loved ones of OCD sufferers, a safe place to discuss OCD and the way it affects the family as well as the sufferer. Its purpose is to help learn new ways of dealing with OCD from a second-hand perspective and to learn how to help our loved ones. It is asked that OCDers themselves not subscribe to this list.

OCD and Parenting (<http://health.groups.yahoo.com/group/ocdandparenting>).

An online support group for parents of children with OCD.

Parents Trichotillomania Support (<http://health.groups.yahoo.com/group/ParentsTrichSupport>).

An online support group for parents of children with Trichotillomania.

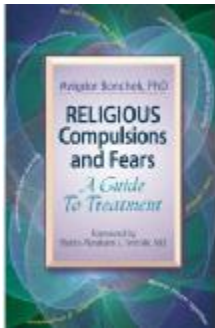
JJ’s Place (www.jjsplace.org)

The website for kids with OCD. Also has resources for family and friends, teachers, and therapists.

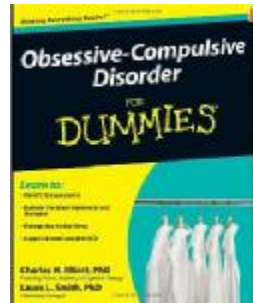
For a long list of websites relating to OCD, see our website at www.ocdmich.org.



SUGGESTED READING

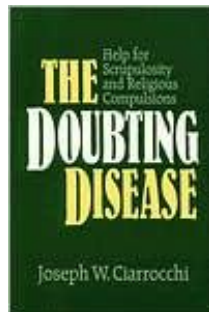


Avigdor Bonchek, PhD
*Religious Compulsions and Fears:
A Guide to Treatment*
Phillip Feldheim, 2009
ISBN 978-1598263589

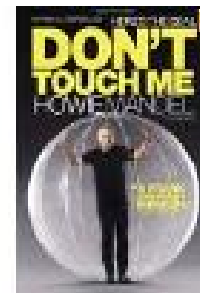


Charles H. Elliott, PhD
Laura L. Smith, PhD
*Obsessive-Compulsive Disorder
For Dummies*
Publisher: For Dummies, 2008
ISBN 978-0470293317

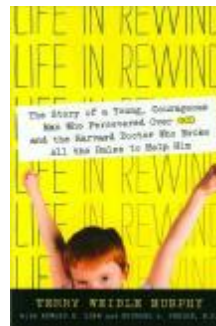
Joseph Ciarrocchi, PhD
*The Doubting Disease
Help for Scrupulosity and Reli-
gious Compulsions*
The Paulist Press, 1995
ISBN 978-0809135530



Howie Mandel
Josh Young
DON'T TOUCH ME
Bantam Books, 2010
ISBN 978-0553386653



Arnold Arluke, Celeste Killeen
*Inside Animal Hoarding: The Case of
Barbara Erickson and her 552 Dogs*
Purdue University Press, 2009
ISBN 978-1557535115



Terry Weible
Michael A. Jenike
Edward E. Zine
Life In Rewind
Harper-Collins Publishers, 2009
ISBN 978-0-06-156146-7

TELL US YOUR STORY

You've told us what you want to see in your newsletter - more personal stories. What is OCD like for you? How has it affected your life? How have you dealt with it? What advice do you have for others? We would like to hear your stories and include them in these pages. Send your story to OCDFM, P.O. Box 510412, Livonia, MI 48151-6412, or e-mail to OCDmich@aol.com.

PROFESSIONAL DIRECTORY

List with us

Treatment professionals, what better way to find the OCD sufferers who need your help, and to give them a way to find you. Just place your business card in *Never Say Never*, the quarterly newsletter of The OCD Foundation of Michigan. For just \$25.00 per issue, your card can be in the hands of the very people who need you most. It's a great way to reach out to the OCD community, and at the same time support The OCD Foundation of Michigan. Send your card to OCDFM, P.O. Box 510412, Livonia, MI 48151-6412, or e-mail to OCDmich@aol.com. For more information, call 313-438-3293.

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LICENSED PSYCHOLOGIST

BY APPOINTMENT
(248) 852-7907

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Alan D. Carriero
MSW, LMSW

Cognitive-Behavioral Therapy for
Obsessive-Compulsive Disorder
and other Anxiety Problems

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www.BeTreatedWell.com
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Office hours by appointment
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Farmington Hills, MI 48336

P.O. Box 2265
Dearborn, MI 48123

JESSICA PURTAN HARRELL Ph.D.

Licensed Clinical Psychologist

Phone: (248) 767-5985
drjessicaharrell@earthlink.net
www.mi-cbt-psychologist.com

33493 14 Mile Rd. Suite 130
Farmington Hills, MI 48331

THERAPISTS!!

LIST WITH US

YOUR BUSINESS CARD
COULD BE HERE!

PLEASE HELP

The OCD Foundation of Michigan is funded solely by your annual membership fees and additional donations. We have no paid staff. All work is lovingly performed by a dedicated group of volunteers. **WHY NOT VOLUNTEER YOUR TIME?** Call 313-438-3293 or e-mail OCDmich@aol.com.

The OCD Foundation of Michigan Membership Application

Please Print:

Name: _____

Address: _____

City: _____ State/Province: _____ ZIP/Postal Code: _____

Phone Number: _____ E-mail Address: _____

May we send you notices and announcements via e-mail? _____

Enclosed please find my check for \$20 annual membership fee.

Enclosed please find an additional donation of \$ _____

Make check or money order payable in U.S. funds to
THE OCD FOUNDATION OF MICHIGAN
c/o Terry Brusoe, Treasurer
25140 Docksides Lane
Harrison Twp., MI 48045-6707

10/2010

Please Don't Throw Me Away

You've finished reading me and don't need to keep me anymore. Or worse (boo-hoo), you don't need me and don't even want me. In either case, please take me somewhere where I can help someone else. Take me to your library. Take me to your doctor, therapist, or local mental health clinic. Take me to your leader. But please, please, don't throw me away.



The OCD Foundation of Michigan Mission Statement

- ◆ To recognize that Obsessive-Compulsive Disorder (OCD) is an anxiety-driven, neurobiobehavioral disorder that can be successfully treated.
- ◆ To offer a network of information, support, and education for people living with OCD, their families and friends, and the community.

**IF YOU WOULD LIKE TO BE ADDED TO OR DELETED FROM THE MAILING LIST
PLEASE CONTACT US**

The OCD Foundation of Michigan
P.O. Box 510412
Livonia, MI 48151-6412