When David and Darla Miller of Texas first contacted TLC nearly eight years ago, they were desperate for answers for their daughter. Cara had been pulling her hair since age 6.

Although Cara is still struggling with brow pulling, her mother reports that Cara “now has her own hair on her head and it’s awesome and beautiful.” Darla says trichotillomania is no longer at the forefront of her mind as it was in 2011 when Cara’s surgeon told them that Cara’s hair eating had become life-threatening.

After the family moved to a small town in Iowa, Cara found others with the same condition and began to advocate for TLC. Today, at age 21, she is studying biology with the goal of becoming an occupational therapist, a role her mother says is well suited to her.

“She is compassionate and kind, everything you could want in a daughter,” says Darla.

“Trichotillomania is managed by taking baby steps,” says Cara. “I would like to say to anyone who feels like they’re at the end of their rope, I promise to you that with the wonderful support of TLC this battle won’t last forever. I’ve been there with you, thinking I will be wearing a wig for the rest of my life and constantly having to get checkups for trichobezoars (masses formed by ingested hair), but now I have been wig-free and bezoar-free for three years!”

Cara has been wig-free for three years and no longer worries about trichobezoars.

“When we needed you guys, you were there for us....”
–David, Darla and Cara Miller

“First of all, when we needed you guys, you were there for us,” explains Darla. “Second, we’re not rich, but we do what we can.”

Advice to and from the Millennials
The TLC Millennial Task Force

Last month, you read about the TLC Millennial Task Force --a team of eight young women whose mission is to raise awareness and provide outreach for BFRBs amongst teens and young adults. For the past year, the task force has been working hard to develop programs such as school outreach and the #thisisme awareness campaign (see page 4), as well as an advice column on the popular social media site Tumblr.

Through the advice column, other young adults ask questions related to BFRBs. Members of the task force answer these questions (sometimes with a little input from TLC staff, but mostly in their own words). When questions regarding medications or specific treatment come up, the task force always clearly states that they are not trained professionals, and the writer should always consult with their doctor and/or mental health practitioner before starting any kind of treatment, medication, or supplement.

Here are some of the questions and answers that have been shared recently.

Q: I am improving after almost ten years of severe, debilitating picking: I've developed a plan to help myself and have sought out therapy at my uni. But I haven't told my parents about my picking or that I'm in therapy. Though I did hide it, I feel like they must have noticed my picking and depression in high school, yet they did nothing and never suggested therapy. They both have complicated relationships with mentally ill family members. How can I begin to talk to them about these issues?
The Trichotillomania Learning Center's mission is to end the suffering caused by hair pulling disorder, skin picking disorder, and related body-focused repetitive behaviors.

Donations from members and friends are TLC’s largest source of support, and they are the sole reason TLC can provide help and healing to people with hair pulling and skin picking. It is people like you, giving what they are able, who make our work possible. All donations are tax deductible — please consider making a donation today!

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TLC is a 501(c)(3) tax-exempt organization and all contributions are tax-deductible. Our tax ID number is: 77-0266587.

Upcoming Events
visit www.trich.org
for details on these events and more!

Sept. 16
Webinar: How to Start and Lead a BFRB Peer Support Group - Promotion and Advocacy
Sponsored by Karen Pickett, MFT - Online Therapy for BFRBs
Learn how to use a BFRB support group to raise awareness and advocate for BFRBs. We’ll also discuss meeting topics, guest speakers, and partnering with local treatment providers.

Sept. 26
One-Day Workshop - Tampa, FL
Sponsored by Rogers Behavioral Health
With Dr. Eric Storch, Dr. Josh Nadeau, Dr. Tanya Murphy, Dr. Omar Rahman and Dr. Adam B. Lewin. Includes a special program for kids, teens, and parents, and lunch is provided.

Oct. 1-7, 2015
BFRB Awareness Week
Raise awareness locally and globally — turn to page 4 for more information on this year’s programs and activities!

October 7
Webinar: How to Start and Lead a BFRB Peer Support Group - Support Group Maintenance
Sponsored by Karen Pickett, MFT - Online Therapy for BFRBs
Topics include: attendance issues, inner-group communications, kick-starting the group, and discussion topics (organic or planned).

Oct. 10
One-Day Workshop - Cleveland, OH
Sponsored by stoppulling.com / stoppicking.com
With Christopher Flessner, PhD, Gabrielle Faggella, LISW-S, MSSA, Michael Miller, Ph.D., LICCD, and staff of the Kent State Child Anxiety Research Program. Includes a special program for kids, teens, and parents.

Oct. 16-18
Professional Training Institute - Jersey City, New Jersey
A CBT-based training program for licensed clinicians. 19 CEs and follow-up supervision is included!

Save the Date!
2016 Annual Conference - Dallas Texas
April 15-17, Dallas-Addison Marriott Quorum
You Are a Hero! Mid-Year Campaign Update

In June you read about Nia, who began pulling her hair in fifth grade and after serious depression hit, attempted suicide twice. You learned about Allison, who was put in a psychiatric hospital as a teenager where she was punished for hair pulling by 24-hour TV bans, denial of visitor privileges, and even solitary confinement. And you heard about Nakiya, who has tried many types of therapy and medications over the past 15 years and sometimes simply feels like “giving up.”

When you read these true stories from people in TLC’s community, you understood that it doesn’t have to be this way and you responded with compassion and generosity. You helped TLC’s mid-year fundraising campaign not only to reach a matching challenge of $25,000 from the TLC board, but you helped surpass it.

You are a hero. Thank you.

Sponsors bring TLC to Local Communities

Speaking of heroes, we’d like to give a big shout out to the sponsors who supported our fall workshop and webinar programs:

- Nadwa Hair Spa - West Bloomfield, MI
- KarenPickett.com - Online Therapy
- Pullfree App for iPhone
- Rogers Behavioral Health - Tampa, FL
- Salon 544 - Salem, OR
- The Salon at 10 Newbury - Boston, MA
- Stoppicking.com
- Stoppulling.com

New Support Groups

Boston/Boxborough, MA
Boston H.E.A.R.T. Kids/Teen Support Group meets monthly, for details email: bostontrich@gmail.com

Lowell, MA
BFRB Support Group. Contact Kristen for details: hudsonkristen210@gmail.com or 978-905-1818

Wichita, KS
WCGC Teen Group for Adolescents. Contact Krista Reed at 316-686-6671

San Antonio, TX
Therapist-led tween support group. Contact Andrea at andrealpc@me.com, or 210.557.9212 for details

San Diego, CA H.E.A.R.T
First meeting will be on Sunday September 20 - contact Heather at hwildonger@gmail.com for more information

Londonderry, MA
Trich & BFRB Support Group. Contact Deb for more information: debstoddard1@gmail.com

Raleigh, NC
Please email Pamela at triangletrich@gmail.com if you are interested in being a part of the group or have any questions

Hattiesburg, MS
Free trichotillomania support group for patients ages 12 and up, parents and friends. Contact Margie at 601-268-3410 or margiegocox@gmail.com for meeting location information

Adelaide, Australia
Meets the 4th Saturday of each month from 11am-1pm at the North Adelaide Community Centre and Library. Please contact Reneta with any questions: rslkboer@swin.edu.au

Perth, Australia
BFRB Support Group
Please contact Reneta for the gmicurrent meeting information: rslkboer@swin.edu.au
#thisisme - An Online Awareness Campaign
Developed by the TLC Millennial Task Force

#thisisme is an awareness campaign designed to show the many faces of BFRBs. BFRBs affect people from many different walks of life—people of different races, genders, socio-economic statuses, and locations—in both obvious and subtle ways. #thisisme is a way for the global BFRB community to reach out.

How do I participate?
1) Make a video talking about yourself and your BFRB or take a selfie and make a photo collage with a caption about yourself and your BFRB.

2) Post your pic or video to whichever social media site you like and tag it with #thisisme and #tlcbfrb and #bfrbweek.

What should I put in my video or caption?
Share as much or as little as you want about your own experience with BFRBs. We recommend videos be no longer than two minutes long.

Here are some ideas of what to include:
- Your first name (don’t share your last name)
- Where you’re from
- Your hobbies/interests/career
- How old you were when your BFRB started
- The worst part of having a BFRB
- The best part of having a BFRB
- The ideal reaction for someone to have when you tell them about your BFRB
- How support people can help
- Something you would like to tell people who just discovered the BFRB community
- The words “this is me”

I’m not comfortable posting a picture or video without my make-up/wig/hat on.
That’s okay! While some people want to show the physical impact of their BFRB (e.g., by taking off their make-up in a video or posting comparison photos), that is a personal choice. Only share what you are comfortable sharing!

I’m under 18. Can I still participate in #thisisme?
If you are old enough to have a social media account you’re old enough to participate in #thisisme. However, it’s important to first discuss with your parents about how and what you’d like to share online about BFRBs.

I don’t have an account on any of those sites/I’m not ready to share about my BFRB on my own account, but I still want to participate!
No problem! Send your picture and caption in to katherine@trich.org, and TLC will post it for you.

Which websites can I post on?
TLC is active on many social media sites, including:
Facebook https://www.facebook.com/trich.org
Instagram https://instagram.com/tlcBFRB/
Twitter https://twitter.com/tlcBFRB
Tumblr http://tlcbfrb.tumblr.com/
YouTube https://www.youtube.com/user/trichlearningcenter

Awareness is the key to better treatments and ending the shame associated with BFRBs
School & Community Outreach

You can make a difference in your own town! Give a presentation at your school or for a community group, contact school counselors, therapists, physicians and dermatologists in your area—your efforts could result in a new support group, training and educating local treatment providers and cosmetologists, or educating school personnel. Local outreach brings people together and breaks the stigma surrounding BFRBs. Here are a few ideas:

Give a presentation at your school or other community group

Students of any age can give an educational presentation on BFRBs, or specific BFRB behaviors like trichotillomania or skin picking disorder. Community centers, and faith or social groups are other great venues for educating your community. Visit TLC’s website for talking points and guidelines, as well as an informational video you can use as part of your presentation!

School Counselor/Educator, Therapist, Cosmetologist, and Dermatologist Outreach

Order TLC Awareness Kits and mail or deliver them to local schools and colleges, clinicians, dermatologists, or cosmetologists. You can also order brochures in bundles of 15 that can be delivered to local doctors, salons, schools, or libraries. Send the brochures anonymously—or sign your name to the cover letter—it is your choice!

Each kit contains ten each of the following:
• Informational brochure designed specifically for your target audience
• Cover Letter
• Envelopes for mailing
Project costs are about $10/per kit plus your own stamps to mail the letters. It takes about one hour per kit to complete this project (for researching addresses and addressing envelopes). So easy and such an impact!

Encourage Your Friends and Family to Support TLC

Create an Online Fundraising Campaign - Print or Email Fundraising Letters -

If TLC has touched your life, please help us do the same for others. Bring hope and healing to those in need by encouraging your friends and family to support TLC’s work. We’ve made it easy to reach out to your loved ones with information about TLC and our mission.

Just visit www.firstgiving.com/trichlearningcenter to learn how you can create your own online fundraising campaign to support people affected by BFRBs across the globe!

Or visit trich.org for sample letter templates, donation forms, and more. Every donation provides accurate information and support to those in need. No one should suffer alone!
Brian Haslam is Founder and CEO of Cityworks, a Utah-based software company that helps cities and public utilities manage their infrastructure. Brian is also a TLC Board member and the Chair for the BPM Initiative's fundraising campaign. Brian and his wife Michelle recently pledged a $200,000 challenge gift towards the first stage of BPM research activities, inspiring more than a dozen other donors to collectively match their gift and catapulting the BPM Fundraising campaign to the $1 million milestone.

"Our family has spent many years supporting my daughter Katie on her journey with hair pulling. About 10 years ago, when Katie was 17, we reached our rope’s end. We had tried everything – medications, therapists, doctors, supplements – but Katie was just collapsing. Her hair pulling was getting worse, her anxiety was off the charts, and her depression was terrible. We saw therapists and doctors who had never heard of trichotillomania and just wanted to prescribe heavy medications for depression and anxiety. We suffered through years of misdiagnosis and ignorance, which all had a very tragic impact on our daughter’s life.

BPM’s success depends entirely on us - my family and yours – to ensure that this effort is adequately funded. Michelle and I hope you’ll join us in supporting the BPM Initiative’s groundbreaking work. Our actions today will create a different future for every generation of BFRB-sufferers to come."

Great News! 16 months after the public launch of our BPM Initiative, we have reached the $1M milestone in our fundraising. This is an historic milestone both for TLC and for everyone affected by BFRBs.

What will this $1M mean for the BPM Initiative? It means that our Stage 1 research efforts are now fully funded. We'll be able to hire the BPM Director, compile and analyze our 800-patient database of past BFRB data, and most importantly we will be able to complete the pilot study that tests our research protocols and sets the stage for full implementation of the research.

We will be shifting next to fundraising for Stage 2, supporting the full launch of BPM research efforts.

To each and every person who has already supported the BPM Initiative, I want to say thank you on behalf of the whole TLC community. You are helping to create a new future for all of us. I hope you take great pride in what your gifts are accomplishing!

Because the BPM Initiative has been designed from the beginning as a collaboration among multiple researchers, we now have the opportunity to combine patient data from past research efforts of several different BPM scientists. The result will be a total of more than 800 patients’ data, integrated into the largest-ever database of BFRB patient data. This data will provide the foundation for helping to identify more effective, individualized treatment protocols for hair pulling and skin picking disorders. Drs. Jon Grant (University of Chicago), Nancy Keuthen (Harvard...
University), and Christopher Flessner (Kent State University) are already actively working on this project. We expect to have two more scientists join them in the coming months.

This database will be the foundation for all of TLC’s future research, allowing us to compare findings across a larger sample size than any previous BFRB research efforts.

The BPM Initiative will accept its first 30 study participants in late Fall 2015 or early 2016, depending on the pace of institutional approvals and agreements. This pilot study will represent a historic milestone – the first full application of precision medicine in a BFRB-focused research initiative.

It is the power of precision medicine – combining brain scans, blood markers and behavioral assessments – that will provide the key to unlocking new treatment possibilities for everyone who lives with hair pulling, skin picking or other BFRBs.

TLC is currently working with each of the three pilot study research sites – UCLA, University of Chicago, and Harvard University – to establish the necessary agreements and approvals to proceed with these first 30 patients. As with any research effort involving human subjects, the approval process can be complex and time consuming. Each institution has an internal review board process, which can take multiple months in some institutions.

The pilot study will provide us with hands-on experience implementing the BPM study design, and an important opportunity to “work out the bugs” prior to full study implementation. As an example, it may take up to a full day for BPM study participants to complete the necessary behavioral assessment, blood draws, and brain scans. However, we may find this process is too exhausting for participants, which would compromise the validity of the data collected, requiring us to administer assessments over 2 or more days.

With this pilot study, all of our scientists’ planning efforts over the past two years are finally moving into the implementation stage – a very exciting turning point for the whole BPM Initiative!

For more information or to make a donation towards the BPM Initiative, please contact TLC Executive Director Jennifer Raikes at jennifer@trich.org or 831-457-1004.
M.C. Duboscq was one of hundreds of people who contacted the Trichotillomania Learning Center in 1995 after seeing a letter from a reader named “Golden West” in the “Dear Ann Landers” newspaper column. Landers’ response provided info about hair pulling as well as how to contact TLC. Shocked to learn that there was a name for the problem, as well as an organization devoted to an issue that had plagued her for years, M.C. cut out the article and requested information, but put each TLC packet received into a drawer unread.

“Every mailing from TLC felt like a hot potato, and I couldn’t bring myself to open any envelopes,” M.C. explains.

In 2002, M.C. was finally able, with the support of her therapist, to attend a TLC workshop in Palo Alto. After that first workshop, she called her partner Shelby and said, “I can heal. It won’t be easy, but I can heal.” In 2003, she joined the San Francisco Monday night drop-in support group, a group she continues to attend and in which she eventually took on the role of co-leader. She has been 99.99% pull-free since 2003.

M.C. says she began donating to TLC many years ago after a discussion with TLC’s founder Christina Pearson, who asked her, “Where do you make charitable contributions? Who do you support financially on an ongoing basis?”

“My first response was, ‘Uh oh, she’s got me there!’” recalls M.C. “I had been volunteering with TLC monthly in 2006 and 2007 to help with mailings, but now having been there, I saw the need and I understood that this organization can’t exist without cash. It takes time and money to answer phones, create brochures, send out information packets, and to be there for all who reach out and suffer, as I had.

“If we need the support of TLC to heal ourselves, we also need to recognize that TLC needs our support to work together to ensure TLC is there for others.

TLC shone a light on the path I would take to healing. The steps were mine, but this path was lined with supporters I never knew existed, cheering me on. This is one place I believe in.

“Today, I see myself as an integral part of the TLC community. I take every opportunity to encourage all new participants in our support group to sign up and to carry forward their opportunity by giving to TLC,” says M.C. “I am where I am because others were willing to be there when I wasn’t strong enough to stand on my own. When I needed them, they were there! It was time for me to give back in a real way—that’s why it’s important to me to donate to TLC.”

For more information on TLC’s monthly giving program, please call 831-457-1004, or visit www.trich.org/involved/donate.html

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I am where I am because others were willing to be there when I wasn’t strong enough to stand on my own. When I needed them, they were there! It was time for me to give back in a real way—that’s why it’s important to me to donate to TLC.”

–M.C. Duboscq
Hi! First of all, congratulations on your improvement! That is a huge step in the recovery process. You should be proud of developing a plan and seeking out therapy - not everyone does that and it is very helpful! Talking to your parents about your BFRBs can be a very stressful thing. I would suggest sitting down with them in a quiet area and discussing it. Also be sure to show them the TLC website. There is tons of great info for parents on there. There is also a Facebook group for parents that they may want to consider joining. Don’t forget that your therapist might have some suggestions, too, for communicating with your parents. Make sure you express to them that you are helping yourself – they’ll be proud of you! Good luck and keep up the good work!

**You should be proud of developing a plan and seeking out therapy - not everyone does that and it is very helpful!**

**Q:** When I was younger I’d get really bad dandruff so I started compulsively picking my scalp, which then led to scabs that I repeatedly pulled off till they bled. Then I hit puberty and started picking acne because I hate the way pimples hurt because of the built-up pressure, and the picking is satisfying like a stim (I’m also autistic). I know it’s not making anything better but I can’t stop. Basically what I’m asking is -- is derm something that simple? Is it a disorder that can be professionally diagnosed and treated?

**A:** Surprisingly, derm is that simple! It is usually defined as follows: People who suffer from skin picking disorder repetitively touch, rub, scratch, pick at, or dig into their skin, often in an attempt to remove small irregularities or perceived imperfections. This behavior may result in skin discoloration or scarring.

Derm can be professionally diagnosed and managed. You can visit a mental health professional for a diagnosis and they can help you come up with a plan of action for managing your skin picking. There is no cure, but there are treatment options and strategies that can help make daily life easier. You can try CBT (cognitive behavioral therapy), HRT (habit reversal training),

**Q:** Hello! So i have trich, had it for about 6 years. I used to pull out my eyebrows and eyelashes, but over the years i’ve gotten a lot better, and i haven’t completely pulled out my eyebrows/lashes in almost 2-3 years, though i haven't totally stopped. However, recently i’ve started pulling at my hair at the roots and the base of my head. I dont want to have trich with my hair too, because i love it, and i want to stop before it goes too far. Any tips? Thanks!

**A:** Hi! I pull from my eyebrows, too, and then started my head hair. Some great options are wearing cotton gloves on your hands. These can be very beneficial if you pull at night, and you want to wear them before you go to sleep (or even sleep in them.) Keeping your hair up and out of your face can also prevent you from seeing “special hairs” that you would pull. Also, hats are a great option, especially one that covers your whole head. For me, I don’t tend to pull when my hair is wet, so squirting your hair with water can also be a good idea. Good luck!

**To read more questions or submit your own, visit:**

trichs-n-picks.tumblr.com
Volunteer Opportunities at TLC

Volunteer Google AdWords Manager

TLC receives a Google Grant that provides for up to $10,000 of Google AdWords advertising per month. We are seeking an experienced individual to help staff manage the TLC Google Grants/AdWords accounts with the goal of expanding our reach to BFRB sufferers across the globe. This position requires a commitment of approximately 3-5 hours per week.

Primary Responsibilities:
• Campaign creation and optimization
• Keyword research and keyword generation
• Draft ad copy
• Campaign monitoring and reporting of key metrics
• Analyze keyword performance
• Modify ad copy and URLs

Required Qualifications:
• Professional experience with Google Analytics, Google AdWords, SEM, and SEO
• Understanding of market research principles and reporting
• Strong written and verbal communication skills
• Copywriting/copyediting experience
• Marketing strategy, planning, and consulting experience
• Proficiency in Microsoft Office and Google Apps

Volunteer Support Group Coordinator

TLC’s Support Group Coordinator is the main point of contact for the support group leaders, making sure Support Group Leaders have the tools they need to start and maintain successful groups, feel appreciated for their efforts, and are able to share information about TLC resources with their group members. This position requires a commitment of approximately 5-7 hours per week.

Primary Responsibilities:
• Monitor existing support group listings to ensure accuracy of meeting time, place and location
• Update TLC website and social media to promote existing support groups
• In conjunction with TLC leadership, develop initiatives, policies, procedures and standards that support group leaders in their efforts to promote BFRB awareness and provide community
• Present support group facilitators with regular updates about the work of TLC and BFRBs, and encourage support group leaders to access TLC’s resources, participate in TLC organized fundraising and awareness events, and encourage support group leaders to participate in monthly support group leader support calls
• Develop ways to recognize and reward support group leader efforts by promoting a recognition program.
• Attend the annual TLC conference and participate in workshop development as it applies to support groups, new and existing.

Required Qualifications:
• Personal experience with BFRBs
• Experience in facilitating support groups
• Confidence with technology and social media
• Data entry and word processing ability
• Attention to detail and strong organizational skills
• High energy, positive attitude, and enthusiasm
• Must be dependable and self-motivated

Interested in any of these opportunities?
Email a letter of interest, using the volunteer positions as the email subject and listing your qualifications to:
Brenda Cameron
cameronbrenda@shaw.ca

Volunteer Online Forum Moderator

As a Volunteer Forum Moderator, you will draw on your own personal experiences with BFRBs and the challenges you have faced to provide comfort and support to other members. Three to five volunteers are needed to moderate various forums. Each position requires daily access to the forums, with a total of approximately 7 hours per week.

Primary Responsibilities:
• Moderate forums for spam and content
• Post news from TLC to the online forum
• Answer questions presented to the online forum
• Respond to requests to join the online forum

Required Qualifications:
• Familiarity with the TLC website, resources available through TLC, and opportunities for learning and support
• Excellent communication and social skills
• Commitment to TLC’s values and mission
• Comfortable with technology-based interaction and communication
Dear friends,

What is the cost of public ignorance about body-focused repetitive behaviors?

I recently spoke with a parent of a wonderful 11-year-old girl, who for the past year has been suffering with a very typical case of trichotillomania. As you'd expect, when they first realized she was losing her lashes and brows, the family was deeply concerned and took her to the doctor. The family lives in a big city, with some of the top medical facilities in this country. They took her to at least five specialists – who ran all kinds of tests. No one asked if she was pulling out her own hair. And, as often happens, due to shame or fear, the child didn’t offer that information. After the family ran through $15,000 in medical insurance coverage and $2,500 out of pocket, their daughter was diagnosed with alopecia.

How can you quantify the cost to that young girl - and the millions of people with BFRBs all over the world – of feeling alone, unrecognized, and without hope of help, even from top medical professionals?

What has been the cost of ignorance about BFRBs in your own life?

We can’t afford to let BFRBs remain a secret.

The good news is that all of us can afford to help change ignorance into hope. Whether you need to stay anonymous or feel ready to be loud and proud, you can take action to make body-focused repetitive behaviors a household term.

We tailored this issue of In Touch to highlight the many concrete actions, big and small, each of us can take which, together, will transform ignorance into hope for our community.

I am profoundly grateful to all of you who are speaking out to your circles of friends, to the press, to your schools, doctors, and therapists. I am inspired by your bravery and generosity of spirit. And I thank you for supporting all of TLC’s outreach programs with your donations. Most of us remember when we first learned we weren’t alone with our pulling or picking. It is a profound moment. The transformation from despair to healing starts there. You make that moment possible.

I had the pleasure of a visit with another mother, Laura, and her daughter this week. They had come to Los Angeles for BFRB treatment all the way from Ireland. As we stood on Venice Beach with our toes submerged in the chilly Pacific, they told me how they, too, had faced ignorance from their medical professionals, years of misguided treatments, and resistance from their insurance company to acknowledge skin picking disorder as worthy of reimbursement.

The family had attended TLC’s first London Workshop last month, and felt ready to begin making change for BFRB sufferers in Ireland. Laura recently spoke on local radio, braving misunderstanding from the audience and interviewers alike. But, she told me, it has to be done. Ireland has lived in silence about BFRBs too long.

If you feel your own community has lived in silence too long, please take action! TLC is here to help every step of the way.

With love and gratitude,

Jennifer

p.s. To reach Laura about support and outreach in Ireland, email: laurahayes111@yahoo.ie
Together, we are building the resources our community urgently needs.

Did you know that your donations support a targeted awareness campaign every fall?

Last year, one skin picker’s gift of $650.00 enabled us to boost our awareness campaign with Facebook ads – together we reached 150,000 new skin pickers with information about how to find help. **Your generous gift to TLC has big impact!**

Did you know that more than 100,000 people visited [www.trich.org](http://www.trich.org) last month?

TLC’s website is the place to share our stories, find a support group or therapist, join an online discussion, find local events – or a friendly hair salon – even ask questions of BFRB experts in monthly webinars. **Your gift of $100 ends isolation.**

Did you know clinicians graduating from the TLC Professional Training Institute report higher abstinence rates for their BFRB patients?

Clinicians also report seeing more BFRB patients and training their colleagues in BFRB treatment. **Your gift of $1,000 educates a treatment provider – bringing the best current treatments close to home.**

Did you know that TLC’s Scientific Advisory Board all stand behind the BFRB Precision Medicine Initiative?

These dedicated doctors have been responsible for the proven treatment advances that help us today – Comprehensive Behavioral Therapy (COMB), Habit Reversal Training, Acceptance and Commitment Therapy, Dialectical Behavior Therapy, N-Acetylcysteine– and they have united to develop the BPM Initiative. **Your gift of $10,000 will help launch BFRB research on an unprecedented scale.**

**Your Support Makes a Difference**

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<th>Visionaries Circle</th>
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<td>My phone number is ____________________________________________</td>
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<tr>
<td>$________/month</td>
<td></td>
</tr>
</tbody>
</table>

Email__________________________________________________________________________________________

Street_______________________________________________________________________________________

City________________________________________State_________Zip____________________

Please select a payment method:

☐ Check enclosed, made out to TLC (US funds only) ☐ Charge my credit card. Amount to be charged: __________

Card number_____________________________________________Exp. date______Security code ______

(from the back of the card. American Express users, please provide the 4-digit number from the front of the card)

Cardholder Name________________________________________________Signature_____________________________________

Thank you for your support.

TLC is a 501(c)(3) tax-exempt organization and all contributions are tax-deductible. Our tax ID number is 77-0266587.

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