Growing Up with TLC:
As TLC turns 25, a generation of young adults celebrates the impact you’ve had on their lives

Corinne Lightweaver, TLC Annual Fund Director

When TLC’s executive director Jennifer Raikes was growing up in the 1970s and ’80s, she felt like a freak.

“I thought I was the only person in the world who pulled out her own hair. Staring into the mirror, I felt despair at the girl I saw—one with patchy eyebrows and no eyelashes,” she says. “The worst part of it was knowing that I was doing it to myself—and that I couldn’t stop.”

This was the story of many people of her generation or before. Perhaps you have a similar story or it’s the story of your child or someone else you know.

But if you’re like young TLC members Calla, Sera, Harris, Megan, Nicole, or Mikayla, you’re growing up with TLC and that makes all the difference!

Calla Rasmussen, 25, enjoys country line dancing and snowboarding. She started pulling her eyelashes and eyebrows in third grade and by middle school she began pulling from her scalp.

“I was really lucky early on,” says Calla. “Mom went on the computer immediately and found the TLC website. So I’m very lucky I found out then it had a name.”

Growing up with TLC allowed Calla to gain confidence and to mentor younger people with BFRBs. She now runs a support group for adults in Los Angeles.

You make it possible for Calla and many other children and families to find support and information early so that they can spend less time suffering and more time just being kids.

Continued on page 8
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 can, who are the true source of support, and they are the sole reason TLC can continue to create a self-help plan. Offering a special program for kids and teens. Register online at www.eventbrite.com/ticketsandiego16.

April 15-17, 2016
TLC’s Annual Conference on BFRBs
Dallas, TX
Sign up now and save with Early Bird Registration! Partial scholarships and payment plans are available. Visit trich.org for details.

Sponsors needed! Help support the ONLY conference in the world specifically focused on hair pulling, skin picking, and related behaviors. See page 5 for details.

May 20-22, 2016
Professional Training Institute: Nashville, TN
Hosted by Rogers Behavioral Health
A CBT-based training program for licensed clinicians. 19 CEs and follow-up supervision are included! Registration will open soon.

We’ve moved!
716 Soquel Ave, Suite A
Santa Cruz, CA 95062
831.457.1004 • info@trich.org

get involved. show you care. become a sponsor.

TLC Conference • April 15-17, 2016 • Dallas, TX
Recognize the need to support awareness and outreach for trichotillomania and skin picking? Want to expose your brand to over 45,000 web visitors per month? Compelled to participate in an event that many refer to as life-changing?

The TLC Annual Conference offers a unique opportunity to reach a specific demographic while supporting the only event of its kind in the world. With a comprehensive schedule of seminars by leading experts in this field, the conference is a prestigious event that provides education and inspiration to hundreds of sufferers of all ages, their families, researchers and treatment professionals.

The list below includes just a few ways businesses and individuals can support this life-changing event.

Opportunities for Exposure:
- 45,000 new web visitors monthly
- 19,000 email subscribers
- 10,000 conference programs mailed nationwide
- 12,000 social media followers
- 2,000 members
- 500 conference attendees

Sponsorships may include:
- Display advertising in conference print materials
- Exposure in monthly emails to 19,000 subscribers
- Link to your website from www.trich.org
- Exhibit Space for duration of conference weekend
- At least one registration to the conference

For more information on these opportunities, contact Leslie: 831-457-1004 or leslie@trich.org

InTouch is a quarterly publication of the Trichotillomania Learning Center, Inc. To submit articles or send letters write to: Trichotillomania Learning Center 716 Soquel Ave, Suite A, Santa Cruz, CA 95062 (831) 457-1004 www.trich.org • info@trich.org

Editor: Leslie Lee
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The information in this newsletter is not intended to provide treatment for hair pulling or skin picking 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.
2015 Achievements

Research

BPM Initiative Phase One Funding Achieved
TLC has gathered more than one million dollars in pledges earmarked to fund our groundbreaking collaborative research study, the BFRB Precision Medicine Initiative (BPM), that aims to create lasting remission for those dealing with BFRBs. Read more on page 6.

Study Shows ComB May Reduce Symptoms
In 2013, your donations funded a study designed to standardize and pilot test the ComB treatment model, a cognitive-behavior therapy based treatment model specialized for BFRBs developed by Dr. Charles Mansueto. And the results were what we hoped: uncontrolled preliminary data showed that ComB led to reduced symptom severity and impairment in trichotillomania patients. Quality of life and disability also improved, with effects maintained at follow-up. The article reported that clinicians trained at TLC’s Professional Training Institute (PTI), or with TLC’s video series the “Virtual PTI,” saw an increase in the percentage of their BFRB patients who achieved abstinence, as well as an overall increase in symptom reduction for their patients. Graduates also reported an increase in referrals of BFRB cases. A win-win for the PTI and VPTI programs!

Treatment

Building an Army of BFRB Treatment Providers
Fifty-seven treatment professionals completed TLC’s Professional Training Institute, twice as many as last year, ensuring that increasing numbers of people around the country can receive adequate evidence-based treatment for BFRBs. Read more on page 7.

Professional Training Programs: “Proven Results”
In February 2015, the research article “Getting the word out: Cognitive-behavioral therapy for trichotillomania (hair pulling disorder) and excoriation (skin picking) disorder,” was published in an issue of Annals of Clinical Psychiatry.

Outreach

BFRB Awareness Week = 1 million views
BFRB Awareness Week was a huge success. More than one million people saw TLC’s BFRB Awareness Week social media posts and #thisisme videos created by our TLC community during the first week of October. Major news outlets in the US, Canada, UK, and Australia—from the Washington Post to the Huffington Post, from Teen Vogue to Good Housekeeping—published accurate and helpful articles about trichotillomania, skin picking disorder, nail biting, and cheek biting. We’ve shared images from just a small fraction of #BFRBweek posts, below.

Training Support Group Leaders
A new program designed to support BFRB peer support group leaders launched last spring. Each month, group leaders from across the globe participate in a bi-monthly conference call to share ideas for improving their group members’ experiences and furthering recovery together.

Advice Column for Millennials Gains 1000 Followers
For the past year, the eight young women who make up TLC’s Millennial Task Force put in countless hours developing outreach projects like the #thisisme awareness campaign that was such a success during BFRBweek. The Task Force’s most visible project, the Trichs-n-Picks advice column on the popular social media site Tumblr, has over 1000 followers. The advice column addresses critical BFRB-related topics affecting teens and 20-somethings. Task Force members are making some great headway in supporting young adults with BFRBs. Stay tuned for some exciting new initiatives coming next year!

Workshops Reach Six Cities
TLC’s one-day workshops gave information and hope to individuals and families affected by BFRBs in Los Angeles, Boston, Tampa, Cleveland, Portland, OR... and, for the first time, London!

The images below are just a sample of the thousands of posts shared on social media during BFRB Awareness Week.
It’s been an incredible year for our BPM Initiative. We’ve now raised over $1M and the research work is already getting underway. We anticipate that our analysis of 800 patients’ data (a collaborative effort using data from past research projects) will be complete by June 2016. The BPM pilot study, gathering new data on the first 30 patients, should be complete by June 2016. UCLA, the University of Chicago, and Harvard University will be the first three sites gathering patient data, including behavioral assessments, blood and genetics data, and neuroimaging. This pilot study will be our final check to confirm that the BPM research protocols are correctly designed to ensure comparable data across the different research locations.

We have already begun work to raise the $1.5M for this next stage of the BPM Initiative, and hope to reach this goal by summer 2016 so that the research can continue uninterrupted.

Thank you to all the donors whose financial support has enabled the BPM Initiative to come this far. And thank you to all our Scientific Advisory Board members for their endless passion and dedication, without which this research would be impossible. We’re looking forward to a 2016 full of new learning and discoveries through the BPM Initiative—stay tuned!

What is “Precision Medicine?”

Precision medicine is fundamentally about individualized treatment. It has revolutionized cancer treatment by targeting therapies to the specific biological and genetic characteristics for each person’s cancer. By applying this approach to BFRBs, we believe it will lead us to a much more accurate understanding of the different profiles for pulling or picking. Two people who both pull out their hair may have very different behavioral motivations, genetic factors, biological markers, and brain activity around their pulling. Once we understand those differences, we’ll be able to much more accurately target effective treatments. This is the essence of the BPM Initiative, and the reason that we believe it will lead us from today’s remission rates of 10% to 20% to a day when 70% or more of people with BFRBs can find full remission.

Following this pilot study, the next stage of the research will focus on gathering data from an additional 70–80 new patients. We hope to begin work with this second group of patients in Fall 2016. Once we have data from this second group, the BPM Initiative will have a total of 100 new patients’ data. This will enable us for the first time to begin seeing possible BFRB profile types and help to guide research with the next wave of participants.

For more information or to make a donation towards the BPM Initiative, please contact TLC Executive Director Jennifer Raikes at Jennifer@ttrich.org or 831-457-1004.

Professional Training Institute Class of 2015

The lack of access to knowledgeable BFRB therapists is one of the most serious problems our community faces. But you are changing this! Thanks to your support, TLC expanded the Professional Training Institute (PTI) this year—training twice as many clinicians as ever before. Fifty-seven healthcare professionals completed the three-day trainings held in Jersey City and Los Angeles. Below is a list of this year’s graduates. Each is likely to treat hundreds of BFRB patients throughout their careers. Congratulations, Class of 2015!

New Jersey, cont.

- East Brunswick
  - Jennifer Kennedy, PsyD
  - Stress & Anxiety Services of New Jersey

- Freehold
  - Suzanne Sulskis, PsyD
  - Advanced Perspectives, LLC

- Livingston
  - Melissa Breisin, LCSW, ACT
  - Summit Medical Group

- Short Hills
  - Janice Austin, PsyD
  - Daniela Colecione, PsyD
  - Lori Rockmore, PhD
  - Specialized Psychological Services

- New York
  - Bronx
    - Michael Wheaton, PhD
    - Assistant Professor
    - Fordham Graduate School
  - Brooklyn
    - Lauren Urban, LMSW
  - Katonah
    - Anne Donnelly, PsyD

- Melville
  - Samantha Maenetta, LMSW
  - ASPE Center for Learning and Development

- New York City
  - Elliott Weiner, PhD
  - Melissa Dackis, PhD
  - CBT/DBT Associates

- Clare Gaskins, PhD
  - NYS York Psychotrauma - Columbia University Medical Center

- Daniel Gomez, LCSW
  - Center for Anxiety and Trauma

- Rockville Centre
  - Steve Weissman, PhD

- Scarsdale
  - Greta Doctoroff, PhD
  - Assoc. Professor, Yeshiva University

Oregon

- Lake Oswego
  - Deborah Merlich, LCSW

Pennsylvania

- Philadelphia
  - Jill Letfowitz, LCSW
  - Also practices in New York

Rhode Island

- Providence
  - Amy ANberg, MA, Clinical Intern
  - Angel Street Psychiatry

Texas

- Arlington
  - Kimberly Beil, MA, LPCS
  - It’s A New Day Counseling

Dallas

- Kathryn Crof, PhD
  - Dallas CBT

- Roshini Kumar, Clinical Therapist, LPC
  - Chickslink Medical Dallas

Virginia

- Vienna
  - Lauren McDonough, MSW

Richmond

- Gail Quick, PhD, LCP
  - Discovery Counseling and Consulting

Washington

- Seattle
  - Milena Roussey, PsyD
  - Evidence Based Treatment Center of Seattle

- Nashville, TN
  - May 20-22, 2016
  - Tennessee Council on Behavioral Health

- Rogers Behavioral Health
  - In partnership with

2015 PTI Graduates
TLC helped me to stay strong and know that I may be able to overcome my struggles with it one day. "

Sera says, "Meeting other people with trich through TLC helped me to stay strong."

For Nicole, the TLC conference was "an amazing, incredible, magical experience. It was like going to a theme park for the first time. I still have friends from that conference."

"I know she has an incredible resource in TLC and won't have to face the fear and isolation I felt when I was growing up without TLC," says Hope.

"Body-focused repetitive behaviors like skin picking and trichotillomania often warped our lives tremendously," says Jennifer, TLC’s executive director. "They impacted our relationships, our education, our careers, our sense of self.

"I am so gratified to see young people today who are benefiting immensely from growing up with TLC. Because of TLC’s supporters and donors like you, more kids than ever before are growing up with self-acceptance, knowledge, and a warm and welcoming community."

During our Growing Up with TLC campaign, you can make a donation in honor of Calla, Sera, Harris, Megan, Nicole, Mikayla, or your own loved one. Please give generously today to end the suffering of children and teens with trichotillomania, skin picking, and other BFRBs. A gift form is available on page 12.
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 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 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. 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, 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, encourage support group leaders to access TLC’s resources, participate in TLC events, and 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 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, procedures and standards that support group leaders in their efforts to promote BFRB awareness and provide community
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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

Letter from the Executive Director
Jennifer Raikes
Jennifer@trich.org

Dear Friends,
A full generation has travelled from birth to adulthood since TLC was founded in 1991.

I have had the absolute joy and privilege of participating in the growth of this community for the past two decades—and the change I’ve witnessed has been truly remarkable.

Doctors and patients, parents and kids, we grew up together—learning by sharing our stories.

We learned the traits we share, and our many variations. We came to realize trichotillomania is not OCD, and requires its own specific treatments. We came to realize that skin picking is a closely related and highly prevalent disorder. In fact, we realized there are a wide variety of similar behaviors: nail biting, lip chewing, nose picking, and probably many more we have yet to recognize. We began talking about patterns we saw in a constellation of “body-focused repetitive behaviors.”

We also realized that our identity as the “Trichotillomania Learning Center” needs to evolve so that we can reach all the pickers, pullers, chewers, and biters who are suffering and do not yet recognize they have a community waiting to welcome them. Stay tuned for a more inclusive identity to be launched in the new year, in celebration of TLC’s 25th birthday—and a new, mobile-friendly website, too!

Most of the thousands of calls and emails we get now are from families whose children have just started pulling or picking. The children in these families will never experience the complete lack of support and resources that existed before TLC began bringing us together.

Thanks to your support over the past 25 years, hundreds of therapists have begun specializing in BFRB treatment. Skin picking disorder is recognized in the DSM-5, the comprehensive diagnostic mental health manual. Support groups have formed and thrived all over the U.S. and, increasingly, around the world. Treatment approaches have improved greatly as the talented researchers and clinicians on TLC’s Scientific Advisory Board develop new insights. HRT, ComB, DBT, ACT, NAC… today we have treatment options.

Most crucially, millions of people have learned that they are not alone.

And yet, ignorance about BFRBs is still prevalent. The shame and isolation they bring still warp too many children’s lives. Resources are far too scarce. And current treatments don’t bring enough people remission. Can we allow another generation of parents to struggle to find a BFRB therapist anywhere within reach? Can we allow another generation to pass without effective, lasting treatments for all people who begin pulling and picking?

We have the programs in place to accomplish our goals—but the scale needs to grow. Let’s train an army of BFRB therapists! Let’s fully fund the BFRB Precision Medicine Initiative and fuel the research we need to bring lasting remission for ourselves and our children! Let’s make BFRBs a household term, so everyone can be diagnosed quickly!

To increase the pace of progress will require each of us to do all we can to overcome public and professional ignorance about BFRBs, and to raise the funding that serious research requires.

The increasing activism of our community is encouraging. As we grow up together and share our stories, more and more of us are realizing we do not need to feel shame about these disorders. This October, over one million people saw our ads and your social media posts for #BFRB Awareness!

I urge you to do all you can to create the change we need—to bring your voice and your financial support to our cause, and to encourage your friends and family to get involved, too.

That’s how it will happen: With our voices growing ever stronger.

You, my fellow TLC members, have filled my first twenty years in this community with love and inspiration. Thank you!

Wishing you the happiest of holidays,
Jennifer
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 ONE MILLION people visited www.trich.org last year?
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

Visionaries Circle
多元化选择

☐ $25,000
☐ $10,000
☐ $5,000
☐ $1,000
☐ $500
☐ $_______
☐ $_______/month

☐ I want to learn more about the BPM Initiative — please contact me.
☐ I would like to make a gift of stock to TLC. Please contact me.
☐ I am including TLC in my estate plans.

My donation is in honor of ____________________________________________

My full name is _______________________________________________________

My phone number is ___________________________________________________

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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