

ExposurePalooza: A Novel Approach to Addressing Mental Health Stigma

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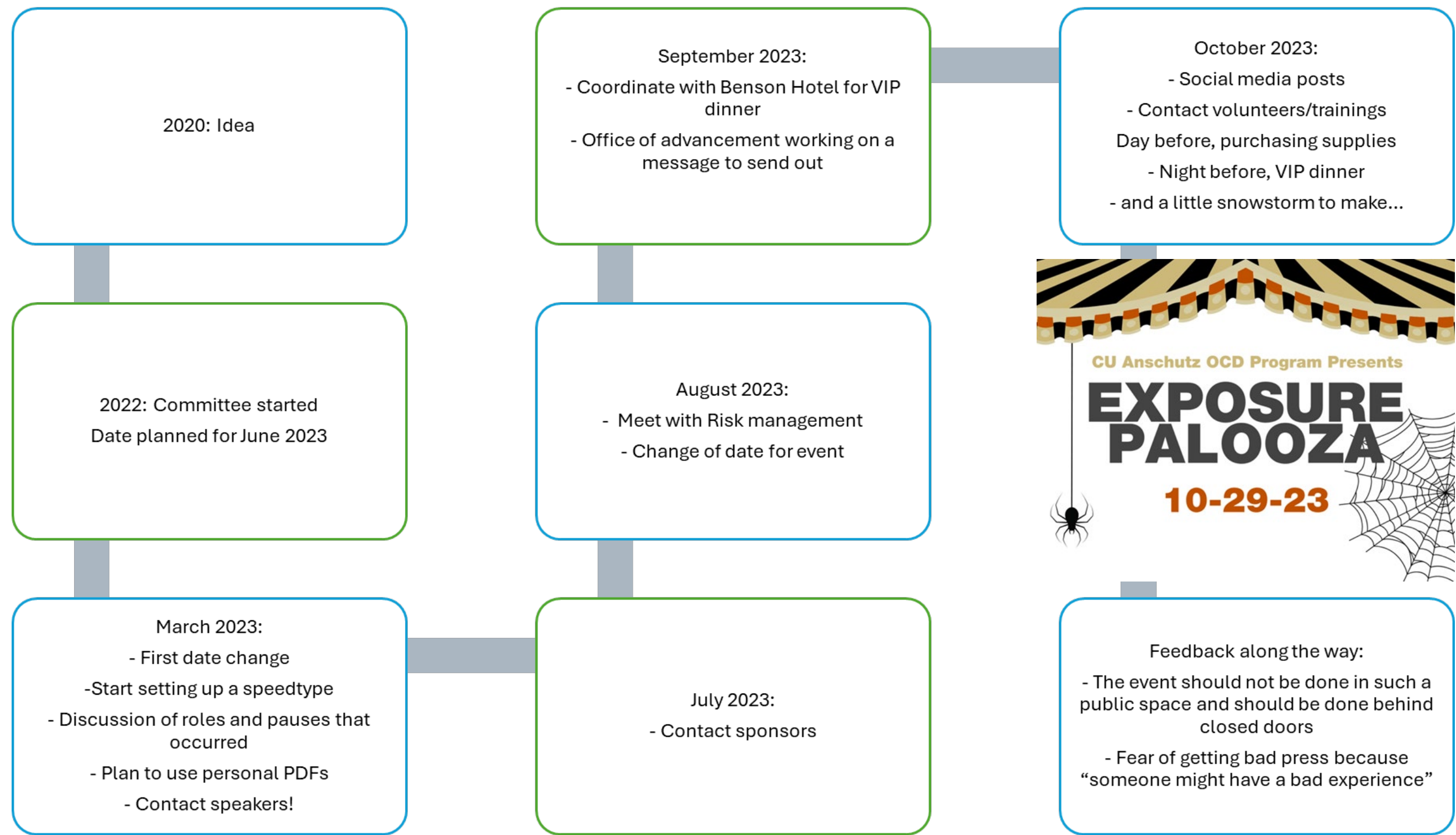
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Introduction – “I’m so OCD”

OCD is highly stigmatized!

- Ways to combat stigma:
 - Education
 - Sharing
- The CU Anschutz OCD Program hosted EXPOSUREPALOOZA to:
 - Bust stigma
 - Provide education
 - Share lived experiences
 - Do exposures!!
- Exposure Palooza faced many unexpected challenges, and still hosted the event to educate and decrease stigma, all while infusing an atmosphere of fun for the community

Road to ExposurePalooza



Results

Attendees	102
Sponsors	4
Donors	Countless
Funds raised	\$13,000
Toilets filled with popcorn	1



Booths

Social anxiety, contamination station, sensory challenges, harm OCD, magical thinking, perfectionism, worst case scenario/emergency preparedness, bathroom, vomit and other bodily fluids, recovery room

Speakers

Dr. Rachel Davis
Dr. Moksha Patel
Rev. Katie O’Dunne
Dr. Sarah Hoggan

Acknowledgments

Brittany Pittman: Thank you for the time and dedication in helping us plan. And especially for your willingness to take a risk on this event, learn and understand mor about OCD, and help us make this happen
Thank you to Abby, Katie, Erin, Harper, Mandy, Jake, Bella, Lexi, Emily J., Gina, and all the other team members and volunteers
Thank you to Moksha, Katie, and Sarah for giving your time to come and speak
Matt Mishkind: Thank you for supporting us in the planning process and advocating for us.
Thank you Voodoo Doughnuts for fueling us on the day of the event

Conclusions

- Stigma still exists
 - This event did not cure stigma
 - Stigma exists in healthcare
 - There is more to be done
- Second annual ExposurePalooza is being planned for October 2024
- OCD continues to be stigmatized
- There needs to be more done to challenge stigma

One quote from an attendee says it best:
“I found the camaraderie of attendees and staff members at Exposure Palooza to be so life-giving. The loneliness and sense of dysfunction that I often feel, was smaller for a time. I participated in many exposures - most surprising of which were to eat a goldfish off of a public toilet and to tap a stranger on their shoulder and then ask why THEY tapped ME on the shoulder. And my heart beat wildly but did not malfunction. I didn’t cry, though it probably would have been okay if I did....And I’m proud of myself for actually going and engaging. I realized that one can have OCD *and* be a functioning individual - perhaps even working in healthcare, if one so chooses.”