

PICKING ME FOUNDATION



Founded in August 2016 through the efforts of Lauren McKeaney who has suffered from Dermatillomania for 27 years, Picking Me Foundation is the only donor-supported nonprofit focused on Dermatillomania in the world. #PickingMe over Skin Picking since 2016, Picking Me Foundation offers a wide array of programs for sufferers of this Mental Illness.

PICKING ME PROGRAMS

Picking Me Pledge

Challenges sufferers to pick themselves over their disorder and provides a way for them to take back control over their lives. Encourages sufferers to choose self-advocacy over this controlling mental illness.

Drawing With Derma

A rolling compilation of art projects where sufferers illustrate what living with Dermatillomania means to them.

#WhatsWithUrSkin

This campaign helps to destigmatize how people view Dermatillomania by encouraging participants to post a picture on social media of uncommon objects on their skin. Whether it's sprinkles, sticky notes, stickers, or something even more creative, it's a fun way to create awareness around a disorder people don't know too much about and challenge perceptions of what actually constitutes good or bad skin.

Support Groups

Skin Picking Disorder Specialist Lauren McKeaney hosts bi-monthly support groups designed to discuss experiences, coping mechanisms, and offer social, emotional, and psychological support for sufferers. Adult groups (16 and older) meet the first and third Tuesday of the month from 6:30 PM to 8:30 PM at our office in River North in Chicago. Head to our website at pickingme.org to sign up.

Fiddle Packs

Our Fiddle Packs contain a medley of 18 items that satisfy auditory, tactile, visual, and kinesthetic sensory needs while redirecting excess finger energy into positive activities. Each pack also contains a list of tips and suggestions on ways to utilize each fidget to the best of their ability. It costs \$25 and for every one we sell, we donate one to a sufferer in need.

Picking Me Program

Picking me Foundation offers one-on-one disorder management sessions over phone, in-person, or through Skype with founder Lauren McKeaney. First 30 minute consultation is free.

Research Studies

University of Chicago affiliated Dr. Jon Grant is conducting the first-ever research study on Skin Picking and Hair Pulling Disorders. To participate, contact Sarah Redden at: 773-702-9066.

WHAT IS DERMATILLOMANIA?



Dermatillomania is a Body-Focused Repetitive Behavior characterized by compulsive picking of one's own skin and is also commonly referred to as Skin Picking Disorder.

The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) now officially classifies Dermatillomania under the umbrella of Obsessive Compulsive and Related Disorders. Dermatillomania goes by a number of different names and is commonly referred to as Excoriation Disorder or Skin Picking Disorder. The DSM-5 uses five criteria to diagnose somebody with Dermatillomania.

These criteria include: recurring skin picking that leads to skin lesions, repeated attempts to halt the behavior, significant distress or impairment as a result of the skin picking, symptoms of skin picking can't be caused by a substance, medical, or dermatological condition, and the symptoms can't be explained more inclusively by another psychiatric disorder.

The onset of Dermatillomania varies, but commonly occurs around the age of puberty and research indicates that between two to five percent of people pick at their skin to the point where they cause tissue damage.

Dermatillomania isn't a form of self-harm because the goal of self-harm is to hurt yourself while the goal for Dermatillomania sufferers is accomplishment by removing real or perceived imperfections from their skin.

NOT A LOT OF AWARENESS

Nine out of ten Dermatologists aren't familiar with Dermatillomania. It doesn't help that this disorder goes by a number of different names--Neurotic Excoriation, Pathological Skin Picking, Acne Excoriee, etc.-- which adds dashes of confusion to an already misunderstood disorder. There is very little funding or research behind the disorder.

WHAT ARE THE EFFECTS OF DERMATILLOMANIA?

Dermatillomania leads to several physical symptoms including skin discoloration, scarring, bleeding, blisters and lesions on the skin, tissue damage and in extreme cases infections and surgeries. Equally damaging are the mental symptoms of dermatillomania which include anxiety, shame, and negative self-concept.

There is no cure for Dermatillomania and remission rate is under 30 percent. The key to treating Dermatillomania is understanding that this is both a mental and physical disorder and tailoring treatment options accordingly.

Habit-reversal training, skin-picking logs, support groups, and taking steps towards self-acceptance are ways to treat the disorder from a mental standpoint. The goal is to redirect excess finger energy away from the face.

Hands-free skincare solutions to treat the damage to the skin from picking are used to treat the physical symptoms of this disorder.