

Phillip Lubitz, M.S.W. To Speak at Next Quarterly Meeting on December 12

On December 11, 2006, Mr. Philip Lubitz will be the guest speaker at the New Jersey Obsessive Compulsive Foundation quarterly meeting. The meeting will be held at Robert Wood Johnson University Hospital at 7:00 p.m. in Medical Education Building, Room 108A.

Mr. Lubitz is the Director of Advocacy Programs for NAMI NEW JERSEY. He has more than 30 years of experience in the public mental health system as a therapist, administrator and family advocate. He has also served as the New Jersey Family Support Coordinator for ten years, a position created by the Family Support for Persons with a Serious Mental Illness Act of 1995. In this role he coordinates planning groups of family members affected by a mental illness in each region of the state. He is responsible for adopting the State Family Support Plan for Persons with a Serious Mental Illness. Mr. Lubitz is currently the Vice Chair of the New Jersey Mental Health Planning Council. He is a founding member and twice president of the New Jersey Coalition of Residential Providers. He was awarded the Senator Paul Wellstone award for mental health Advocacy by the New Jersey Association of Mental Health Agencies.

Mr. Lubitz received a BA from the George Washington University and was awarded his M.S.W. by the Rutgers School of Social Work.

Mr. Robert Ackerman presented "OCD with a Focus on Hypochondriasis"

by Rachel Strohl, Psy.D.

On September 11, 2006, Mr. Robert Ackerman was the speaker at the New Jersey Obsessive Compulsive Foundation quarterly meeting. He is a Clinical Social Worker in private practice in Brooklyn, New York, and a Clinical Assistant Professor of Psychiatry at SUNY Downstate Medical Center. His myriad of publications have appeared in articles and book chapters, and he has presented at national organizations.



Mr. Ackerman explained that patients with hypochondriasis have OCD symptoms with a body focus. To meet criteria for hypochondriasis, the DSM-IV requires: 1) preoccupation with fears of having a serious disease based on a person's misinterpretation of bodily symptoms. 2) Preoccupation persists despite medical evaluation and reassurance. 3) Preoccupation causes significant distress and impairment, and lasts at least 6 months.

A case study was presented to describe the psychological treatment of hypochondriasis. Before a clinical psychological treatment commences, Mr. Ackerman needs a patient to get a complete physical exam by a physician, and work with "a physician who can say no to tests." Mr. Ackerman stated that the specificity of treatment is important to custom design the therapy.

There are several help seeking styles displayed by hypochondriacal patients. Rituals or self rumination involve worrying, checking, or researching (e.g., internet, t.v. shows). They seek opinions and reassurance from friends and family, and there is a high utilization of medical visits at doctor's offices or hospitals. Medications, whether over the counter or

prescribed, are highly sought out. Also, there may be a reliance on alternative practitioners (e.g., chiropractors, healers) and alternative substances (e.g., vitamins, health food stores).

Mr. Ackerman outlined the tasks of cognitive behavioral therapy (CBT) of hypochondriasis: 1) diagnosis, validation, installation of hope, and development of therapeutic alliance, 2) demystify interplay between frightening thoughts and psychological sensations, 3) relate rituals to anxiety, 4) challenge misinterpretation of physical sensations, 5) challenge certain belief systems, 6) encourage use of fear management techniques, and 7) contract for limitation of rituals.

He also discussed the mind-body connection by instructing the audience members to focus on their big toe. By focusing on this body part, participants realized sensations naturally occurring that they had previously been unaware of and compared this experience to obsessions hypochondriacal patients have about pain in their bodies.

Mr. Ackerman concluded his informative talk with "points to remember" about treatment, including naturally occurring exposure and response prevention, invoking a medical case manager, prescribing worry time, expecting and measuring fear, and feeling proud of achievements.



Dr. Rachel Strohl is a temporary permit holder in the practice of psychology and conducts therapy under the supervision of Dr. Allen Weg at Stress and Anxiety Services of NJ in East Brunswick. She may be reached at 732-390-6694 x3.

**2007 ENTERTAINMENT
BOOKS ON SALE NOW!
See Page 8**

PRESIDENT'S MESSAGE



I was delighted to welcome so many regular and new attendees to our Conference last month. It was GREAT!

My husband Julian and I were really surprised by the elegant plaque presented to us by the Board of Directors of the organization. This was in honor of our service to the Affiliate as well as recognizing our forthcoming Golden Wedding Anniversary. (The cake was yummy also!)

Our sincere thanks go out to all those expressions of good wishes.

We consider it a privilege to serve the Affiliate and hope to further advance its principles and service in the future.

I'm looking forward to seeing all of you at our December 10th meeting.

President Ina Spero

MANY THANK YOUS!

- **To Ted Wisnefski and his students at South Brunswick High who made us wonderful NJ OCF signs!**
- **To our many friends who have included a donation to the NJ Affiliate along with their newsletter subscription renewals.**
- **Special thanks to Judy and Ed Cohen for the generous gift to the Affiliate in honor of Ina and Julian Spero's Golden Anniversary.**
- **Thank you to Janet DePaolo for her generous donation to the Affiliate.**

NATIONAL OCD FOUNDATION CONTACTS

OCF
PO Box 9573
New Haven, CT 06535

Phone: (203) 401-2070
Fax: (203) 315-2196

E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

\$

YOU CAN HELP...

With production cost and postage rates climbing and our mailing list growing rapidly, we would like to mention that any voluntary contribution would aid us to keep this NJ Affiliate Newsletter going.

- Board of Directors

\$

Any Comments?????

The staff of the Newsletter encourages all comments on our published articles. Also, any letters and articles, which you wish to submit for our quarterly publications, are welcome. Please submit them to, Ina Spero, NJ OCF, 60 MacAfee Road, Somerset, NJ 08873.

Disclaimer

The information in this Newsletter should not be taken in lieu of proper medical and/or mental health professional services. The Board of Directors of the New Jersey Affiliate of the Obsessive Compulsion Foundation, as well as all other volunteers involved in the development and distribution of this Newsletter, do not endorse any particular viewpoint or information presented here. Again, nothing takes the place of proper medical/mental health professional services.

NJ OCF MISSION

The Affiliate is a community of those who have an interest in Obsessive Compulsive Disorder and whose goals are:

- To educate the public and professional communities about the disorder.
- To support individuals afflicted and their significant others.
- To support research into the causes and treatments of this disorder.

NJ OCF OFFICERS

Ina Spero - President
Dr. Allen Weg - Vice President, Newsletter Editor
Judy Cohen - Secretary
Dr. Rachel Strohl - Recording Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor
Steven I. Dyckman, M.D. - Advisory Board member

At the NJ OCF 7th Annual Conference,
Martin Franklin, Ph.D.
 presented
**“Cognitive Behavioral Therapy for OCD and Related Disorders Across
 the Developmental Spectrum”**
by Rachel Strohl, Psy.D.

Dr. Martin Franklin was the keynote speaker at the NJOCF seventh annual conference on October 15, 2006. Dr. Franklin is an associate professor of clinical psychology in psychiatry and the clinical director at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania, School of Medicine in Philadelphia. He is an accomplished clinician, author, and researcher, and served on the Expert Consensus Panel that developed treatment guidelines for Obsessive Compulsive Disorder (OCD).

Dr. Franklin began by emphasizing the functional difference between obsessions and compulsions: obsessions are unwanted, intrusive thoughts, images, or impulses that increase anxiety, while compulsions are repetitive behaviors or mental acts that aim to neutralize the obsessions. In order to determine between OCD and normal childhood rituals, it is important to consider timing, content, function, severity, and related impairment.

During the assessment phase, Dr. Franklin utilizes the Yale-Brown Obsessive Compulsive Scale (Y-BOCS) because it's a “long grocery list that tells clients everyone has something on the list.” Because all people have obsessions occasionally, treatment focuses not if you get an obsession, but what you do when you get an obsession.

A review of the relevant research findings related to treatment was presented. Medication therapy, specifically the SRI's for pediatric OCD, results indicated clinically meaningful reductions on the child Y-BOCS (6-10 points). Cognitive behavioral therapy (CBT), specifically exposure and response prevention (ERP) for pediatric OCD, results indicated robust reductions (10-15 points).

Exposure effects the reduction of anxiety, while response prevention effects the reduction of ritualistic behavior. Dr. Franklin highlighted lessons to be learned through this effective therapy: 1) anxiety will not persist forever, 2) feared outcomes are highly unlikely, 3) avoidance strengthens fear / exposure weakens it, and 4) anxiety in anticipation of exposure may be higher than during actual exposure.

The CBT protocol was explained starting with psychoeducation and cognitive training. This includes learning that OCD is a neurobiological disorder (“brain glitch”) that is not a person's fault, but how the individual responds to the illness. Clients are encouraged to “let the obsessions go away versus making them go away.” It is helpful to externalize the OCD (it's OCD, not me) by giving it a name and “bossing back.” Dr. Franklin provided useful guidelines for parents with children with OCD, including setting up reward programs and addressing parenting issues.

Further steps of the CBT protocol include mapping the OCD by developing hierarchies to guide treatment, and conducting imaginal (for feared consequences only) or in vivo ERP.

Exposure should be done in a graded manner and build up on past successes.

Dr. Franklin concluded his encouraging and enlightening presentation with a question and answer period from the audience. He was a personable, energetic, and humorous speaker and was very well received by the audience members.

The talk was followed by a panel presentation, “Living with OCD” with those who deal with OCD every day. The panel consisted of a child, adolescent, young adult, and adult who shared how they learned to manage their OCD symptoms through treatment. There were also two mothers on the panel who spoke about their experiences as parents of children with OCD. A wide variety of questions were asked, and the panel members openly and emotionally shared their personal successes and struggles. DVD's of the entire conference are available through the website, <http://www.njocf.org>.

Dr. Rachel Strohl is a temporary permit holder in the practice of psychology and conducts therapy under the supervision of Dr. Allen Weg at Stress and Anxiety Services of NJ in East Brunswick. She may be reached at 732-390-6694 x3.



Dr. Allen Weg presents Ina and Julian Spero with Recognition Plaque for service to NJ OCF.



Ina and Julian are surprised with a 50th wedding anniversary cake at the conference.



Dr. Franklin presents on different aspects of OCD research and treatment.

2007 ENTERTAINMENT BOOKS ON SALE NOW!

Books will be available for purchase at the December meeting!!!

The NJ OCF is now taking orders for the new 2007 Entertainment Book. You will save with “**Two-for-One**” and 50% off discounts at hundreds of great names you know in your area.

Restaurants	Travel	Shopping	Hotels
Attractions	Golf	Movies	Car Rentals

UP TO 50% SAVINGS on all the things you do!

“Entertainment” - The book that pays for itself!

2007 Entertainment Books will be available for purchase at our Seventh Annual Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They’re specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

#52 - NORTH/BERGEN - \$25

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

#26 - NORTH/ESSEX - \$25

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

#93 - NORTH/MORRIS - \$25

Morris, Sussex, Warren, Northern Hunterdon, Northern Somerset Counties and surrounding areas.

#48 - CENTRAL/MIDDLESEX - \$25

Middlesex, Somerset, Hunterdon, and Southern Union Counties and surrounding areas.

#94 - CENTRAL/MONMOUTH - \$25

Monmouth, Ocean, Mercer, Southern Middlesex Counties and surrounding areas.

#76 - NJ SOUTH - \$30

Cape May, Atlantic, Burlington, Camden, Gloucester, Salem, and Cumberland counties.

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951

Questions? Call Ina Spero at 732-828-0099

Book #: _____ Quantity: _____ Book #: _____ Quantity: _____ Book #: _____ Quantity: _____

Include \$3.50 per book for shipping fee.

Total Enclosed: _____

Name _____

Address _____

City _____ State _____ Zip Code _____

SUPPORT GROUPS BEING FORMED FOR KIDS!

IN HIGHLAND PARK, NJ

FOR CHILDREN AGES 6 - ADOLESCENT

Facilitated by Dr. Elizabeth Roberts

Dr. Elizabeth Roberts is a clinical neuropsychologist and psychotherapist. She earned her doctorate in clinical psychology from Hahnemann University in Philadelphia in 1987 and completed a postdoctoral fellowship in clinical neuropsychology from Hahnemann University Hospital in 1989. Dr. Roberts has a private practice in Highland Park, NJ in which she offers cognitive behavior therapy and neuropsychological evaluation for individuals with OCD, Tourette's syndrome, selective mutism, trichotillomania, autism spectrum disorders, social anxiety disorder, and others.

Her address is: 328 Dennison Street, Highland Park
For more information, please call: (732) 418-0707

IN BRIDGEWATER, NJ

FOR CHILDREN, ADOLESCENTS AND THEIR PARENTS AND FAMILY MEMBERS!

When: Quarterly: Jan., April, July, and Oct.
from 7:00 to 8:30 p.m.

Where: Richard Hall Community Mental Health Center
500 North Bridge Street, Bridgewater, NJ
(Across from the Somerset County Library)
● Meet in Richard Hall Conference Room, First Floor

Cost: FREE! Please call ahead of attending.

Call: (908) 229-1367

For Information:
E-mail: ocdhelp4kids@yahoo.com

NJ OCF Newsletter Has a Subscription Fee!

After careful budget review, the NJ OCF has come to realize that in order to continue the production and mailing of the quarterly newsletter, we are going to need to charge a minimal annual Subscription Fee. This fee will directly cover the printing and mailing of each quarterly newsletter.

The Subscription Fee for 2007 is \$5.00.

In order to continue receiving the newsletter, please either bring payment to the next meeting or return the form below with payment by cash, check, or money order to:
CNJAOCF, 60 MacAfee Road, Somerset, NJ 08873-2951

However, if you would like to receive the newsletter by e-mail, please e-mail Nicole Torella at torellani@aol.com and you will receive a pdf file each time we produce the newsletter!

We at the NJ OCF appreciate your continued support and interest in OCD.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

OCD on the Web

By Christopher J. Dunn

After a 3+ years' hiatus to attend law school, I have returned with a new column of information, tidbits, and eclectic on obsessive-compulsive disorder on the web. Four or five years ago I began writing a column spotlighting websites on which patients and family members could learn new things about this monster we deal with on a daily basis. My articles were few and sometimes far between in the past, but I hope to make this a more regular contribution to the OCD Newsletter.

Today I highlight two websites. The first is from the BBC Online, featuring an article from 2002 on OCD's genetic link. The second discusses research by the Johns Hopkins Department of Psychiatry and Behavioral Sciences on the treatment of OCD all the way up to extreme levels, including the ominous sounding "gamma knife capsulotomy," which I guarantee will not turn you into the Incredible Hulk.

The first article, "Gene for Obsessive Behaviour" (note the British spelling), appears on the BBC News World Edition website at <http://news.bbc.co.uk/2/hi/health/2234315.stm>. What's notable about findings that OCD may be genetic? When parents with OCD have children, they might be able to seek treatment for them far earlier than they were able to seek treatment for themselves. The article provides an overview of the disorder with which most readers of this newsletter are no doubt familiar. Two inset boxes provide a list of common obsessions such as fear of contamination and fear of causing harm to another and a list of compulsions such as hand washing and ordering, respectively.



Therapy Groups for OCD Panic Disorder Social Phobia

**Short-term, intensive learning,
change-focused experiences
led by Drs. Rachel Strohl and Allen H. Weg
Groups for Children as well as Adults**

Monday or Tuesday evenings in East Brunswick
Dates to be announced

**GO TO www.StressAndAnxiety.com
for more information**

**If interested, phone Dr. Strohl immediately
at 732-390-6694 x3**

**Or email us your information as instructed on our
website**

This is a paid advertisement

SAVE THE DATE! FOR THE 2007 MEETINGS!

The New Jersey Affiliate of the Obsessive Compulsive Foundation will have its quarterly meetings on the following Monday evenings:

**FREE! FREE! FREE!
March 12, June 11
September 10, December 10**

Please plan to join us! Our meetings begin at 7:00 p.m. and will be held at Robert Wood Johnson Hospital in New Brunswick, NJ. We hope to see you there!

ARTICLES WANTED!

**The NJ OCF is looking for people
to contribute articles to publish in
the quarterly newsletters!**

**Submissions can be made by
those who live with OCD daily,
members of their families, and
friends. In addition, articles from
industry professionals are also
always welcome! Articles should
be on topics related to OCD,
including stories of how behavior
therapy has helped you in your
life! Please e-mail articles for
consideration to Nicole Torella at
torellani@aol.com.**

WANT TO HAVE A SUPPORT GROUP IN YOUR AREA? WE CAN HELP!

If you look at the back of this Newsletter, you will see that there is only a small handful of support groups for OCD around the state. It is one of the goals of NJ OCF to help create more of these groups. We at NJ OCF receive several phone calls every month asking for support groups in areas of New Jersey where there are none. Northern counties and southern counties are especially devoid of groups.

If you are interested in having a group in your area, we can help. Here's how:

- 1) If you want to have a group, you need to find a place to meet. Local churches, synagogues, libraries, high schools, hospitals, and community mental health centers are good places to find free rooms. If you say you will be working with the NJ Affiliate of the OC Foundation, it might also give you some "clout."
- 2) Determine the day and time- this will in part be determined by room space availability- no more than twice a month is needed, and once a month is often a good place to start. An hour and 15 minutes or an hour and a half is usually the length.
- 3) Contact us. Call Ina Spero at 732-828-0099. We can put your name and contact number on our website and in our Newsletter. We will announce the formation of your group at our quarterly meetings. We will help to put out the word. You can also do your part by letting local mental health professionals and facilities know about the group (sometimes this means going door to door with a flyer). Decide whether this is a group only for adults, only for sufferers, or open to everybody- we recommend the latter- friends, family, and children with OCD.
- 4) Once you have a minimum number of people- 5 is enough to get started, let us know. We will give you some guidelines about how to run the group, provide you with handouts that you can give to members of the group, and answer questions that you may have regarding the mechanics of how to facilitate group discussion.- Don't worry if you've never done anything like this before. We will "hold your hand" in the early phases of the group until you feel more comfortable. WE ARE HERE TO HELP!
- 5) If you have any questions of a clinical nature regarding running or forming a group, you can phone Dr. Allen Weg at 732-390-6694.

New Support Group for Adolescents

My name is Laura and I am now 18 years old, but I was diagnosed with OCD when I was fourteen. My mom and I searched for support groups in the area but could not find a single one. I had been going to therapy, which helped a great deal, however, I was looking for support from kids my own age as well. I was told that OCD was not as uncommon and that I wasn't as abnormal as I once thought. I still felt pretty alone, however, and wanted to meet other people my age who were experiencing what I was. This is why I am putting together, with help from the New Jersey OCF, a support group for adolescents ages 13-19, with OCD. This is an opportunity for teens to share their stories with one another, support each other, and realize that they're not alone. Meetings will be held on Wednesdays at 3:00 p.m. at the Hazlet Library. If you, or anyone you know that suffers from OCD, is interested please contact me at Jerseygr116@hotmail.com or 908-461-5530.

NEW SUPPORT GROUP BEING FORMED IN BRICK TOWNSHIP

The NJ OCF is pleased to announce that a member of the Howell meeting is starting a new group in Brick Township. The group meets every Friday evening from 8:00 p.m. to 9:30 p.m. at St. Paul's United Methodist Church, 714 Herbertsville Road, Room # 6, Brick, NJ 08724. For more information on the group, call John M. at (732) 691-3200. The group launched their first meeting on June 2nd, so if you live in the area and are looking for some OCD support, be sure to stop by and check it out!

**Starting a group?
Want it included here?
Call Ina at (732) 828-0099
and let her know the
details so it can be added
to the newsletter!**

PRINCETON GROUP WANTS PARTICIPANTS

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should e-mail griffith@princeton.edu.

GROUP FORMING IN BASKING RIDGE

A new support group is in the process of being formed in Basking Ridge, NJ. For more information on this group, please call Carol Durso at (908) 350-3440.

SUPPORT GROUP IN BERGEN COUNTY

A new support group is forming in Bergen County and those of all ages are welcome to attend. For more information, call Evan Wechman at (845) 709-7065.

NJ OCF DVDS NOW AVAILABLE!

We videotape our annual conferences and the speakers from our quarterly meetings, and provide copies of them to anyone interested. All moneys charged are pumped back into NJ OCF to help defray the costs of the organization. The following are now available in DVD format. We still have some videotapes available for purchase and they are on sale buy 1, get 1 free! Also note that on our website, www.njocf.org, a full description of each DVD is available.

"Red Flags, Relapse, and Recovery," Jonathan Grayson, PhD	\$15.00
Families and OCD: How to Coexist," Elna Yadin, PhD	\$15.00
"Flying Towards the Darkness", NJ OCF First Annual Conference:Parts 1 & 2	\$25.00
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, Ed.D. NJ OCF 1st Annual Conference	\$15.00
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJ OCF 1st Annual Conference	\$15.00
"Generalized Anxiety Disorder and OCD", David Raush, Ph.D.	\$15.00
"OCD Spectrum Disorders", Nancy Soleymani, Ph.D.	\$15.00
"Living With Someone With OCD...", Fred Penzel, Ph.D., Part I - NJ OCF 2nd Annual Conference	\$15.00
"The OCD Kids Panel", Part II- NJ COF 2nd Annual Conference	\$15.00
NJ OCF- 2nd Annual Conference, Parts I and II (combined discount price)	\$25.00
"Panic and OCD", Allen H. Weg, Ed.D.	\$15.00
"Medications and OCD", Dr. Rita Newman	\$15.00
"OCD", Dr. William Gordon	\$15.00
"You, Me, and OCD: Improving Couple Relationships.", Harriet Raynes Thaler, MSW, ACSW	\$15.00
"Freeing Your Child from OCD", Dr. Tamar Chansky, Part I - NJ OCF 3rd Annual Conference	\$15.00
"The Parents Panel of Kids with OCD" Part II- NJ OCF 3rd Annual Conference	\$15.00
NJ OCF - 3rd Annual Conference, Parts I and II	\$25.00
"Neurobiology of OCD," Dr. Jessice Page	\$15.00
"Getting Past Go," Dr. Allen H. Weg, Ed.D.	\$15.00
"Hoarding", Dr. Dena Rabinowitz	\$15.00
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D.	\$15.00
"Using Scripts to Counter the Voice of OCD" Jonathan Grayson, Ph.D., Part I - 5th Annual Conference	\$15.00
"Panels of Drs. Grayson, Springer, & Weg" Part II - NJOCF 5th Annual Conference	\$15.00
NJ OCF - 5th Annual Conference, Parts I and II	\$25.00
"Flying Into the Darkness - Revisited", Allen Weg, Ed.D.	\$15.00
"Beyond Exposure and Response Prevention", Milton Spett, Ph.D.	\$15.00
"Incorporating Mindfulness Into Treatment of OCD", Jessica Page, Psy.D.	\$15.00
"Potholes in the Road to Recovery...", Fred Penzel, Ph.D. - Part I - NJOCF 6th Annual Conference	\$15.00
"Living with OCD" Panel, Part II - NJOCF 6th Annual Conference	\$15.00
NJ OCF - 6th Annual Conference - Parts I and II	\$25.00
"OCD and the Family." Dr. Julia Turovsky, Psy.D	\$15.00
"Obsessive Compulsive Disorder, A Survival Guide for Family and Friends." Roy C.	\$15.00
"New and Experimental Pharmacological Treatments for OCD." William Greenberg, MD.	\$15.00
"Cognitive Behavioral Therapy for OCD & Related Disorders..." Dr. Martin Franklin (7th Conference)	\$15.00
"Living with OCD" Panel, Part II - NJOCF 7th Annual Conference	\$15.00
NJ OCF - 7th Annual Conference, Parts I and II	\$25.00

Add \$3.95 each for S & H: _____@ \$3.95 ea _____ Your Total cost: _____

Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873. Be sure to include your Name, Address, Town, State, and Zip Code so the DVDs can be shipped! Questions? Call Ina Spero at 732-828-0099

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, December 11, at 7:00 p.m.* The location is: **Robert Wood Johnson University Hospital, New Brunswick, NJ, in the Medical Education Building, Room 108A.**

From the New Jersey Turnpike:

Take Exit #9 (New Brunswick) and proceed on Route 18 North, approximately 2 miles to the exit Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Southern New Jersey:

Take Route 18 North to Route 27 South (Princeton exit). Follow Route 27 South (Albany Street) for 4 lights (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. (Parking Deck fee: \$1 per hour). To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 1 (North or South):

Take Route 18 North to Route 27 South (Princeton Exit). Follow the Route 27 South (Albany Street) directions above. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From Route 287:

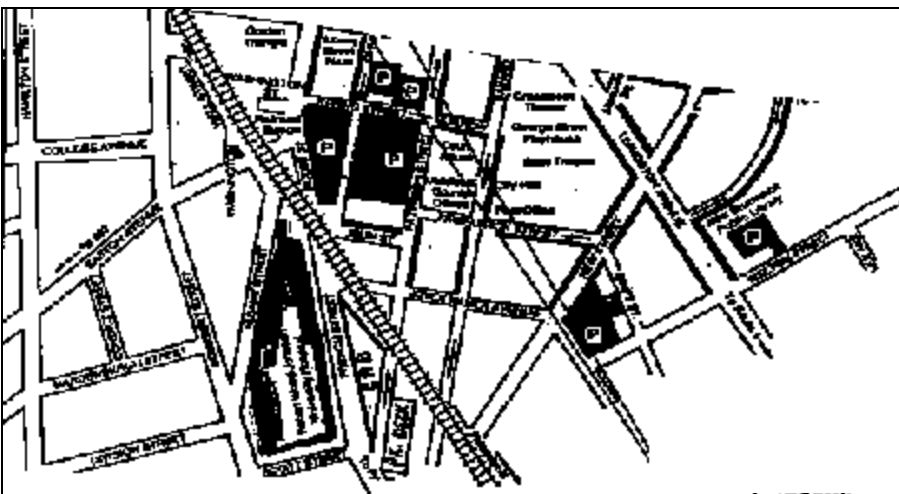
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

From the Garden State Parkway:

Exit Route 1 South. Proceed approximately 9 miles to Route 18 North. Take Route 18 North to Route 27 South (Princeton Exit). Follow Route 27 South (Albany Street) to the 4th light (New Brunswick train station on left). Make a right onto Easton Avenue. Proceed one block and make a left at the next light onto Somerset Street. Proceed one block to the first light and make a left onto Little Albany Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking Deck on your right hand side. To get to the meeting, in Room 108A, follow the directions under Medical Education Building.

Medical Education Building (MEB):

Take the hospital's parking deck elevator to the first floor and upon exiting make a right. Walk across the Arline & Henry Schwartzman Courtyard to the double glass doors; the sign above will read "Medical Education Building". For Room #108-A, make an immediate right and the room is on your left-hand side.



Parking is also available by the Clinical Academic Building (CAB)!

Parking at the CAB is provided by the New Brunswick Parking Authority in the Paterson St. Parking Deck (across from the CAB). To park in this deck you have to access it via Paterson St. From Rt. 287N, make right onto Paterson St. From Rt. 287S, make a left onto Paterson. From the Turnpike, take exit 9 to Rt. 18N, exit at Rt. 27S (towards Princeton), pass the train station and CAB is on left. After it, make sharp left onto Paterson St. Parking deck is on right. For Rt. 1N or S follow directions above from Rt. 18. For Garden State Parkway, follow directions above from Turnpike.

NOTICE NOTICE NOTICE NOTICE

Obsessive-Compulsive Disorder Support Groups

Berkeley Heights (O.C.A.)	(973) 571-9563 (Diamond Hill United Methodist)
Boonton	(862) 268-6397
Brick	(732) 691-3200
Bridgewater	(908) 229-1367
Marlton	(856) 751-1957
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Montclair	(973) 472-8215
Howell	(848) 702-5044
Matawan	(732) 331-6494

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