

OCF

Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

Every Meeting is a Learning Experience

Dr. Allen Weg Discusses "Getting Past" Blocks in OC Exposure Therapy

On Monday, September 8, 2003 Dr. Allen Weg addressed audience members at the New Jersey Obsessive Compulsive Foundation quarterly meeting. His presentation was entitled, "Getting Past Go: Ten ideas to help you get unstuck in carrying out your exposure therapy program for obsessive compulsive disorder (OCD) and body focused disorders." The talk went beyond the basics of exposure and response prevention (ERP) treatment and discussed strategies to increase success in treatment.

Dr. Weg explained the ten following strategies to help "get unstuck" in OCD treatment, as outlined on a detailed handout provided during the meeting: 1) Creating a general motivational structure encourages those with OCD to identify past losses, such as time wasted or emotional pain. This helps motivate "away from the losses" and "towards goal setting" and future gains. 2) Self observation / self monitoring serves as a key to exposure therapy since it enhances awareness of obsessions and compulsions in specific, objective terms. 3) Setting objectives speaks to taking treatment "one day at a time." Treatment structure and symptom control should be operationalized into observable, measurable, and concrete terms.

4) Externalizing structure enhances exposure treatment by creating an environment that supports success. Dr. Weg highlighted that OCD homework should be connected to daily activities at specific times. Triggers (e.g., alarms, post-its) and homework props should be used and readily available. 5) Contractual agreements assist OCD individuals by holding themselves accountable, as well as "breaking the silence" by talking to their therapist and support systems. 6) Contingency management motivates by seeking rewards and avoiding negative consequences that are contin-

gent on behavior and ERP work. Dr. Weg explained that these contingencies can be carried out by those with OCD or someone in their support system.

7) Anti-anxiety cognitive work speaks to avoiding the cognitive distortions that may accompany exposure treatment, such as disqualifying the positive behaviors. Instead, think short term by avoiding the "shoulda's" and identifying the contradictions in fear (e.g., the belief that feelings will last forever even while levels of anxiety are decreasing). 8) Others as coach encourage the OCD individual to utilize a support person for encouragement and "cheerleading" during the challenging ERP work. The coach helps prevent isolation and prompts basic ERP principles, such as labeling the OCD. 9) Creating a balance urges those with OCD to schedule play, create "no work" zones, nourish interests and talents, build relationships, and even "mess up ERP work for a day," if necessary. And finally 10) Slips, or lapses, are to be expected at times and placed in the bigger picture of the exposure therapy. Dr. Weg reminds us to redefine failure as a learning opportunity and "get back on the horse" by resuming ERP work immediately!

These ten strategies are quite useful and motivating for OCD individuals, as well as for their support systems and for therapists who treat OCD. Dr. Weg presented an informative talk filled with practical knowledge and powerful metaphors. Thanks to Dr. Weg's lively, animated presentation style infused with humorous stories and personal anecdotes, the evening was quite enjoyable for those who attended the quarterly meeting. We hope for you to join us at the next NJOCF meeting on Monday, December 8, 2003!

Rachel Spilken, Psy.M,
Doctoral Candidate, Graduate School of Applied and Professional Psychology (GSAPP), Rutgers University

Our Next Quarterly Meeting: Something Different for Adolescents

We have something different that we are setting up for our December 8th Quarterly Meeting. As always, the meeting will take place at 7 pm at Robert Wood Johnson Hospital in New Brunswick (see this newsletter for directions). Remember to give yourself extra time, as the parking deck to the hospital is often crowded.

Ali Sorkin, a high school student who previously had hosted a column in our newsletter, approached NJOCF and requested the opportunity to put together a panel of adolescents with OCD that could speak about their experiences and take questions from the audience. The focus of the meeting will be on ways for adolescents to cope with having OCD. The meeting will be co-moderated by Ali Sorkin and Dr. Allen Weg.

If you know of an adolescent who might want to get involved, (or if you are one yourself) you should contact us. Likewise, if you are a teacher or in some other way connected to a high school in your area, we might want your help in getting the word out to your school. This is being set up as a forum by, and for, adolescents. While family members, educators, professionals, and others are invited, the December quarterly meeting will be set up to reach out to adolescents with OCD. We are hoping to make this a very special experience for all those who attend. While we usually videotape our quarterly presenters, this meeting will not be videotaped.

To get involved, or for more information, contact Dr. Weg at 732-329-1378, or you can email Ali at Allioop8@aol.com.



PRESIDENT'S MESSAGE



We are currently working on increasing the number of members on our Referral List of Treatment Providers. Our list includes psychiatrists, psychologists, and social workers who specialize in OCD. If you have the name of a specialist that could be added to our list, please call me at (732) 828-0099 or e-mail julina@patmedia.net. Also feel free to approach me at any of our quarterly meetings! The more names we have, the more people the NJ OCF can serve.

I hope to see you at the December 8, 2003 meeting! We are currently collecting old cell phones as a fund raiser for the organization, so if you have a phone to get rid of, please be sure to bring it along.

Ina Spero
President

In Memorial

Evelyn Gershenson
(1901- 2003)
Mother of Ina Spero

*In her loving memory,
a gift has been
donated to NJOCF
from
Judy Cohen*

NATIONAL OCD FOUNDATION CONTACTS

OCF
PO Box 9573
New Haven, CT 06535

Phone: (203) 315-2190
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E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

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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

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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.

NJAOCF MISSION

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

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

NJAOCF OFFICERS

Ina Spero - President
Dr. Allen Weg - Vice President, Newsletter Editor
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Dr. Rita Roslyn Newman - Advisory Board member

PANDAS: A Description for Patients and Families

by *Phillip J. Seibell*

"Strep throat" infections are caused by a bacterial organism known as the group A -hemolytic streptococcus (GABHS). The infection is usually self-limited and easily treated with a course of oral antibiotics. However, complications arising from the infection are possible. Although not particularly common in today's day and age of in-office rapid strep diagnosis and treatment, a condition called rheumatic fever can result from a GABHS throat infection. Rheumatic fever is thought to develop as an "autoimmune reaction." When infected with strep, cells of the immune system secrete antibodies that bind to the organism and inactivate it. However, certain features of the organism's structure may resemble features of structures that exist in the human body. This is termed "molecular mimicry." Such a situation creates the potential for these antibodies not only to bind to the GABHS organism, but also to bind to structures such as the mitral valve in the heart, thereby creating valvular heart damage. Besides damage to the mitral valve, a condition called Sydenham's Chorea (a movement disorder) can also develop due to the binding of antibodies brain tissue.

Thus, we have known for a long time that autoimmune reactions following strep throat infections occur and that brain cells are potential targets for these antibodies. Research by Swedo and colleagues (1997) revealed that a subgroup of pediatric patients may develop obsessive-compulsive disorder (OCD) and/or tics as a result of a similar type of autoimmune reaction. The development of OCD and/or tics following GABHS throat infections has been labeled with the descriptive acronym "PANDAS," which stands for pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections. Although the autoimmune reaction is similar to that which occurs in rheumatic fever, it is a reaction that is distinct and separate, and thus, cases

of PANDAS do not represent "missed" cases of rheumatic fever or Sydenham's Chorea. Furthermore, PANDAS researchers set out to determine whether or not an antibody marker, called "D8/17," that is used to identify children with Rheumatic Fever and Sydenham's Chorea, would be present in children with PANDAS. The mean percentages of cells in children with PANDAS and Sydenham's Chorea that were D8/17+ were statistically identical. Moreover, the percentage of D8/17+ cells in healthy children was significantly smaller than the percentages of D8/17+ cells in children with PANDAS and Sydenham's Chorea. The authors conclude that the same antibody marker that is used to identify children with Sydenham's Chorea and Rheumatic Fever may be a marker to use in the identification of children with PANDAS. The clinical significance of this antibody marker is that if a child acutely developed OCD and/or tics following a strep throat infection, and tested positive for the D8/17 antibody marker, that would lend support to the possibility that the patient has developed the psychiatric symptoms as a result of an autoimmune reaction.

OCD is now known to be a disorder that is largely neurobiological in nature. The PANDAS hypothesis of autoimmune-induced OCD supports the idea that the disorder results from neurobiological dysfunction. The PANDAS discovery is significant because specific treatments can now be developed that could be tailored to treat this specific subtype of OCD in children. Because repeated strep infections may lead to acute exacerbations of strep throat, researchers at the National Institute of Mental Health are currently examining the utility of antibiotic prophylaxis in the prevention of exacerbations of OCD/tics related to strep infections. Moreover, therapies that target the antibodies that are causing the damage have

been studied. Perlmutter et al. (1999) reported that a technique known as plasmapheresis, in which antistrept antibodies are filtered from the blood, improved the symptoms of OCD and/or tics that were related to strep infections. Moreover, intravenous immunoglobulin (IVIG), a different immune-modulating therapy, had similar beneficial effects. Although the initial reports on PANDAS show promise for development of specific interventions for this select group of patients, further research is needed to clarify issues related to pathophysiology, diagnosis, epidemiology, and treatment. Given the chronic nature of OCD, however, these initial reports are exciting due to the possibility of prevention of progression of disease and/or relapse of OCD symptoms by the use of specific medical therapies. The future of PANDAS research promises to be very enlightening.

References:

- Perlmutter, SJ, Leitman, SF, Garvey, MA, Hamburger, S, Feldman, E, Leonard, HL, Swedo, SE. (1999). Therapeutic plasma exchange and intravenous immunoglobulin for obsessive-compulsive disorder and tic disorders in childhood. *Lancet*, 354, 1153-1158.
- Swedo, S. E., Leonard, H. L., Mittleman, B. B., Allen, A. J., Rappoport, J. L., Dow, S. P., Kanter, M. E., Chapman, F., & Zabriskie, J. (1997). Identification of children with pediatric autoimmune neuropsychiatric disorders associated with streptococcal infections by a marker associated with rheumatic fever. *American Journal of Psychiatry*, 154, 110-112.

For more information on PANDAS, visit the NIMH PANDAS website: <http://intramural.nimh.nih.gov/research/pdn/web.htm>

Vinyl Albums. by Allen H. Weg, EdD

Old enough to remember them? I mean really remember USING them, when you had no choice, before CDs? The beauty of the art on the album cover, the thickness of the big black disc, the sheer SIZE of it!- you couldn't fit one of THOSE things so easily in your purse or pocket!

Anyway, so I remember one year being at sleepaway camp. Someone had brought an old record player into the bunk, the kind with the 6 inch speaker, where you had to place the arm with the needle in it onto the record by yourself, rather than push a button and have it guide itself onto the disc automatically (the robotic needle arm became more prominent by the mid 70s). One of my bunkmates placed an album on the record player just as we all went to bed for the night and put lights out in the bunk. It was an album with some kind of yoga or relaxation instruction on it, and the whole thing was a recording of a voice of this man talking gently, guiding us through a relaxation exercise.

As I lay there in the dark in bed, listening to the record, I found myself wanting to delve into the deep state of relaxation being described, but found myself incredibly distracted by the hisses and pops. When CDs get damaged, they tend to skip entire sections of songs, or repeat a mili-syllable repeatedly, as if you were listening to a hyperkinetic stutterer. Albums, on the other hand, would tend to skip the same 2 second section of a song over and over again whenever they got a major scratch. But sometimes an album wouldn't have a major scratch, but instead would have lots and lots of very small scratches throughout the entire surface of the disc. When this occurred, the result was this "hissing and popping" sound, creating a "shushing" sound in the background of the recording, and little popping sounds throughout the album. This was the case with this particular record, and I found myself annoyed at this distraction, which made it hard to follow the relaxation instructions and reap the benefits of the exercise.

But a few minutes into it, the narrator

introduced the idea of incorporating distractions into the relaxation exercise itself. "Any sound around you that you might hear," he stated, "allow them to flow through you and out of you, and make them part of your relaxation experience." He gave several examples of what he meant, but one in particular was relevant to me. "If you notice, for instance," he went on to say, "that the album that you are listening to is scratched, and you hear hissing and popping sounds, just imagine that you are listening to this record in a room with a crackling fireplace, and that these sounds are coming from the wood being consumed by the fire. The sounds then serve to elevate your state of relaxation, and enhance your experience. They become part of the picture, rather than detracting from it."

How right he was! Immediately, I shifted into a much deeper state of relaxation, embracing the sounds, and making them part of my experience. I can't remember what happened next- I had fallen fast asleep!

Turning the record scratches into an asset rather than a liability would be termed, "reframing," by many psychologists. Literally, it means putting another frame around a picture, to make the picture look different; usually, better. Reframing essentially means changing the meaning of any thought, behavior, or experience in such a way so that it becomes more positive rather than negative. Another simple example would be a trend in some furniture stores, where they sell items that appear scratched, but are marketed as "distressed," suggesting that the intent was to make the furniture look worn, lived with, and have character.

Reframing has an important place in the treatment of OCD. Often, a person who goes through successful treatment may find that the symptoms are finally under control, but that a certain amount of obsessing continues. The "hissing and pops," so to speak, in the person's mind, can be dealt with in different ways. If seen as an intolerable annoyance or symbols of the OCD that

must be eradicated, much energy is spent focusing on their complete elimination, draining energy from more positive pursuits. This usually leads to frustration and even, to some degree depression, since for many, the complete elimination of these obsessions remains elusive.

If, on the other hand, you can accept these obsessions as the vestiges of a foe basically conquered, then they take on a whole new meaning. They become the cries of the vanquished king, whose armies you have destroyed, whose villages you have conquered, but who must, like an aging lion, hear himself roar in a feeble attempt to convince himself and everyone else that he still poses a threat. But you know better. It is merely the shadow of your slain enemy, the trophy that reminds you every day that whilst the enemy still lives, you are the victor, and now rule the countryside.



Dr. Weg, Vice President of the OCF New Jersey Affiliate, runs an independent practice called Stress and Anxiety Services of New Jersey in the East Brunswick area. He can be reached at 732-329-1378, or see his website at www.StressAndAnxiety.com.



Be sure to look for
Dr. Weg's article in
each edition of the
newsletter!



OCD on the Web
by Christopher J. Dunn



Please note that our writer for "OCD on the Web", Chris Dunn, is busy studying to get his law degree. That, together with us giving him a very late notice, made it impossible for him to put together his column for us this newsletter installment. He promises us though, that he will be back for our next newsletter. In the meantime, we are giving you his photo to look at!

To be a part of "OCD on the Web" column, and to help this busy law student out, email your findings of interesting OCD websites to:
dunnranoldo@hotmail.com

SAVE THE DATES

FOR THE 2004 MEETINGS!

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

March 15, 2004
June 14, 2004
September 13, 2004
December 13, 2004

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!

NJOCF Newsletter Now Has a Subscription Fee!

After careful budget review, the NJOCF has come 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 2003 is \$5.00.

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

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

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

2004 ENTERTAINMENT BOOKS ON SALE NOW!

The NJAOCF is now taking orders for the new 2004 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
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UP TO 50% SAVINGS on all the things you do!

“Entertainment” - The book that pays for itself!

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 - \$22

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

#26 - NORTH/ESSEX - \$22

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

#93 - NORTH/MORRIS - \$22

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

#48 - CENTRAL/MIDDLESEX - \$30

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

#94 - CENTRAL/MONMOUTH - \$30

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

Name _____

Address _____

City _____ State _____ Zip Code _____

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 NJAOCF to help create more of these groups. We at NJAOCF 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 732-329-1378.

OCD SUPPORT GROUP ATLANTIC COUNTY AREA

To all who suffer from Obsessive Compulsive Disorder, you are invited to attend a meeting once per month on the last Thursday night at 7:30 p.m. We will meet at the Bacharach Institute for Rehabilitation Conference Room in Pomona, NJ. The Institute is located in the same building as the Atlantic City Medical Center, Mainland Division, which is at 61 W. Jimmie Leeds Road and can easily be found by following the blue "H" signs (Hospital) on the White Horse Pike, which is also Route 30. Use the main entrance to the hospital and take the right corridor to the end. Make a right and then the 2nd left. The Conference Room is about 50 feet ahead on the right. We expect to have guest speakers from time to time, but mostly it will be a gathering of people who, like you, suffer from OCD. The

dress is casual, the format is informal, and no one is expected to share if they choose not to do so. You may come and just listen to others, if you wish, and you may bring a relative, if desired. Please contact Wayne at (609) 266-3666 with any questions.

TIME & LOCATION FOR HOWELL MEETING!

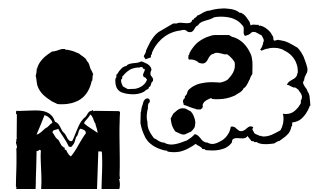
Every Wednesday evening in Howell, NJ, an OCD support group meets. **The new meeting time is now 8:00 p.m.** The meeting is located at: The Prince of Peace Lutheran Church, 434 East Aldrich Road, Howell. (Meets in the Education Hall. Church is off Rt. 9) For more information, please call Ronald L. at (848) 702-5044 or (212) 855-5372.

OCD SUPPORT GROUP NOW IN MARLTON, NJ

The Marlton, New Jersey, Obsessive Compulsive Support Group meets on the **second** and **fourth Mondays** of each month from 7:00 to 9:00 p.m. It meets in the Scarborough Room, Virtua-West Jersey Hospital, Marlton, 90 Brick Road, Marlton, New Jersey.

This group is for those with OCD and OCD spectrum disorders and their families. There is no fee to attend.

For more information on this Support Group, please contact Betty Beach at (856) 751-1957.



WAYS TO SUPPORT NJAOCF

NJAOCF VIDEOTAPES

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 NJAOCF to help defray the costs of the organization. The following are videotapes now available for purchase and pickup, or delivery:

"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", NJAOCF First Annual Conference: Parts 1 & 2 (combined discount price)	\$25.00_____
"Flying Towards the Darkness"- Part 1 only, Allen H. Weg, EdD, NJAOCF 1st Annual Conference	\$15.00_____
"Flying Towards the Darkness"- Part 2 only: The OCD Panel, NJAOCF 1st Annual Conference	\$15.00_____
"Generalized Anxiety Disorder and OCD", David Raush, PhD	\$15.00_____
"OCD Spectrum Disorders", Nancy Soleymani, PhD	\$15.00_____
"Living With Someone With OCD...", Fred Penzel, PhD, Part I- NJAOCF 2nd Annual Conference	\$15.00_____
"The OCD Kids Panel" Part II- NJAOCF 2nd Annual Conference	\$15.00_____
NJAOCF- 2nd Annual Conference, Parts I and II	\$25.00_____
"Panic and OCD", Allen H. Weg, EdD	\$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 - NJOCF 3rd Annual Conference	\$15.00_____
"The Parents Panel of Kids with OCD" Part II - NJOCF 3rd Annual Conference	\$15.00_____
NJOCF - 3rd Annual Conference, Parts I and II	\$25.00_____
"Neurobiology of OCD," Dr. Jessica Page	\$15.00_____
"Getting Past Go", Dr. Allen H. Weg, EdD	\$15.00_____

Add \$3.95 each for S & H: _____@ \$3.95 ea_____

Your Total cost: _____

Send check or money order, made out CNJAOCF, and mail to: CNJAOCF, 60 Mac Afee Rd, Somerset, New Jersey 08873-2951
Questions? Call Ina Spero at 732-828-0099

Name _____
Address _____
City _____ State _____ Zip Code _____

DIRECTIONS TO OUR NEW MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, December 8, 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:

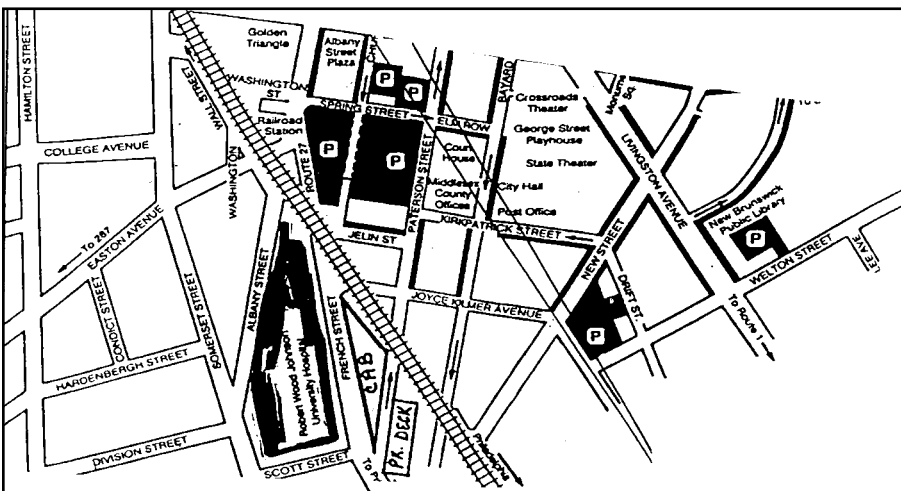
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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.

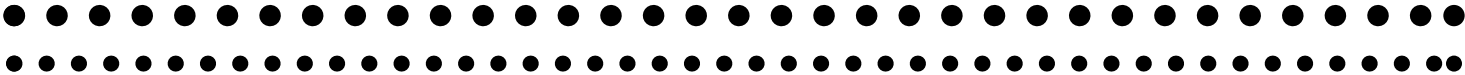
Medical Education Building (MEB):

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.)	(908) 464-1807
Marlton	(856) 751-1957
Piscataway	(732) 445-5384
Somerville	(908) 685-2827
Montclair	(973) 472-8215
Boonton Township	(845) 369-0973
Howell	(848) 702-5044
Pomona	(609) 266-3666

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