



## Save the Date!

### **OCDNJ Annual Conference Featuring Dr. Eric Storch Rescheduled To Sunday, October 25, 2020**

Dr. Storch will be our keynote speaker and will be presenting on the topics of “Clinical complexities in treating youth with OCD: Tips for parents and professionals” and “Determining the right level of care for people with OCD.” The conference will also feature the "Living with OCD Panel." Every year at our annual conference, we collect a handful of people who either have OCD or live with someone who does, and they each spend a little bit of time sharing their personal experiences and then take questions from the audience.

To read the rest of the article, click this link: <http://www.ocdnj.org/meetings/annual-conference/>



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## **COVID-19 & OCD**

The World Health Organization (WHO) has classified the ongoing worldwide outbreak of coronavirus disease (COVID-19) a pandemic. In response, public health experts around the world have asked individuals and organizations to take action to prevent and limit the transmission of this disease in their communities. This may create unique challenges for people in the OCD and related disorders community as we work to balance what's best for population health and what's best for our individual mental health.

The International OCD Foundation has put together a list of resources that may be helpful.

For more information, click this link: <https://iocdf.org/covid19/>

## **OCD Walk Postponed**

The 1 Million Steps 4 OCD Walk allows individual affiliates of the International OCD Foundation including OCDNJ to raise funds for the OCD community. OCDNJ will be hosting an OCD walk either this Fall or June 2021. Please check back for more information soon!

For more information on the 1 Million Steps 4 OCD Walk, click this link: <https://iocdf.org/programs/ocdwalk/>



## **OCDNJ Board Member Publications**

An article by OCDNJ Board Member Dr. Jordan Levy entitled "In The News: Features of Topical OCD" was featured in the most recent issue of the International OCD Foundation's quarterly newsletter. To read the article, please see the IOCDF Spring Newsletter.

Dr. Allen Weg, president of OCDNJ recently penned an op-ed for The Star-Ledger entitled "COVID-19 gives us an incredible opportunity to understand the most misunderstood of psychiatric disorders" To read the op-ed, click this link <https://www.nj.com/opinion/2020/03/covid-19-gives-us-an-incredible-opportunity-to-understand-the-most-misunderstood-of-psychiatric-disorders-opinion.html?fbclid=IwAR2zUfFg4KsHMXlrETbYeX3Gburq-8-QyhgjCVYFm9V-Wm-IPNramIJSiwk>

Dr. Rachel Strohl, Board Secretary for OCDNJ was recently featured on News12 New Jersey discussing how to deal with coronavirus anxiety. To watch, click this

link: <https://www.stressand anxiety.com/self-care-is-going-to-be-important-dealing-with-coronavirus-anxiety>



*OCDNJ Board Member Dr. Jordan Levy*



*OCDNJ President Dr. Allen Weg*



*Board Secretary for OCDNJ Dr. Rachel Strohl*

## **OCDNJ DVDs for Sale**

We record 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 OCDNJ to help defray the costs of the organization. This is a great way to learn more about various topics of interest within and related to OCD. For a listing of DVDs available, click this link: <http://www.ocdnj.org/newsletter/dvds/>

## **OCD Support Groups in NJ**

There is information on support groups throughout the state on our website. Click on the following link to find out if there is a support group in your area: <http://www.ocdnj.org/get-help/support-groups/>

## **Professional Directory**

OCD NJ has a list of professionals who choose to advertise on our website. OCD NJ does not review, does not approve, does not endorse, nor certify the qualifications of any mental health professionals to provide any mental health care services. OCD NJ therefore, in making available, for the interest of the public, a list of professionals and their areas of practice, is not making any representations, warranties, nor any guarantees, regarding the providing of mental health care

services by these professionals. This link leads to the pages of professionals on our website: <http://www.ocdnj.org/get-help/professional-directory/>