

Summer 2022 OCD New Jersey Newsletter



New Jersey
IOCDF affiliate



Thank you to everyone who attended, donated and supported us for the 1 Million Steps 4 OCD Walk on Sunday, June 5th in Oak Ridge Park in Clark, NJ! Please check our social media for pictures from the day. We look forward to an even more engaging and successful walk in 2023!



OCDNJ "Ask the Experts" Virtual Panel

On Wednesday October 12, 2022 at 730pm OCD New Jersey (OCDNJ) will host an “Ask the Experts” virtual panel. The panel experts are all licensed psychologists who specialize in the treatment of OCD and related disorders. The interactive Q and A will be open to professionals, family members, and individuals living with OCD. The event is part of the International Obsessive Compulsive Disorder Foundation’s (IOCDF) OCD Awareness Week.



How is OCD Treated?

The most effective treatments for OCD are Cognitive Behavior Therapy (CBT) and/or medication. More specifically, the most effective treatments are a type of CBT called Exposure and Response Prevention (ERP), which has the strongest evidence supporting its use in the treatment of OCD, and/or a class of medications called serotonin reuptake inhibitors, or SRIs.

Exposure and Response Prevention is typically done by a licensed mental health professional (such as a psychologist, social worker, or mental health counselor) in an outpatient setting. This means you visit your therapist's office at a set appointment time once or a few times a week.

[Click here for help finding the right therapist for you.](#)

Medications can only be prescribed by a licensed medical professional (such as your physician or a psychiatrist), who would ideally work together with your therapist to develop a treatment plan. [Click here to learn more about medications for OCD.](#)

Taken together, ERP and medication are considered the "first-line" treatments for OCD. About 70% of people will benefit from ERP and/or medication for their OCD.



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/>



Volunteers Needed for OCD New Jersey

OCD New Jersey is currently seeking volunteers for a variety of tasks to help grow our organization. This is a great way to give back to our organization as we continue to expand our reach and educate the public about OCD. Opportunities exist to assist with the annual conference, the virtual walk, general outreach, social media and more!

If you are interested in learning more about volunteering opportunities please contact us at OCDNJmail@gmail.com



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:

[Professional Directory »](#)



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:

[Support Groups »](#)