

Winter 2022 Newsletter



New Jersey
IOCDF affiliate



Reid Wilson, Ph.D.

OCD New Jersey 2022 Annual Virtual Conference

Date: Sunday March 27, 2022

[Click here to register!](#)

Dr. Reid Wilson will be presenting on "Playing against OCD: Strategies for the 6-Moment Game" at our Virtual Conference. Additionally, the conference will feature the popular "Living with OCD" Panel.



Ina Spero 1933-2022

Ina Spero, the original President and founding member of OCD New Jersey, passed away in late January. Ina and her husband, Julian Spero, served as the President and Treasurer respectively on the Board of Directors at OCD New Jersey since they, together with Dr Allen Weg, co-founded the affiliate back in 1998. Ina and Julian made a great pair. Ina was always the fast talker, a deal maker, a mover and shaker, and Julian was always her faithful sidekick, the proverbial man behind the woman. She was without a doubt the engine behind our organization for over 15 years. From making all the arrangements for our quarterly presenters and our annual conferences, to getting our quarterly newsletters out and securing our advertisers, to responding to our hotline calls 8 hours every day, she and Julian did it all. And they were fun! No one would miss a board meeting hosted by Ina, who lavished an amazing brunch upon all who showed up.

To start at the beginning, Ina met Julian at a Jewish Community Center , married in 1956 and bought a home in Queens, New York. The couple also bought a furniture business in Staten Island, which they ran for 35 years. Ina not only helped run the place, but served as a model for their advertisements. They set about settling down and raising a couple of kids, and worked hard all their lives.

Ina and her husband were world travelers, having visited all over the US, including Hawaii and Puerto Rico, and about 32 countries, including Morocco and China.

Besides her love of gardening, and her dedication to her family and their business, Ina's other major passion was OCD New Jersey, the NJ affiliate of the International OCD Foundation. In 2013, the IOCDF awarded her and Julian the "Patricia Perkins Outstanding Service Award."

New Jersey has been one of the oldest and most active OCD Affiliates around. We only hope that the inspiration and momentum provided by Ina will allow us to keep her dream alive, of having a vibrant and active representation of the OCD community in the great state of New Jersey.



Join us for our 1 Million Steps 4 OCD Walk in June! Date, location and registration information coming soon.



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 »](#)