



Newsletter

OBSESSIVE COMPULSIVE FOUNDATION

Every Meeting is a Learning Experience

DR. NANCY SOLEYMANI SPEAKS ABOUT OC SPECTRUM DISORDERS

At our last quarterly meeting on September 10, our guest speaker was Nancy Soleymani of the Bio - Behavioral Institute in Long Island, New York. Dr. Soleymani presented on OC Spectrum Disorders, a series of disorders which are related to OCD, and include the diagnoses of Body Dysmorphic Disorder (BDD), Hypochondriasis, Trichotillomania, Eating Disorders, Tourette's Syndrome, and Self- Mutilation.

Dr. Soleymani reviewed the widely used treatment protocols for these disorders. These include Cognitive Therapy, which teaches clients how to critically analyze their "self-talk" and develop alternative internal dialogues which do not fuel their anxiety and obsessive thinking, as well as the Behavior Therapy intervention of Exposure with Response Prevention (ERP). In addition, Dr. Soleymani emphasized the importance of Medication, Education, Family Interventions, and Support Groups as other important components to this treatment protocol.

When discussing specifically BDD, a disorder in which there is a distorted perception that a certain body part is somehow flawed ("My nose is too big...my eyes are not even....my skin is all blotchy"), the treatment described focused on the use of medication, cognitive therapy to help confront the client that what s/he thinks about themselves is not how others view them, and ERP for the compulsive behavior. These compulsions include excessive mirror checking or, by contrast, mirror avoidance, reassurance seeking, excessive grooming, avoidance of others, compulsive skin picking, or consultation with multiple medical professionals.

Dr. Soleymani also spoke at length specifically about Trichotillomania, or "Compulsive Hair Pulling." She emphasized the use of the behavioral technique called Habit Reversal Training, or HRT. HRT involves a series of skills used together to help control or even eliminate the compulsive behavior. These skills include self-monitoring, relaxation training, positive self talk, competing response training, and exposure.

The presentation, which was held at our new venue at University Behavioral Health on the Rutgers University campus in Piscataway, was well attended and very well received by all who came. Our thanks to Dr. Soleymani for making the big trek out from Long Island to come speak with us!

If you missed the meeting and would like to see and hear what Dr. Soleymani had to say, remember that you can always order a video of it through NJ-OCF, just contact Ina Spero.

LOCATION REMINDER FOR OUR LAST MEETING OF 2001!

The last quarterly meeting of 2001, will be held on **Monday evening, December 10, at 7:00PM, in our new location.** The location is: **University Behavioral Healthcare Center (UBHC), Room D205 on the Rutgers University Busch Campus in Piscataway, New Jersey.** The actual address is **671 Hoes Lane.** Directions are inside!!!

DR. ALLEN WEG TO SPEAK AT NEXT QUARTERLY MEETING

Our next meeting will be held once again at our new venue at University Behavioral Health on the Rutgers University campus in Piscataway. It will be on Monday evening, December 10, at 7 PM. See the accompanying article for directions and specifics.

Allen Weg, EdD, will be presenting on "Panic and OCD." While people with Panic Disorder may be obsessive and have compulsions, and people with OCD may get panic attacks, these are two very different disorders. Understanding the differences between these separate diagnoses, and the implications for treatment, will be reviewed in this presentation. Dr. Weg presented this topic at the National OC Foundation meeting in Chicago in the summer of 2000, and it was extremely well received, so don't miss out on this one!

Dr. Weg is founder and director of Stress and Anxiety Services of New Jersey, an independent practice on the border of Milltown and East Brunswick, New Jersey. He has over the years treated scores of individuals and run many groups for the treatment of Panic Disorder, Agoraphobia, Specific Phobias, Social Phobia, Obsessive Compulsive Disorder, and Generalized Anxiety Disorder. He has since 1991 served as a clinical field supervisor for the Psychological Clinic at Rutgers University, where he supervises graduate students in the Graduate School of Applied and Professional Psychology and Rutgers Ph.D. program. Dr. Weg has presented on the topics of the treatment of anxiety disorders on dozens of occasions to multiple mental health organizations and treatment facilities, both locally and on the national level. Finally, Dr. Weg is, of course, also our Vice President, and one of the founding members and member of the Board of Directors of NJ- OCF.

PRESIDENT'S MESSAGE

I am delighted to inform everyone that our Second Annual Conference held on September 23, 2001, was a huge success. It was attended by 154 people, comprised of those with illness (all ages), their significant others, family, and health care professionals. Our Evaluation Forms included the following accolades: Fantastic, Great, Enlightening, Wonderful, Stupendous!!

My sincere thanks to Dr. Fred Penzel for his illuminating discourse "Living With Someone with OCD, In or Out of Treatment."

We had an OCD Kids Panel, with kids ranging in ages from 8 through 17 years old, who added humor and pathos to the day. We heartedly applaud our panelists, Dana, Steve, Jordon, Lindsey, Chris C., Kelly, Chris Z., and Scott.

Thank you to our volunteers of the day: Bev Roberts, Nicole Torella, Barbara Nicholls, Harriet Thaler, and Nadine Brechner for making everything run very smoothly.

I hope you all will attend our Annual Conference next year, but until then, I hope to see you at our December 10, 2001, meeting.

REMINDER!!!

NEED A HOLIDAY GIFT?

**ENTERTAINMENT BOOKS
ARE THE ANSWER!**

**ON SALE AT THE NEXT
MEETING!**

CONTACTS

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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 Central 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 publications, are welcome.

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
Jeanne Yarrow - Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor

A Call For Articles- Please Contribute!

As we begin our third year as an affiliate, I am finding that, while I am so very excited and proud about the many things that we have accomplished as a fledgling organization, and am greatly anticipating so many other activities and accomplishments yet to come, I remain very frustrated in one area of our work- member participation.

It is wonderful that close to fifty people attend each of our quarterly meetings, and that a few members have given of their time to help out at such functions as the First Annual Conference last September and manning the NJA-OCF information booth at the New Jersey Psychological Association last November. As you have read yourselves, some wonderful articles have also been written by members and published in this newsletter every quarter.

But we need much more participation. This is YOUR organization. How much more wonderful it would be, how much more we could offer, if we had more people volunteer to help out!

Where to start? How about right here! We never get as many articles for the newsletter as we would like. We want to open up this invitation to EVERYBODY: adults and children, sufferers and friends/family members, professionals and lay people. Contributions can take the form of testimonials, short stories, poems, artwork- anything, as long as it is related to living with and/or understanding OCD. You need not sign your name to the contribution if anonymity is a concern. Our circulation is now over ONE THOUSAND! Surely, many of you have so much to say, so much that you can contribute, to share of yourselves and/or your experience and knowledge. Has something in a past newsletter given you cause to think? Are you angry or frustrated with your insurance coverage for mental health treatment? Are you at a loss as to how to respond to a family member or loved one who is an OCD sufferer? Are you a mental health professional with some insight or helpful ideas? There are SO MANY issues to bring up!

So right now, as you are reviewing this quarter's newsletter, make a resolution- take the challenge and write something for the next newsletter. A review of an article or book, comments on something you read in this newsletter, your experience at one of our meetings or a support group, dealing with OCD in your life, anything relevant will be accepted! Remember- spelling and grammar are not our concerns- just sincere sharing. Don't wait for someone else to be the one who becomes proactive!

Writing, especially in a public forum like our newsletter, can often be a very therapeutic endeavor. So please consider this challenge. But don't consider it too long- the deadline for the next newsletter is just a few weeks away!!!

- Allen H. Weg, EdD

READERS COMMENTS

A Response to a Previous Article

This letter is in response to the "K's Mom" letter in the Fall 2001 Volume No. 3 issue of the OCF Newsletter.

Dear K's Mom:

My name is Matt and I have OCD. I am 21 years old and have let OCD control the past 20 years of my life. I guess I am what you would label as a "Checker" or "Mental Compulsions" type OCD. I speak from experience when I say the only thing harder than dealing with OCD is admitting to yourself that you have OCD and that you need help. OCD is no different than alcoholism, drug addiction, or compulsive gambling-all of these require self-admittance of a problem before recovery can begin. I lived and suffered with OCD for 20 years before reaching out for help. I knew I had OCD by about age 15 with the help of my mother hearing something about OCD on some evening news magazine show. She always knew I was overly neat, clean, and compulsive about schoolwork. It had become a hindrance, and she knew I needed help. I read some books about it and became somewhat educated about the disease, however, I declined therapy when she offered the option to me. I was too proud and too ashamed to admit I had this "stupid mental disorder" as I put it. Well, this past year my OCD lased out like never before and culminated in an emotional-mental breakdown on my part. When I hit rock bottom I realized I needed to get help. I was contemplating dropping out of college because of my mental state. Well, I started behavioral exposure therapy and was placed on a mild dosage of Prozac. I am much better than earlier this year, but this whole horrific episode showed me that I had a problem, but with proper care it can be managed quite effectively. I enjoy everyday now and relish in the fact that I am living simply, doing one thing at a time. I realize how different

life is, without the dread of waking up knowing you have to perform 24 hours worth of rituals.

My suggestion to you is not to force your son to attend therapy sessions. He has to admit to himself (that is the toughest customer to sell) that he needs help. Step two is going out and starting behavioral-exposure based therapy sessions and getting a doctor's consultation on medication possibilities. He will learn to live with the anxiety that trouble him now without resorting to his self-mutilation rituals-for that is only a temporary relief and part of the viscous cycle that is OCD. Not everyone has to hit an emotional "bottom" like I did, but we all need to realize we have a problem and need help. There is nothing wrong with getting help and bettering your life. I commend you on being there for your son and supporting him while trying to get him into treatment. Just be patient, eventually the OCD will be too much for him to handle and he will come to you for help and realize that the "weirdo" doctors know what they are talking about. Please, keep letting him know that he can attend therapy whenever he wants to, but make him sign a contract to follow through with the complete therapy package when he decides to get help. He owes it to himself and nobody else. I thank God everyday for showing me to the path of liberation and giving me the strength to fight OCD every day, one day at a time. I continue attending support groups as well as engaging in "maintenance" therapy sessions for preventive measures. Good luck and I wish you and your son the very best.

Regards,
Matt

LETTER TO THE PRESIDENT

Thursday, August 23, 2001

Dear Ina,

A few months ago I was a frantic mother calling for help for her twenty year old son. You were most helpful and responded by giving a list of therapists at my request. You also sent to me the OCF newsletter for summer 2001. I am very appreciative of your help. Enclosed you will find a donation of \$50.00 for the foundation. I would greatly appreciate receiving your newsletter. If there is an additional fee for this service, please let me know.

Once again, thank your for your help.

Sincerely,
An Appreciative Consumer

Dear Appreciative Consumer,

On behalf of the New Jersey OC Foundation, we thank you for your generous contribution. It is always wonderful to hear that we have made a difference in someone's life, and we greatly appreciate the feedback.

I would like to encourage any other of our readers who have gained something from one of our meetings, conferences, video-tapes, or information from our website or newsletter, to please write to us so we can share your experience with everyone else via this newsletter.

Sincerely,
Ina Spero, President

NJ-OCF extends condolences to all who lost loved ones and all whose lives have been irrevocably altered by the events of September 11.

We celebrate the solidarity and humanity that have emerged, the cohesiveness, kindness, and the outpouring of generosity that will help us all heal.

- Board of Directors

PHOTOS FROM THE SECOND ANNUAL NJOCF CONFERENCE SEPTEMBER 23, 2001

A Special "Thank You" to Pfizer Pharmaceuticals for sponsoring our Annual Conference and for generously contributing a grant to our affiliate chapter of the national OC Foundation.

On September 23, 2001, the New Jersey Affiliate of the Obsessive Compulsive Foundation held its Second Annual Conference at the Somerset Marriot, in Somerset, New Jersey. Fred Penzel, PhD, was the guest speaker and presented, "Living with Someone with OCD, Who is In or Out of Treatment". He also held a book signing of his newest release on Obsessive Compulsive Disorder. Below are photos from the event...



*Pictured above is Dr. Fred Penzel with the NJAOCF Officers.
Left to right are: Julian Spero, NJAOCF Treasurer; Dr. Fred Penzel;
Ina Spero, NJAOCF President; Dr. Allen Weg, NJAOCF Vice President;
and Jeanne Yarrow, NJAOCF Secretary*



Pictured above is Dr. Fred Penzel (left) and Dr. Allen Weg (right) showing off the NJAOCF sign at the conference.

HERE'S HOW YOU CAN VOLUNTEER...

Pictured below are dedicated volunteers who helped "man" the NJA-OCF booth at the New Jersey Psychological Association Semi-Annual Conference held on October 20, 2001. Thanks for your time and support!



Pictured above are Liz Cummings, Ina Spero, and Julian Spero at the conference.

Website Update

The website name has changed- it is now www.NJOCF.org (we dropped the "A"). Most of this newsletter will be posted at the site, as is the previous newsletter. You can also find information about the upcoming NJ Associate annual conference, videos for sale, and general information about the organization. A chat room is now operational, and you can email us from the website.

KID'S CORNER

I had wanted at first to write an individual "thank you" letter to each of the eight wonderful kids who took part in the Kids Panel during our Annual Conference on September 23, but then decided that I wanted to share my feelings about the panel with ALL our OCF friends. I therefore am writing a letter to the panel members here, in the Newsletter, so that you may all also hear what it is that I have to say. If you missed the OC Kids Panel at the Annual Conference- or even if you want to cherish the experience again, please remember that you can order a videotape copy of the Kids Panel by contacting Ina Spero at 732-828-0099.
- Allen H. Weg, EdD

Dear Kids Panel Members,

I am writing to all of you here, through the Newsletter, to congratulate you on a job well done. Jordan, Chris, Kelly, Dana, Lindsey, Chris, Steven, and Scott- you all went way past my greatest expectations to provide all the attendees with a wonderful and educational experience. As I watched the audience listen to the eight of you speak, I saw them laughing hysterically one minute at your witty comments and amusing anecdotes, while the next minute they were wiping away tears of sadness as they empathized with the pain that you so eloquently shared with us all.

While no doubt this experience was important for each of you in terms of your own coming to terms with your OCD, and was in fact part of your therapy and recovery, an even greater value of the Kids Panel is that which has and will continue to be gained by others. Everyone at that conference, professionals and nonprofessionals alike, walked away with a much greater understanding of what it is like to be a kid with OCD. In addition, the videotapes, which will be made available to the public, will help other mental health professionals and other family members, as well as educators and other people who may be interested, to be more sensitive to your struggles and issues, and help them to better understand how to respond.

Most importantly, for the child who has OCD and feels completely alone with his or her OCD, for the child who feels crazy, ashamed, or guilty because of this disorder, you have given them a way to see that other kids, bright, attractive, "normal" kids, can have OCD. They will learn that they are not alone, and that people can get better if they ask for help. They will learn that sharing about their pain, and laughing at their predicament, can be a great healing process. You have given them a sense of community and sense of hope. You have given more than you realize. On behalf of everyone at NJ-OCF, thank you so very much for your courage and your caring.

AUNT MOLLY'S COOKIES- A LESSON IN HOARDING

by Allen H. Weg, EdD

I used to have an aunt, Aunt Molly. She was my mother's much older sister, and was born and raised in Eastern Europe in the early 1900s. She was a wonderful cook, but more than anything, she loved to bake. Her favorite, and everyone else's, was her apple cookies.

I remember, when we would visit her house, she would make this elaborate meal, and, completely stuffed, we would sit at the table after dinner, hardly able to breathe. She would then come out, after already having served at least one or two significant deserts as part of the main meal, carrying a big tray of her famous cookies. Her favorite line was, "Just try one! One couldn't hurt now, could it?" And of course, she was right, one couldn't hurt, and so we usually indulged. However, if you grabbed that first cookie too quickly and she noticed, you can be sure that as you were finishing it, she would again say, "Have another! One more couldn't hurt now, could it?"

No matter how many cookies you had, if you hadn't pleaded with her, "No more! I can't take another bite!" on the previous cookie, you could bet that upon your finishing that cookie, she would hand you her "couldn't hurt" line again, prodding you to take yet an additional one. Most of us learned that we should make her work to get us to eat that first cookie, and then she wouldn't push so hard to get us to eat another one.

The interesting thing about Aunt Molly and her "couldn't hurt" line was that she was absolutely right. Whether you protest that you are too full, or that you are trying to watch your weight, or cut down on sugar, one cookie really DOESN'T make that much of a difference. And if THAT'S true, well then, the same argument would hold for yet another cookie- it, too would not make a difference in and of itself. And for every individual cookie that you were presented, the argument continues to stand strong- this one cookie would not make much of a difference regarding your sugar or caloric intake or about how filling it was in the big scheme of things.

Yes, Aunt Molly was right, when you looked at her argument one cookie at a time. But when you looked at the series of cookies that she was trying to get you to ingest, well, the argument just didn't hold up as well. Four or five cookies DOES make a difference, even if each one individually really doesn't. And a dozen cookies, well, it's even clearer there that they make a difference. Therefore, for those who having a problem watching their weight, or who are already very full, or who need to watch their sugar intake, they need to pay attention to the big picture, and guard against looking at just the next mouthful. This is because the next mouthful is not just the next mouthful. It is the next mouthful in a series of mouthfuls, and there comes a time in that series when you've overeaten.

The Obsessive Compulsive ritual of the Hoarder thinks like Aunt Molly. I am working with a hoarder right now, let's call her Sally. Sally's house is full of stuff- all kinds of stuff- from the floor to almost the ceiling. ALL of her house is like this. The plumbing broke several years ago, and she dare not let a plumber in the house lest he see the mess, and so she has not had running water for quite some time. She has no heat in her

house. She belongs to an athletic club and takes her showers there. She stays at a relative's when it just gets too cold. And because she hasn't been able to climb into her kitchen for the last several years, she eats out all the time. Sally's husband had left her long ago because of this problem, and she is also estranged from her adult daughter. Sally has a big problem, and she knows it.

The first few times I went to Sally's house to do some Exposure work and help her to get rid of some stuff, we focused on the garage. When you opened up the garage door, you were faced with a wall of junk. Sally was not ready to have large amounts of the rubbish removed at once, and so we began by sifting through the stuff one item at a time. Her remarks were very typical of someone with her problem. "This book," she would say to me, "is from the same series of books that I used to read as a child- it has great memories for me- I can't part with it." And so we would keep that one. One item couldn't hurt, anyway.

"This, now this is an old toy- sure, it's broken, but I am sure that some poor child somewhere would appreciate it." Couldn't argue with her there. Besides, it's just one item- what's the harm in her keeping just that one thing? "Oh, and this, this is a statue- isn't it beautiful? How can I throw away a perfectly good statue?" Makes sense to me- let's stick that in the "keep" pile

Now, you can do this all day, and everything would end up in the "keep" pile. The error is that you can't have a rational debate about any one item, because the OCD will ALWAYS win. Why? Because for nearly everything that isn't completely rotten or rusted, ripped to shreds or completely soiled (and sometimes even for THOSE things), the OCD can make an almost logical and rational argument as to why it makes sense to keep that one thing. It's just like Aunt Molly's cookies. One more couldn't hurt.

The trick is to not argue one item at a time. My response to Sally's comments are something along the line of, "You know, you're right- when we look at this thing alone, it DOES make sense to keep it- you never know that it can't be used in the way you say." And then I turn her towards the garage, so that she can see the big pile, and say, "But every one of those items has a story, a reason for NOT throwing it out. This is not about the value of these items. This is about having OCD, and fighting back. Do you or don't you want this garage cleaned out- do you or don't you want to have your life back?"

In this way, I keep the focus away from the individual items, and on the big picture- the dozen cookies, not one cookie at a time. When you see each piece as just a part of the whole, it makes it just a bit easier to say- "I can't keep this." Is it possible that someone else could make use of it, or that someday you may find a use for it? Damn straight! DON'T argue with the OCD. Label it, and challenge it, and keep your focus on the big picture.

-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.

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 9-11-00 \$12.00 _____

"Families and OCD: How to Coexist,"
Elna Yadin, PhD 12-11-00 \$12.00 _____

"Flying Towards the Darkness"-
NJAOCF First Annual Conference:
Parts 1 & 2 discount \$20.00 _____
(add shipping costs for 2 tapes)

"Flying Towards the Darkness"- Part 1 only :
Allen H. Weg, EdD
NJAOCF 1st Annual Conference, 9-17-00 \$12.00 _____

"Flying Towards the Darkness"- Part 2 only :
The OCD Panel
NJAOCF 1st Annual Conference, 9-17-00 \$12.00 _____

"Generalized Anxiety Disorder and OCD"
David Raush, PhD, 6-11-01 \$12.00 _____

"OCD Spectrum Disorders"
Nancy Soleymani, PhD, 9-10-01 \$12.00 _____

"Living With Someone With OCD..."
Fred Penzel, PhD
Part I- NJAOCF 2nd Annual Conference, 9-23-01 \$12.00 _____

"The OCD Kids Panel"
Part II- NJAOCF 2nd Annual Conference, 9-23-01 \$12.00 _____

NJAOCF- 2nd Annual Conference, 9-23-01 \$20.00 _____
Parts I and II

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

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Send check or money order (sorry, no credit cards accepted yet!)
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Somerset, New Jersey 08873-2951

Questions? Phone Ina Spero at 732-828-0099

A Great Holiday Gift!!!

2002 ENTERTAINMENT BOOKS ON SALE NOW!

The NJAOCF is now taking orders for the new 2002 Entertainment Book, which makes the perfect holiday gift. You will save with "Two-for-one" and 50% off discounts at hundreds of great names you know in your area.

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NORTH JERSEY #93 - \$30

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

CENTRAL NEW JERSEY #48 - \$30

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

CENTRAL NEW JERSEY #94 - \$30

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

SOUTH JERSEY #76 - \$30

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

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 at least a couple of 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.

NEW OCA (OBSESSIVE COMPULSIVE ANONYMOUS) GROUP STARTING UP

NEW LOCATION FOR NEXT QUARTERLY MEETING!!!

Our next quarterly meeting, which will take place on **Monday evening, December 10, at 7:00PM, will take place at a new location.**

The location is: **University Behavioral Healthcare Center (UBHC), Room D205 on the Rutgers University Busch Campus in Piscataway, New Jersey.** The actual address is **671 Hoes Lane.**

From the South Via the New Jersey Turnpike:

Take exit 9- New Brunswick/Rutgers University to Route 18 North. Follow past New Brunswick, and across the Raritan River. As you cross the bridge, stay in the left lane to make a left onto River Road. Go ½ mile to second light, and turn right onto Hoes Lane. Follow directions from Hoes Lane below.

From Route 1, traveling North or South:

Take Route 1 to Route 18 North, follow directions above.

From Route 130, traveling from the

South: Take Route 130 North to Route 1 North- follow directions above.

From the Garden State Parkway North and South, and from the north taking the NJ Turnpike:

Take the GSP North to exit 127, or GSP South to exit 129, and get off for I-287 North. Or, take the New Jersey Turnpike,

traveling South to exit 10 and get off for I-287 North. Take I-287 North to the Bound Brook/Highland Park Exit, turn left at the end of the exit onto River Road. At the third traffic light (about 3 miles), turn left onto Hoes Lane. Follow Hoes Lane directions below.

From 287 Northbound:

From the Bound Brook/Highland Park Exit, turn left at the end of the exit onto River Road. At the third traffic light (about 3 miles), turn left onto Hoes Lane. Follow Hoes Lane directions below.

From 287 Southbound:

From exit 9, Bound Brook/Highland Park exit, turn right onto River Road. At the third traffic light (about 3 miles) turn left onto Hoes Lane. Follow directions for Hoes Lane below.

From Hoes Lane:

Go about a mile to a sign for UMDNJ: a short distance later is a sign for Robert Wood Johnson Medical School. Continue about 500 feet more. UBHC will be on your right, but turn left and enter Parking Lot B. Walk back across the street to UBHC, pass the small glass door entrances, and proceed to the main double glass door entrance; ask the receptionist how to get to Room D205.

A new OCA support group is trying to get enough interested OCD sufferers to start having regular meetings. These meetings would take place on Wednesday evenings at the Educational Hall of Prince of Peace Church on Aldrich Road in Howell, New Jersey. The contact person is Ron Lorenzo, and he can be reached at 732-942-6584. He says that he needs only five people interested, and then the group is on, so if you live in the area and want to help make this happen, please contact Ron at your earliest convenience!

LIVE NEAR ASBURY PARK? READ BELOW!

A woman in Asbury Park is interested in starting a new OCA support group. Her name is Amy and she is trying to gather enough interested OCD sufferers to start having regular meetings. If you are interested in joining Amy in establishing a support group in the Asbury Park area, please call (732) 897-9114 any day between 6:00 p.m. and 9:00 p.m.

