

Dr. Milton Spett Discusses "Beyond ERP" in the Treatment of OCD

By *Jamie Solomon-Charney, Psy.D.*

Next Quarterly Meeting- September 12, 2005

The June 13th quarterly meeting of the New Jersey Obsessive Compulsive Foundation afforded all in attendance the opportunity to learn of various cognitive techniques in the treatment of Obsessive Compulsive Disorder. The meeting's presenter, Milton Spett, Ph.D., is the cofounder of the New Jersey Association of Cognitive-Behavioral Therapists (www.nj-act.org) and is a licensed psychologist in independent practice in Cranford, NJ. He has published many articles in various professional journals.

Dr. Spett's informative presentation commenced with a brief explanation of Exposure/Response Prevention Therapy (ERP). According to Dr. Spett, exposure refers to exposing one's self to situations that evoke obsessions and anxiety, while response prevention is the process of preventing one's self from engaging in anything that would counteract the anxiety or obsessive worry. Essentially, in utilizing ERP, one must "Experience obsessions, but don't do anything about it. Wait for the anxiety to pass by itself." Dr. Spett emphasized the importance of keeping records during Exposure/Response Prevention exercises, explaining that records serve to increase the frequency and duration of the exercises and can help one to see previous progress made when experiencing a setback.

Cognitive techniques, according to Dr. Spett, can often improve the effect of the Exposure/Response Prevention exercises. Dr. Spett stressed the importance of viewing obsessions as positive rather than negative. Obsessions can be perceived as opportunities to challenge one's OCD, by tolerating the anxiety and preventing performance of compulsions. In addition, it is helpful to externalize the OCD by considering it be an "alien force that is trying to control you", while perceiving yourself as a stronger force that is able to resist its demands. Further, it is important to remember that OCD is a disorder that waxes and wanes. When experiencing a setback, do not get discouraged and give in to the tendency to think "I am right back where I started." Instead, keep fighting your OCD, reminding yourself that improvement is slow and includes many setbacks.

Dr. Spett also shared cognitive strategies that may be effective when working specifically with individuals that experience harm obsessions. According to Dr. Spett, 80% of the general population experience thoughts of harming themselves or others. However, these thoughts tend to be fleeting in most people without Obsessive Compulsive Disorder.

Our next meeting will feature Jessica Page, Psy.D. Dr. Page is a licensed psychologist who specializes in the treatment of OCD. She works as a therapist on a treatment study of OCD at the New York State Psychiatric Institute under the direction of Dr. Edna Foa and Dr. Michael Liebowitz. In addition, she maintains a private practice in Manhattan where she treats patients with mood disorders and anxiety disorders in addition to OCD.

Dr. Page, who spoke at one of our previous quarterly meetings several years ago on the brain biology of OCD, will be presenting, "Incorporating Mindfulness into Treatment of OCD" at our next meeting. She was very well received the last time she spoke for us, and is a very thorough and organized presenter. Please come and join us- you won't be disappointed!

The meeting, is on Monday evening from 7-9 PM at Robert Wood Johnson Hospital in New Brunswick. The meeting and refreshments are free. Look for directions in the latter part of this newsletter. Keep in mind that the parking deck at RWJ is often crowded, so give yourselves a few extra minutes- also, please note that there is an overflow lot right next to the parking deck.

PRESIDENT'S MESSAGE



Hi Everyone!

As this summer season nears its' ending, we look forward to our Annual Conference, with delightful anticipation this September 25th. Back by POPULAR DEMAND, we are fortunate once again to have Dr. Fred Penzel as our keynote speaker. Kindly mark your calendars with the above date since I'm certain you do not want to miss his exceptional humorous and highly informative presentation. I'm looking forward to also greeting you all at our September Quarterly meeting September 12 and the Annual Conference as well.

President Ina Spero

**Thank You
to Everyone
who
continues to
support the
NJ OCF!**

NATIONAL OCD FOUNDATION CONTACTS

OCF
PO Box 9573
New Haven, CT 06535

Phone: (203) 401-2070
Fax: (203) 315-2196

E-mail: info@ocfoundation.org
Internet: www.ocfoundation.org

\$

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

\$

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.

NJ OCF 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.

NJ OCF OFFICERS

- Ina Spero - President
- Dr. Allen Weg - Vice President, Newsletter Editor
- Judy Cohen - Secretary
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The New Jersey Affiliate of the Obsessive Compulsive Foundation presents our Sixth Annual Conference...

“Potholes in the Road to Recovery: Why Treatment May Not Always Help” by Fred Penzel, Ph.D

plus
“Living with OCD” Panel
with children, parents, spouses, and those who deal with OCD every day

Sunday, September 25, 2005
Doubletree Hotel, Somerset, NJ

SCHEDULE

10:00 - 10:45	Registration, Brunch opens
10:45 - 11:00	Welcoming Remarks, NJ OCF Board of Directors
11:00 - 1:30	Dr. Penzel's Presentation (includes break time)
1:30 - 2:50	“Living with OCD” Panel, Dr. Allen H. Weg, Moderator
2:50 - 3:00	Closing Remarks, Ina Spero and Dr. Weg

OUR PRESENTER

The Sixth Annual NJOCF Conference and Brunch will take place at the Doubletree Somerset Executive Meeting Center at 200 Atrium Drive in Somerset, NJ from 10 AM to 3PM on Sunday, September 25th. Our main presenter will be Fred Penzel, Ph.D.

Dr. Fred Penzel, Executive Director of the Western Suffolk Psychological Services in Long Island, New York, is the only professional on the Scientific Advisory Boards of both the National OC Foundation and the Trichotillomania Learning Center. He is author of *Obsessive Compulsive Disorders: A Complete Guide to Getting Well and Staying Well*, as well as *The Hair Pulling Problem: A Complete Guide to Trichotillomania*. He is one of the leaders in the field of the clinical treatment of both OCD and Trichotillomania, and has also authored many articles on both topics. For those of you that heard him present at our second annual conference, you know that he is a very personable, informative, and dynamic speaker.

This program is designed for both professionals and non-professionals. During a full brunch, Dr. Penzel will present to us "Potholes in the Road to Recovery: Why Treatment May Not Always Help." In this presentation, Dr. Penzel will discuss some of the more common reasons why people may not succeed despite the fact that they are receiving treatment. These reasons may include factors arising within the person, the person's significant others, or the treatment itself. After his presentation, Dr. Penzel will address questions from the audience.

The second part of the program, entitled, "Living with OCD", will consist of a panel of children, parents, and spouses who will each briefly speak about their experience and then take questions from conference attendees. This will be moderated by Allen H. Weg, EdD, VP of NJ OCF.

CEH Credits for Social Workers and CEU Credits for Educators, pending approval of NJ State Board of Social Work Examiners and NJ Department of Education

REGISTRATION FORM

Advance Registration (before 9/15/05) - \$45

Late/On-Site Registration - \$55

CEU Credits - Advance Registration - \$55

CEU Credits - Late/On-Site Registration - \$65

CREDIT CARDS ARE NOT ACCEPTED

(Includes full brunch) (kosher meals available with advance registration only)
(No confirmation of registration will be sent)

Name _____

Organization _____

Address _____

City/State/Zip _____

Daytime phone: () _____

E-mail Address: _____

Mail checks payable to:

NJAOCF

101 Westfield Road, Fanwood, NJ 07023

Questions: Call Ina Spero (732) 828-0099

DIRECTIONS

Doubletree Hotel

200 Atrium Ave., Somerset, NJ 08873

Phone: (732) 469-2600

From Route 287 - Traveling North:

Take exit 10 (Rte. 527). Follow Route 527 North to the first traffic light and make a left onto Davidson Avenue. Then make a left onto Atrium Avenue.

From Route 287 - Traveling South:

Take exit 10 (Rte. 527). At the bottom of the exit ramp, get immediately into the left lane, and make a left hand turn. Once you have turned left, go straight (bearing to your right - 527 North) to the first traffic light, and make a left onto Davidson Avenue. Then make a left onto Atrium Avenue.

From NJ Turnpike:

Take Exit 10 to Route 287 North directions above.

From Garden State Parkway:

Take Exit 129 to Route 287 North directions above.

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2006 Entertainment Books will be available for purchase at our Sixth Annual Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

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

#48 - CENTRAL/MIDDLESEX - \$25

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

#94 - CENTRAL/MONMOUTH - \$25

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

Book #: _____ Quantity: _____ Book #: _____ Quantity: _____ Book #: _____ Quantity: _____

Include \$3.50 per book for shipping fee.

Total Enclosed: _____

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KIDS SUPPORT GROUP BEING FORMED IN BRIDGEWATER, NJ

When: Every 2nd Wednesday of the month from 7:00 to 8:30 p.m.

**Where: Richard Hall Community Mental Health Center
500 North Bridge Street, Bridgewater, NJ
Across from the Somerset County Library
Meet in Richard Hall Conference Room, First Floor**

Cost: FREE and no appointment necessary

For Information: E-mail ocdhelp4kids@yahoo.com

NJ OCF Newsletter Has a Subscription Fee!

After careful budget review, the NJ OCF has come to 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 2005 is \$5.00.

In order to continue receiving the newsletter, please either bring payment to the next 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 NJ OCF appreciate your continued support and interest in OCD.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

**Dr. Milton Spett Discusses "Beyond ERP"
in the Treatment of OCD**

By Jamie Solomon-Charney, Psy.D.

continued

Distinguishing thoughts from acts is important, as harm obsessions are not hurtful to others.

Cognitive and behavioral techniques are both important components in the treatment of Obsessive Compulsive Disorder. However, it is imperative that the treatment also address any comorbid psychological disorders that may be present. Disorders, such as Depression, may worsen and be worsened by OCD, according to Dr. Spett.

Successful treatment for Obsessive Compulsive Disorder is contingent on many factors. Dr. Spett suggested that it is helpful to have family members involved in the treatment process. They are able to serve as "assistants", who can provide encouragement and reminders to perform ERP exercises. Further, they can support the treatment by not accommodating a family member's Obsessive Compulsive symptoms. In addition, Dr. Spett spoke of the importance of integrating medication and therapy, when a patient is taking medication to reduce OCD symptoms. Dosages of medication should be enough to alleviate some discomfort and make ERP exercises easier to engage in, but not too much that they eliminate obsessions, anxiety and compulsive urges. Medication is only effective for the period of time that an individual is taking it. Therefore, it is beneficial for people with Obsessive Compulsive Disorder to experience enough anxiety to engage in psychological treatment so that they can learn how to make permanent reductions in their symptoms.

Dr. Spett's presentation provided valuable information on cognitive and behavioral strategies that are useful for professionals, as well as for OCD sufferers and their family members in the quest to challenge a disorder that often presents many obstacles. Dr. Spett may be reached at 908-276-3888 or visit his website at www.CranfordPsychology.com.

Dr. Jamie Solomon Charney is a New Jersey licensed psychologist at Stress and Anxiety Services of NJ in Milltown. She may be reached at 732-390-6694 x2.

**SAVE THE DATE!
FOR THE 2005 MEETINGS!**

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

FREE! FREE! FREE!

**September 12
December 12**

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!

***New Support Group for
Adolescents Being Formed***

My name is Laura and I am now 18 years old, but I was diagnosed with OCD when I was fourteen. My mom and I searched for support groups in the area but could not find a single one. I had been going to therapy, which helped a great deal, however, I was looking for support from kids my own age as well. I was told that OCD was not as uncommon and that I wasn't as abnormal as I once thought. I still felt pretty alone, however, and wanted to meet other people my age who were experiencing what I was. This is why I am putting together, with help from the New Jersey OCF, a support group for adolescents ages 13-19, with OCD. This is an opportunity for teens to share their stories with one another, support each other, and realize that they're not alone. Meetings will be held on Wednesdays at 3:00 p.m at the Hazelt Library. If you, or anyone you know that suffers from OCD, is interested please contact me at Jerseygrl16@hotmail.com or 908-461-5530.

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 NJ OCF to help create more of these groups. We at NJ OCF 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 732-390-6694.

SUPPORT GROUP IN 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.

SUPPORT GROUP TO BEGIN IN LIVINGSTON, NJ

Poonem Dutte is interested in starting a Support Group in the Livingston, NJ area. Anyone interested in attending her group, please call her at (973) 535-0826.

NEW OCA SUPPORT GROUP IN MATAWAN

There is a new OCA support group that meets in Matawan, New Jersey every Sunday of the month from 7:00 to 8:00 p.m. Meetings will be held at the First Presbyterian Church, Room 201, 883 State Highway 34 East and Franklin Street, Matawan, NJ. For information on this support group, please contact Matt C. at (732) 331-6494.

New Support Group In Princeton Area Looks For Participants

I would like to put together a support group for parents of children with OCD, one that would meet in the Princeton area. Interested parents should contact me at griffith@princeton.edu.

SUPPORT GROUP IN BOONTON

The support group that meets in Boonton, New Jersey will now be meeting on the second and fourth Wednesday of each month at 7:30 p.m. For information on this support group, the phone number has changed to (973) 827-6818.

NJ OCF 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 NJ OCF 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", NJ OCF 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- NJ OCF 2nd Annual Conference	\$15.00_____
"The OCD Kids Panel" Part II- NJ OCF 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 - NJ OCF 3rd Annual Conference	\$15.00_____
"The Parents Panel of Kids with OCD" Part II - NJ OCF 3rd Annual Conference	\$15.00_____
NJOCF - 3rd Annual Conference, Parts I and II	\$25.00_____
"Neurobiology of OCD," Dr. Jessice Page	\$15.00_____
"Getting Past Go", Dr. Allen H. Weg, EdD	\$15.00_____
"Hoarding", Dr. Dena Rabinowitz	\$15.00_____
"Improving Outcomes in Treatment for OCD", Deborah Roth Ledley, Ph.D	\$15.00_____
"Using Scripts to Counter the Voice of OCD", Jonathan Grayson, Ph.D Part I - NJOCF 5th Annual Conference	\$15.00_____
"Panel of Drs. Grayson, Springer, & Weg" Part II - NJ OCF 5th Annual Conference	\$15.00_____
NJOCF - 5th Annual Conference, Parts I and II	\$25.00_____

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

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 Questions? Call Ina Spero at 732-828-0099

Name _____

Address _____ City _____ State _____ Zip Code _____

DIRECTIONS TO OUR MEETING LOCATION!

Our next quarterly meeting, which will take place on *Monday evening, September 12, 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:

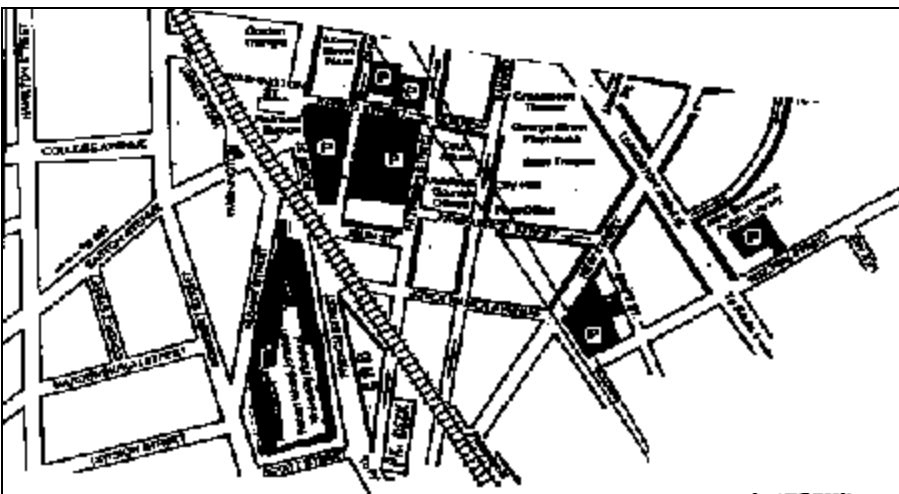
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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) 725-5595
Montclair	(973) 472-8215
Boonton Township	(973) 827-6818
Howell	(848) 702-5044
Matawan	(732) 331-6494
Pomona	(609) 266-3666

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