

Next Quarterly Meeting: OCD with a Focus on Hypochondriasis

“Let’s Drive to the Hospital and Sit for a While: Psychological and Medical Treatment of a Severely Hypochondriacal Patient.”

Mr. Robert Ackerman is a clinical social worker in private practice in Brooklyn, New York. He will be the speaker at our next quarterly meeting that will be held on Monday, September 11, 2006 at 7:00 p.m. at Robert Wood Johnson University Hospital in New Brunswick, NJ. He is a Clinical Assistant Professor of Psychiatry at SUNY Downstate Medical Center, Brooklyn. For more than twenty-five years, Mr. Ackerman has maintained an interest in the development and dissemination of specific treatment for people with disabling anxiety and somatoform disorders.

He is a graduate of the Hunter School of Social Work where he later taught about the treatment of anxiety disorders in the Post-Masters Program in Advanced Clinical Social Work. He has presented scores of papers at national meetings of the Anxiety Disorders Association of America, the Obsessive Compulsive Foundation, and the National Association of Social Workers. He is a regularly invited grand rounds speaker at area hospitals. Mr. Ackerman initiated and has chaired the clinical rounds section (Anxiety Disorder Rounds) at the ADAA National Conference for more than fifteen years.

His publications include articles and book chapters on innovative treatments and the interface of anxiety disorders with religion, culture, and gender.

Join us for an evening that will focus on an OCD topic that has never been addressed at one of our meetings!

Greenberg Presented "New and Experimental Pharmacological Treatments for OCD"

by Rachel Strohl, Psy.D.

Dr. William Greenberg spoke at the NJ Obsessive Compulsive Foundation quarterly meeting on June 12, 2006. He is currently the Director of the Outpatient Research Program at Nathan Kline Institute in Orangeburg, New York. Dr. Greenberg maintains a private practice in New Jersey and has a faculty appointment at New York University School of Medicine. He is the Past President of the New Jersey Psychiatric Association.

While Dr. Greenberg’s discussion focused on pharmacological treatments for Obsessive Compulsive Disorder (OCD), he mentioned that a "core piece" of the treatment involves Cognitive Behavioral Therapy (CBT), specifically Exposure and Response Prevention (ERP). The psychopharmacological treatment with the "clearest track record is medications." Dr. Greenberg proceeded to describe the advances in medications for OCD.

Initially, the "first clue of value" came from the tricyclic antidepressants (TCA’s), such as Anafranil. The selective serotonin reuptake inhibitors (SSRI’s) later became the first-choice medication treatment because they are easier to tolerate and have fewer side effects. The SSRI’s include Prozac, Celexa, Luvox, Paxil, Zoloft, and Lexapro. Dr. Greenberg estimates a 30% to 50% decrease in OCD symptoms, so while "it’s not a perfect treatment," it could improve a person’s quality of life.

He also discussed other classes of medications that are used to treat OCD. Benzodiazepines (e.g., Valium, Ativan) are good for acute cases of anxiety, and the newer atypical antipsychotics (e.g., Risperdal, Zyprexa) work as supplements with the SSRI’s or other medications. In regards to herbal treatments (e.g., St. John’s Wort, Omega 3 oils), there is "not a lot of strength with OCD."

Dr. Greenberg’s current research study is investigating whether glutamate,

an essential amino acid and stimulatory neurotransmitter, may contribute to OCD. Large amounts of glycine or placebo are added to participants’ current treatments in the 12 week, double-blind study to determine whether OCD symptoms might diminish. There are no results since the data is still being collected. Dr. Greenberg does not recommend individuals with OCD taking glycine on their own. There are no published results indicating effectiveness with OCD to date, although glycine has been used with other disorders. Other negatives of glycine include needing large doses over a period of time to cross the blood-brain barrier, and complaints about feeling queasy and disliking the taste.

The presentation concluded with a question and answer period in which Dr. Greenberg responded with thorough detail. The audience members appeared eager to ask Dr. Greenberg questions and learn about the new and experimental pharmacological treatments for OCD. DVD’s of this enlightening lecture are now available through NJOCF. Please visit the website at <http://www.njocf.org>.



Dr. Rachel Strohl is a temporary permit holder in the practice of psychology and conducts therapy under the supervision of Dr. Allen

Weg at Stress and Anxiety Services of NJ in East Brunswick. She may be reached at 732-390-6694 x3.

**JOIN US FOR THE
SEVENTH ANNUAL NJ
OCF CONFERENCE!
SEE PAGE 3 FOR
INFORMATION!**

PRESIDENT'S MESSAGE



I hope that everyone had an enjoyable and rewarding summer.

Our fall season begins with the Monday, September 11th meeting

followed on Sunday, October 15th with our Annual Conference. Please mark your calendars for these important dates. We have extremely interesting programs on the agenda which will certainly be of benefit to all who attend!

I am looking forward to seeing all of you at both sessions and please remember that these events are open to those of all ages in both the professional communities and the general public.

President Ina Spero

THANK YOU!

To Pepperidge Farm, Inc. for the donation of cookies for our meetings!

To All Subscribers of the NJ OCF newsletter who added additional donations to their annual subscribers fee and to those who are having their newsletter e-mailed to them!

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:

- To educate the public and professional communities about the disorder.
- To support individuals afflicted and their significant others.
- 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
Dr. Rachel Strohl - Recording Secretary
Julian Spero - Treasurer
Nicole Torella - Newsletter Editor
Steven I. Dyckman, M.D. - Advisory Board member

The New Jersey Affiliate of the Obsessive Compulsive Foundation
presents our Seventh Annual Conference...

***“Cognitive Behavioral Therapy for OCD
and Related Disorders Across the Developmental Spectrum”***
by Martin E. Franklin, Ph.D

plus
“Living with OCD” Panel, with those who deal with OCD every day

Sunday, October 15, 2006, 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. Franklin'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

Dr. Martin Franklin is an extremely accomplished author, researcher, and clinician. Some of his publications include scientific articles and book chapters on the treatment of adult and pediatric OCD, social phobia and trichotillomania. He was a member of the Expert Consensus Panel for Obsessive Compulsive Disorder that assisted with the development of treatment guidelines for adult and pediatric OCD. He has been a co-investigator and clinical supervisor on NIMH-funded randomized controlled trials in pediatric OCD, adult OCD, and social phobia, and the Principal Investigator of a recently completed NIMH-funded treatment development grant examining the efficacy of CBT for pediatric trichotillomania. Dr. Franklin is a Scientific Advisory Board Member and Chair of the Research Committee for the Trichotillomania Learning Center, a national organization devoted to disseminating information about trichotillomania and its treatment.

In addition he is an associate professor of clinical psychology in psychiatry and is the clinical director at the Center for the Treatment and Study of Anxiety at the University of Pennsylvania School of Medicine in Philadelphia, one of the world's premiere intensive outpatient OCD treatment centers.

This program is designed for both professionals and non-professionals. During a full brunch, Dr. Franklin will present "Cognitive Behavioral Therapy for OCD and Related Disorders Across the Developmental Spectrum." In this presentation, Dr. Franklin will focus on the application of behavioral interventions for children, adolescents, and adults with OCD, and will include some discussion of Habit Reversal Training (HRT) for youth with Trichotillomania and chronic tic disorders.

The second part of the program, entitled, “Living with OCD”, will consist of a panel of those affected by OCD, who will each briefly speak about their experience and then take questions from conference attendees. This will be moderated by Allen H. Weg, EdD, Vice President 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 10/1/06) - \$45
Late/On-Site Registration - \$55
CEU Credits - Advance Registration - \$55
CEU Credits - Late/On-Site Registration - \$65
Student Fee (with proper I.D.) - \$25

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.

2007 ENTERTAINMENT BOOKS ON SALE NOW!

The NJ OCF is now taking orders for the new 2007 Entertainment Book. You will save with **“Two-for-One”** and 50% off discounts at hundreds of great names you know in your area.

Restaurants	Travel	Shopping	Hotels
Attractions	Golf	Movies	Car Rentals

UP TO 50% SAVINGS on all the things you do!

“Entertainment” - The book that pays for itself!

2007 Entertainment Books will be available for purchase at our Seventh Annual Conference, but to purchase one right now, please contact Ina Spero at (732) 828-0099.

No matter where you live in NJ, there is an Entertainment Book just for you! They’re specifically designed to give you the most convenient opportunities to save on dining, sports, theater, movies, travel, and more -- right in your area.

#52 - NORTH/BERGEN - \$25

Bergen and Passaic Counties, the Hudson County and Waterfront, and surrounding areas.

#26 - NORTH/ESSEX - \$25

Essex, Hudson, and Union Counties, highlighting eastern Morris County and surrounding areas.

#93 - NORTH/MORRIS - \$25

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: _____

Name _____

Address _____

City _____ State _____ Zip Code _____

SUPPORT GROUPS BEING FORMED FOR KIDS!

IN HIGHLAND PARK, NJ

FOR CHILDREN AGES 6 - ADOLESCENT

Facilitated by Dr. Elizabeth Roberts

Dr. Elizabeth Roberts is a clinical neuropsychologist and psychotherapist. She earned her doctorate in clinical psychology from Hahnemann University in Philadelphia in 1987 and completed a postdoctoral fellowship in clinical neuropsychology from Hahnemann University Hospital in 1989. Dr. Roberts has a private practice in Highland Park, NJ in which she offers cognitive behavior therapy and neuropsychological evaluation for individuals with OCD, Tourette's syndrome, selective mutism, trichotillomania, autism spectrum disorders, social anxiety disorder, and others.

Her address is: 328 Dennison Street, Highland Park
For more information, please call: (732) 418-0707

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

Call: (908) 229-1367

**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 2006 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

However, if you would like to receive the newsletter by e-mail, please e-mail Nicole Torella at torellani@aol.com and you will receive a pdf file each time we produce the newsletter!

We at the NJ OCF appreciate your continued support and interest in OCD.

Name _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ E-mail _____

**Therapy Groups for
OCD
Panic Disorder
Social Phobia**

**Short-term, intensive learning,
change-focused experiences
led by Drs. Rachel Strohl and Allen H. Weg
Groups for Children as well as Adults**

Monday or Tuesday evenings in East Brunswick
Dates to be announced

**GO TO www.StressAndAnxiety.com
for more information**

**If interested, phone Dr. Strohl immediately
at 732-390-6694 x3
Or email us your information as instructed on our
website**

This is a paid advertisement

**SAVE THE DATE!
FOR THE 2006 MEETINGS!**

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

FREE! FREE! FREE!

**September 11
December 11**

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!

**NJ OCF Enters the
21st Century!**

NJ OCF is now offering a complete listing of
nearly all of the quarterly presentations and
annual conference presentations that our
organization has hosted over the last 6 years
on a DVD format. All our old videos have
been converted to DVD, and we are hoping
that this will better meet the needs of our
members, most of whom are moving more
towards DVD consumption. We also expect
that this change will quicken our "turn
around" time so that people will get their
orders more quickly.

Please review the listing of our offerings in
this newsletter, and at our website:
www.njocf.org!

ARTICLES WANTED!

**The NJ OCF is looking for people
to contribute articles to publish in
the quarterly newsletters!**

**Submissions can be made by
those who live with OCD daily,
members of their families, and
friends. In addition, articles from
industry professionals are also
always welcome! Articles should
be on topics related to OCD,
including stories of how behavior
therapy has helped you in your
life! Please e-mail articles for
consideration to Nicole Torella at
torellani@aol.com.**

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.

New Support Group for Adolescents

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 Hazlet Library. If you, or anyone you know that suffers from OCD, is interested please contact me at Jerseygr116@hotmail.com or 908-461-5530.

NEW SUPPORT GROUP BEING FORMED IN BRICK TOWNSHIP

The NJ OCF is pleased to announce that a member of the Howell meeting is starting a new group in Brick Township. The group meets every Friday evening from 8:00 p.m. to 9:30 p.m. at St. Paul's United Methodist Church, 714 Herbertsville Road, Room # 6, Brick, NJ 08724. For more information on the group, call John M. at (732) 691-3200. The group launched their first meeting on June 2nd, so if you live in the area and are looking for some OCD support, be sure to stop by and check it out!

**Starting a group?
Want it included here?
Call Ina at (732) 828-0099
and let her know the
details so it can be added
to the newsletter!**

PRINCETON GROUP WANTS 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 e-mail griffith@princeton.edu.

GROUP FORMING IN BASKING RIDGE

A new support group is in the process of being formed in Basking Ridge, NJ. For more information on this group, please call Carol Durso at (908) 350-3440.

SUPPORT GROUP IN BERGEN COUNTY

A new support group is forming in Bergen County and those of all ages are welcome to attend. For more information, call Evan Wechman at (845) 709-7065.

NJ OCF DVDS NOW AVAILABLE!
VIDEOTAPES - ON SALE BUY 1 GET 1 FREE!

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 now available in DVD format. We still have some videotapes available for purchase and they are on sale buy 1, get 1 free!

"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:_____

Send check or money order, made out CNJAOCF, and mail to: NJ OCF, 60 MacAfee Rd, Somerset, New Jersey 08873-2951
 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 11, 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:

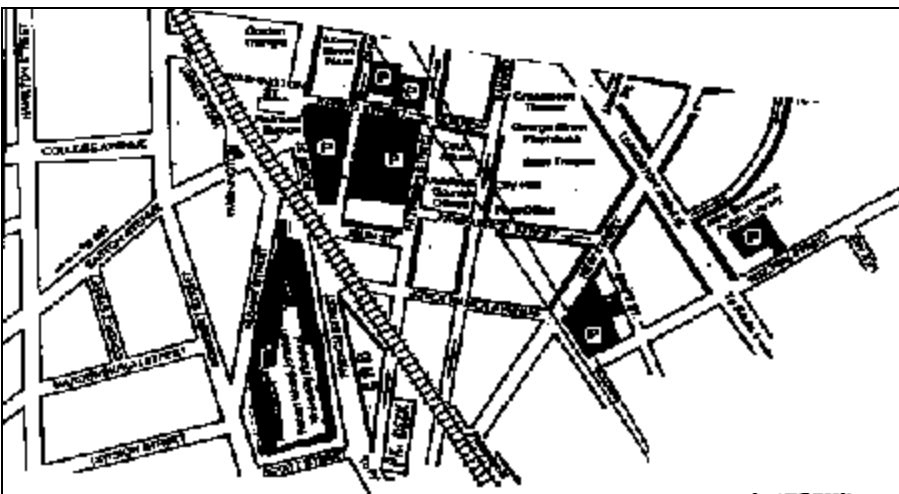
Take Exit #10 (formerly Exit #6) "Route 527/Easton Ave./New Brunswick" and continue on Easton Avenue for approximately 6 miles. Make a right onto Somerset Street. The hospital is on the right side and the NJ Cancer Institute is on the left side. Pass the Emergency Room entrance and the hospital's Parking 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
Boonton	(862) 268-6397
Brick	(732) 691-3200
Bridgewater	(908) 229-1367
Marlton	(856) 751-1957
Piscataway	(732) 445-5384
Somerville	(908) 725-5595
Montclair	(973) 472-8215
Howell	(848) 702-5044
Matawan	(732) 331-6494

NJ OCF
60 MacAfee Road
Somerset, New Jersey 08873-2951

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