

# NEVER say NEVER



*In the midst of the seemingly endless storm,  
look to the promise of the rainbow -  
the rain shall not prevail!*

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Fall 2015/Winter 2016

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## INSPIRATION FOR CHANGE

By Roberta Warren Slade

Those of us who live and struggle with Obsessive-Compulsive Disorder and its related spectrum disorders long for change. We want things to be different. We wish to have an existence free from the relentless fears, intrusive thoughts, paralyzing anxieties, and unwanted behaviors imposed upon us by OCD. We have talked at length in these pages about the various ways of mitigating the impact of OCD on our lives, from medication, to cognitive behavioral therapies like ERP, ACT, and DBT, to mindfulness, to support groups. Some of us have found some measure of success, but too many of us continue to suffer with no relief in sight.

As we begin another new year, how can we make 2016 different from the lost years of our past? The motivational writer and speaker Jack Canfield said "If you do what you've always done, you're going to get what you've always gotten." Wayne Dyer said "When you change the way you look at things, the things you look at change." Some people see these as meaningless platitudes. Others, myself included, find great inspiration in the words and experiences of others who have walked difficult or challenging paths, searched for answers, found solutions that changed their lives, and then chose to communicate their insights to others to help them change their lives. I'm not naïve (or gullible) enough to believe that any ONE guru has THE answer to solve all the world's ills. But with the combined wisdom of centuries of visionaries, and perhaps a few contemporary Internet wags and philosophers, perhaps we can develop a new model for personal change. In this issue of *Never Say Never*, we will look at some things—quotes, articles, poems, images, internet memes—that might inspire us to look at our lives through a different lens. Maybe we can find the strength to change our experience.

### **SPRING PROGRAM, 1:00 SATURDAY, APRIL 16, 2016**

Community Network Services (CNS) will present its award-winning, nationally recognized anti-stigma program, "Addressing Stigma." Together, we will explore the nature of stigma, separate the facts from the myths surrounding mental illness, learn the four types of stigma, and much more. See their website [www.cnsmi.org](http://www.cnsmi.org) for a description of the program.

Join us at Beaumont-Botsford Hospital in Farmington Hills for this important and timely program. See our website, [www.ocdmich.org](http://www.ocdmich.org), for flyer.

# THE OCD FOUNDATION OF MICHIGAN

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Livonia, MI 48151-6412

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Web: [www.ocdmich.org](http://www.ocdmich.org) \*

\* Thanks to Mark Fromm, President of Business Growth Today, Inc., for hosting our website.

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## **NEVER say NEVER**

is the quarterly newsletter of The OCD FOUNDATION OF MICHIGAN,  
a 501(c)(3) non-profit organization.

Please note that the information in this newsletter is not intended to provide treatment for OCD or its associated spectrum disorders. Appropriate treatment and advice should be obtained directly from a qualified and experienced doctor and/or mental health professional. The opinions expressed are those of the individual authors.

To submit articles or letters, write or e-mail the OCDFM at the above addresses.

## ***LIST OF SELF-HELP GROUPS***

### **ANN ARBOR:**

1<sup>st</sup> Thursday, 7-9 PM  
St. Joseph Mercy Hospital Ann Arbor  
Ellen Thompson Women's Health Center  
Classroom #3  
(in the Specialty Centers area)  
5320 Elliott Drive, Ypsilanti, MI  
Call Bobbie at (734) 522-8907 or (734) 652-8907  
E-mail [OCDmich@aol.com](mailto:OCDmich@aol.com)

### **DEARBORN:**

2<sup>nd</sup> Thursday, 7-9 PM  
First United Methodist Church  
22124 Garrison Street (at Mason)  
Call Bobbie at (734) 522-8907 or (734) 652-8907  
E-mail [OCDmich@aol.com](mailto:OCDmich@aol.com)

### **FARMINGTON HILLS:**

1<sup>st</sup> and 3<sup>rd</sup> Sundays, 1-3 PM  
Trichotillomania Support Group  
Beaumont Hospital Botsford Campus  
Administration & Education Center, Classroom C  
28050 Grand River Ave. (North of 8 Mile)  
Call Bobbie at (734) 522-8907 or (734) 652-8907  
E-mail [rslade9627@aol.com](mailto:rslade9627@aol.com)

### **GRAND RAPIDS:**

Old Firehouse #6  
312 Grandville SE  
Call the Anxiety Resource Center  
(616) 356-1614  
[www.anxietyresourcecenter.org](http://www.anxietyresourcecenter.org)

#### **Anxiety Disorders**

Meets every Wednesday, 4:30 to 5:30 pm and  
7 to 8:30 pm (two groups offered at this time to keep  
group size smaller)

A weekly support group open to anyone who has an  
anxiety problem (including trichotillomania and  
Obsessive-Compulsive Disorder).

#### **Teen Anxiety Disorders**

Meets every Wednesday, 5:45 to 7:00 pm  
(Please call ahead)  
A weekly support group open to teens aged 14-18  
who have an anxiety problem.

#### **Yoga**

Every Wednesday, 5:30 to 6:30 pm  
A gentle yoga class. No experience is necessary.  
Schedules do change, so please call ahead to reserve  
a spot.

#### **Open Creative Time**

1st Wednesday, 6:00 to 7:00 pm  
Take your mind off your worries by being creative.  
Bring a project to work on or enjoy supplies that are  
available at the ARC.

#### **Social Outing Groups**

Offered once a month.  
Dates and times change.  
Check the ARC website for current listings.

### **LANSING:**

3<sup>rd</sup> Monday, 7-8:30 PM  
Delta Presbyterian Church  
6100 W. Michigan  
Call Jon at (517) 485-6653

### **LAPEER:**

2<sup>nd</sup> Wednesday, 7:30 - 9 PM  
Meditation Self-Healing Center  
244 Law St. (Corner of Law & Cedar Streets)  
Call Mary at (810) 441-9822

### **PETOSKEY:**

2<sup>nd</sup> Tuesday, 7-9 PM  
The John & Marnie Demmer Wellness Pavilion  
820 Arlington Ave.  
Petoskey, MI 49770  
Call Kevin at (231) 838-9501  
E-mail [Runocd@gmail.com](mailto:Runocd@gmail.com)

### **ROYAL OAK:**

1<sup>st</sup> Wednesday, 7-9 PM  
Beaumont Hospital, Administration Building  
3601 W. Thirteen Mile Rd.  
Use Staff Entrance off 13 Mile Rd.  
Follow John R. Poole Drive to Administration Building  
Park in the South Parking Deck  
Meets in Private Dining Room  
(If the building is locked, press the Security button next  
to the door, tell them you are there for a meeting, and  
they will buzz you in.)  
Call Terry at (586) 790-8867  
E-mail [tmbrusoe@att.net](mailto:tmbrusoe@att.net)

# CAN WE BE STRONGER THAN OCD?

By Roberta Warren Slade

OCD is strong. It is powerful and overwhelming. It controls our lives with an iron fist. But is it really so omnipotent? Can we make choices in our lives that might render OCD smaller and weaker than it is? Can we change our point of view and thereby empower ourselves to defeat this enemy?

OCD is most overpowering when it integrates with the self. The sufferer cannot distinguish himself from the OCD, sees them as one and the same. But, as Jeffrey Schwartz says in *Brain Lock*, “It’s not me, it’s OCD.” We are **NOT** our OCD. Yes, the OCD is one product of our brains, but it is not the only one.

What if we could change that image? What if we made a conscious choice to see ourselves as the free and independent beings that we are. Then we could see OCD for what it really is—an interloper, an outside entity whose only agenda is to control our lives and cause us pain and anguish—and it will stop at nothing to accomplish its aim.

OCD knows how to control us and exploits our weaknesses through lies, deceit, and false messages. When we choose to see OCD as outside of ourselves, we can begin to talk to it, yell at it, challenge it, and tell it where to go. When you can say “OK, OCD, I see what you’re trying to do, and I’m not going to let you do it,” you begin to take back your control. “OCD, I understand you now, and I know not to believe you. I’m better than you, stronger than you. I will fight you because I deserve a life free of your torturous influence.” It’s a mind game, and the mind is a powerful instrument. The more we challenge the OCD, the more empowered we become, and this power grows exponentially each time we tap into it.

We **CAN** be stronger than OCD. We can believe in ourselves, trust ourselves, cast out our doubt, and reclaim our lives. We deserve nothing less.

# ELIZABETH GILBERT ON FEAR AND CREATIVITY

*Editor's Note: At our Fall Program on October 24th, 2015, one of our Panel Members, Advisory Board Member Dr. Jessica Harrell, began her talk with this marvelous excerpt from Elizabeth Gilbert's book **Big Magic**. I think it is the perfect metaphor for how we can view fear in our lives, to mindfully acknowledge its presence without yielding to its demands. (rws)*

## The Road Trip

Here's how I've learned to deal with my fear: I made a decision a long time ago that if I want creativity in my life—and I do—then I will have to make space for fear, too.

Plenty of space.

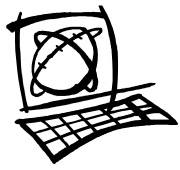
I decided that I would need to build an expansive enough interior life that my fear and my creativity could peacefully coexist, since it appeared that they would always be together. In fact, it seems to me that my fear and my creativity are basically conjoined twins—as evidenced by the fact that creativity cannot take a single step forward without fear marching right alongside it. Fear and creativity shared a womb, they were born at the same time, and they still share some vital organs. This is why we have to be careful of how we handle our fear—because I've noticed that when people try to kill off their fear, they often end up inadvertently murdering their creativity in the process.

So I don't try to kill off my fear. I don't go to war against it. Instead, I make all the space for it. Heaps of space. Every single day. I'm making space for fear right this moment. I allow my fear to live and breathe and stretch out its legs comfortably. It seems to me that the less I fight my fear, the less it fights back. If I can relax, fear relaxes, too. In fact, I cordially invite fear to come along with me everywhere I go. I even have a welcoming speech prepared for fear, which I deliver right before embarking upon any new project or big adventure. It goes something like this:

*"Dearest Fear: Creativity and I are about to go on a road trip together. I understand you'll be joining us, because you always do. I acknowledge that you believe you have an important job to do in my life, and that you take your job seriously. Apparently, your job is to induce complete panic whenever I'm about to do anything interesting—and, may I say, you are superb at your job. So by all means, keep doing your job, if you feel you must. But I will also be doing my job on this road trip, which is to work hard and stay focused. And Creativity will be doing its job, which is to remain stimulating and inspiring. There's plenty of room in this vehicle for all of us, so make yourself at home, but understand this: Creativity and I are the only ones who will be making any decisions along the way. I recognize and respect that you are part of this family, and so I'll never exclude you from our activities, but still—your suggestions will never be followed. You're allowed to have a seat, and you're allowed to have a voice, but you are not allowed to have a vote. You're not allowed to touch the road maps; you're not even allowed to suggest detours; you're not allowed to fiddle with the temperature. Dude, you're not even allowed to touch the radio. But above all else, my dear old familiar friend, you are absolutely forbidden to drive."*

Then we head off together—me and creativity and fear—side by side by side forever, advancing once more into the terrifying but marvelous terrain of unknown outcomes.

Excerpt From: Gilbert, Elizabeth. "Big Magic." Penguin Publishing Group, 2015-09-02.  
iBooks. This material may be protected by copyright.

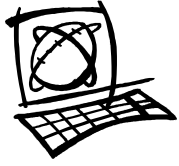


## FOUND ON THE INTERNET

To be able to fly in life you need both wings, left and the right one. For the wing of happiness there is hurt; for accomplishment there is fear; for injustice there is forgiveness; for grace there is humility; for giving there is taking; for rejection there is acceptance and for the wing of letting go there is the wing of love.

Two beautiful wings is serenity... but most people only idealize perfection. And they believe that it is the existence of only one of these wings every time that will make them 'perfect'. But a bird with one wing is imperfect.

An angel with one wing is defective and a butterfly with one wing is dead. So these people who strive to always cut off the other wing in the hopes of becoming perfect... will *never* be able to fly.



## MORE INTERNET MEMES

IMAGINE  
IF WE OBSESSED  
ABOUT THE  
THINGS WE  
LOVED ABOUT  
OURSELVES

I am not this hair,  
I am not this skin,  
I am the soul that  
lives within.

Rumi

*Dear life,*

There is OCD...

Then there is  
*ME.*

## Autobiography in Five Short Chapters

by Portia Nelson

- I. I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in  
I am lost ... I am helpless  
It isn't my fault.  
It takes forever to find a way out.
- II. I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in the same place,  
but it isn't my fault.  
It still takes a long time to get out.
- III. I walk down the same street  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in ... it's a habit.  
my eyes are open.  
I know where I am.  
It is my fault.  
I get out immediately.
- IV. I walk down the same street  
There is a deep hole in the sidewalk.  
I walk around it.
- V. I walk down another street.

# Pain

Why must I be hurt?  
Suffering and despair,  
Cowardice and cruelty,  
Envy and injustice,  
All of these hurt.

Grief and terror,  
Loneliness and betrayal  
And the agony of loss or death,  
All of these things hurt.

Why? Why must life hurt?  
Why must those who love generously,  
Live honorably, feel deeply,  
All that is good and beautiful, Be so hurt,  
While selfish creatures go unscathed?

That is why ~ Because they can feel.  
Hurt is the price to pay for feeling.  
Pain is not accident, nor punishment,  
Nor mockery by some savage god.

Pain is part of growth,  
The more we grow the more we feel,  
The more we feel the more we suffer,  
For if we are able to feel beauty,  
We must also feel the lack of it...

Those who glimpse heaven  
Are bound to sight hell.  
To have felt deeply is worth Anything it costs.  
To have felt love and honor, Courage and ecstasy  
Is worth any price.

And so, since hurt is the price  
Of larger living, I will not  
Hate pain, nor try to escape it.  
Instead I will try to meet it bravely,  
Bear it proudly,

Not as a cross, or a misfortune,  
But as an opportunity, a privilege  
A challenge... from the God that  
Dwells within me.

Elsie Robinson

# Words of Wisdom

*Editor's Note: Those of you who follow this newsletter regularly know that I am a lover of inspirational quotes. They do inspire me, and I hope that they touch you as well. I do rotate my favorites, the ones I feel are particularly meaningful, the ones that resonate with me. Here, in this expanded "Words of Wisdom" section, I have placed my favorites in one place for your reference. I hope you will send us the words that inspire you so we may add them to our collection. (rws)*

***"Life is either a daring adventure or nothing. Avoiding danger is no safer in the long run than exposure."*** - Helen Keller

***"Courage is resistance to fear, mastery of fear - not absence of fear."*** - Mark Twain

***"Do not go where the path may lead, go instead where there is no path and leave a trail."*** - Ralph Waldo Emerson

***"The chains of habit are too weak to be felt until they are too strong to be broken."*** - Samuel Johnson

***"Feel the fear and do it anyway."*** - Susan Jeffers

***"Go confidently in the direction of your dreams! Live the life you've imagined."*** - Henry David Thoreau

***"It's hard to fight an enemy who has outposts in your head."*** - Sally Kempton

***"If you wait for the perfect moment when all is safe and assured, it may never arrive. Mountains will not be climbed, races won, or lasting happiness achieved."*** - Maurice Chevalier

***"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."*** - Viktor Frankl

***"You don't have to control your thoughts; you just have to stop letting them control you."*** - Dan Millman

***"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do."*** - Eleanor Roosevelt

***"Change your thoughts and you change your world."*** - Norman Vincent Peale

# Words of Wisdom

*Editor's Note: And some new ones. (rws)*

***"Rock bottom became the solid foundation on which I rebuilt my life."***

**- J. K. Rowling**

***"It is not adverse circumstances that determine the quality of our lives,  
but how we manage them."***

**- Jordan Rapaport**

***"The greatest mistake you can make in life is to be continually fearing you will  
make one."***

**- Elbert Hubbard**

***"Confidence comes not from always being right but from not fearing to be  
wrong."***

**- Peter T. McIntyre**

***"People are like stained-glass windows. They sparkle and shine when the sun is out,  
but when the darkness sets in, their true beauty is revealed only if there is a light  
from within."***

**- Elisabeth Kubler-Ross**

***"The cave you fear to enter holds the treasure that you seek."*** - Joseph Campbell

## TO ALL OF OUR MEMBERS: TELL US YOUR OCD EXPERIENCE

When our lives have been touched by OCD, we are forever changed. What we think, what we feel, how we act all flow through the peculiar filter that is Obsessive-Compulsive Disorder. We are defined by our life experiences, and by how we choose to respond to them.

We are also all beautiful, intelligent, talented, and creative beings with unique insight into how our lives have been affected by OCD. Through words, music, song, dance, poetry, drawing, painting, sculpting, we all have, each in our own way, the capacity to express our innermost selves in a way that can reach out, touch, and bind us to others who face similar life challenges.

We encourage you to explore your life experience and try to find the language that will uniquely paint the picture of your life. Your experience matters, and to share that experience with others is to give a gift of belonging, of understanding and acceptance, of tolerance and love. Please think about this and send your words and pictures to us. We will collect them and present them to the OCD community in a future newsletter.

*I am who I am  
My illness is not me.  
I carry an illness. My illness doesn't carry me.  
I am myself forever. My illness is not.  
Where there isn't home, still there is hope.  
When I have no one, still I have myself.  
If I fall down, I will get up.  
Because I will fight back.  
Because each day will be a battle that gradually I will conquer.  
With my own help and the help of others.  
Because I want to be free.  
I want to be healthy.  
Therefore, I will never give up.*

*From the book: "Over and Over Again"*

*By: Fugen Neziroglu, Ph.D.*

*Jose A. Yaryura-Tobias, M.D.*

“The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen”

-Elisabeth Kubler-Ross

# PARTIAL HOSPITALIZATION PROGRAMS

There is a treatment option available for adolescents and adults in many areas that is often not known or considered by individuals who are struggling with OCD, anxiety, or depression. Partial Hospitalization Programs (PHP) are intensive programs offered by hospitals and clinics, and can benefit those who need more help than traditional outpatient settings can provide. They typically run five days a week, from 8 or 9 am to 3 or 4 pm, and can include group therapy, private time with a psychiatrist, art or music therapy or other activity time, and education programs. They usually include lunch, and some include transportation. Here, we list some of these programs for your information.

## **St. Joseph Mercy Hospital, Ann Arbor, MI**

Adult Partial Hospitalization Program, 734-712-5850

[www.stjoesannarbor.org/AdultPartialHospitalizationProgram](http://www.stjoesannarbor.org/AdultPartialHospitalizationProgram)

Adolescent Partial Hospitalization Program, 734-712-5750

[www.stjoesannarbor.org/AdolescentPartialHospitalizationProgram](http://www.stjoesannarbor.org/AdolescentPartialHospitalizationProgram)

## **Beaumont Hospital, Royal Oak, MI, 248-898-2222**

[www.beaumont.edu/centers-services/psychiatry/partial-hospitalization-program](http://www.beaumont.edu/centers-services/psychiatry/partial-hospitalization-program)

## **St. John Providence Hospital, Southfield, MI, 800-875-5566**

[www.stjohnprovidence.org/behavmed/referral/](http://www.stjohnprovidence.org/behavmed/referral/)

## **Oakwood Heritage Hospital, Taylor, MI, 313-295-5903**

[www.oakwood.org/mental-health](http://www.oakwood.org/mental-health)

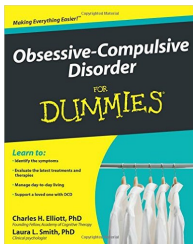
## **Allegiance Health, Jackson, MI, 517-788-4859 or 517-789-5971**

[www.allegiancehealth.org/services/behavioral-health/services/partial-hospitalization-program](http://www.allegiancehealth.org/services/behavioral-health/services/partial-hospitalization-program)

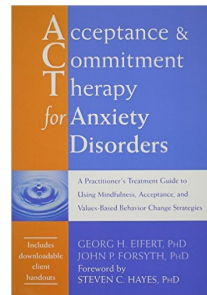
## **New Oakland Child-Adolescent & Family Center, 5 locations in tri-county area, 800-395-3223**

[www.newoakland.org/mental-health-services/face-to-face-day-program.html](http://www.newoakland.org/mental-health-services/face-to-face-day-program.html)

## SUGGESTED READING

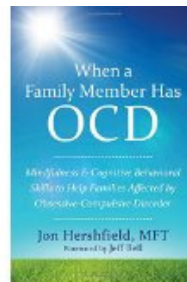


Charles H. Elliott, PhD  
Laura L. Smith, PhD  
*OCD for Dummies*  
Wiley Publishing, 2009  
ISBN 978-0470293317

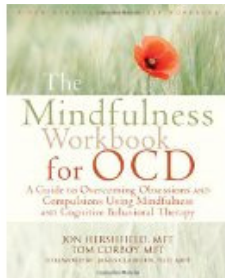
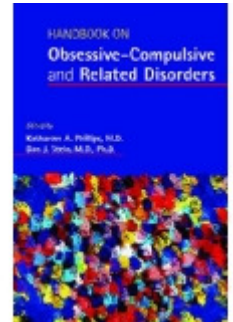


George H. Eifert, PhD  
John P. Forsyth, PhD  
Stephen C. Hayes, PhD  
*ACT for Anxiety Disorders*  
New Harbinger Publications, 2005  
ISBN 978-1626251236

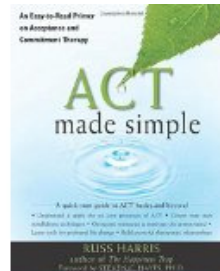
John Hershfield, MFT, Jeff Bell  
*When A Family Member Has OCD*  
New Harbinger Publications  
Dec. 1, 2015  
ISBN 978-1626252462



Katharine A. Phillips, MD  
Dan J. Stein, MD, PhD, Editors  
*Handbook on Obsessive-Compulsive Disorder and Related Disorders*  
American Psychiatric Publishing, 2015  
ISBN 978-1585624898

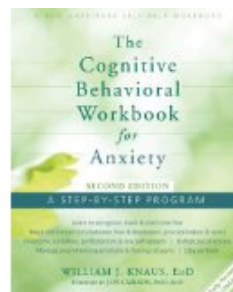


John Hershfield, MFT  
Tom Corboy, MFT  
James Clairborn, PhD  
*The Mindfulness Workbook for OCD*  
New Harbinger Publications, 2013  
ISBN 978-1608828784



Russ Harris  
Stephen C. Hayes, PhD  
*ACT Made Simple*  
New Harbinger Publications, 2009  
ISBN 978-1572247055

William J. Knaus, EdD  
John C. Carlson, PsyD, EdD  
*The Cognitive-Behavioral Workbook for OCD*  
New Harbinger Publications, 2014  
ISBN 978-1626250154



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and click "Like".

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## PLEASE HELP

The OCD Foundation of Michigan is funded solely by your annual membership fees and additional donations. We have no paid staff. All work is lovingly performed by a dedicated group of volunteers. **WHY NOT VOLUNTEER YOUR TIME?** Call 734-466-3105 or e-mail [OCDmich@aol.com](mailto:OCDmich@aol.com).

### *The OCD Foundation of Michigan Membership Application*

**Please Print:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_ ZIP/Postal Code: \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

May we send you newsletters, notices and announcements via e-mail? \_\_\_\_\_

- ☐ Enclosed please find my check for \$20 annual membership fee.
- ☐ Enclosed please find an additional donation of \$ \_\_\_\_\_

Make check or money order payable in U.S. funds to  
**THE OCD FOUNDATION OF MICHIGAN**  
c/o Terry Brusoe, Treasurer  
25140 Dockside Lane  
Harrison Twp., MI 48045-6707

1/2016

## Please Don't Throw Me Away

You've finished reading me and don't need to keep me anymore. Or worse (boo-hoo), you don't need me and don't even want me. In either case, please take me somewhere where I can help someone else. Take me to your library. Take me to your doctor, therapist, or local mental health clinic. Take me to your leader. But please, please, don't throw me away.



## The OCD Foundation of Michigan Mission Statement

- ♦ To recognize that Obsessive-Compulsive Disorder (OCD) is an anxiety-driven, neurobiobehavioral disorder that can be successfully treated.
- ♦ To offer a network of information, support, and education for people living with OCD, their families and friends, and the community.

**IF YOU WOULD LIKE TO BE ADDED TO OR DELETED FROM THE MAILING LIST  
PLEASE CONTACT US**

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