

OUTREACH COMMITTEE

Central Jersey Intergroup (CJI) - Overeaters Anonymous (OA)

December 7, 2025 - 7:30 pm (via Zoom)

MEETING NOTES

- **Attendance:** Lucille, Paola, Josephine, Marybeth, Mikey, Joan attended
- **Budget Report:**
 - SJI sent \$389.20 to Central Jersey Intergroup treasurer (represents 1/4 of reimbursements received for outreach events in 2025 from Region 7 & World Service including Philadelphia intergroup)
- **Health Fairs/Conventions/Events/Conferences:**
 - Potential future events (2026):
 - National Association of Social Workers (NASW) – New Jersey
 - New Jersey Prevention Network (NJPN)
 - New Jersey Integrated Mental Health (NJIMH)
 - New Jersey Association of Mental Health & Addiction Agencies (NJAMHAA)
 - National Alliance on Mental Illness (NAMI) – New Jersey
 - New Jersey Education Association (NJEA) – conference scheduled for 11/5 -11/6 (Thursday and Friday) - location in Atlantic City
 - Lucille to find out what month each of the conferences were in years prior in order to prepare for next year
- **Literature:**
 - Any literature needed for future events will be ordered through the OA Reduced Cost Program (hopefully split three ways) and balance paid for by NJI, CJI, SJI
 - Lucille will look into if New Hope rehab is considered a professional outreach event in order to get reduced cost literature.
- **Give Aways & Other Items:**
 - Give Aways – ordered and received (400 pens, 250 clips with magnet, 250 phone holders, 500 magnetic bookmarks) for use at future Outreach events in 2026. North Jersey and South Jersey intergroups have agreed to split the total cost 3 ways (\$522.27 each)
 - Wheel – purchased spin wheel to use at future events on sale for \$49 and CJI will pay/own
- **Medical Schools & Hospitals:**
 - Mikey to report on any future presentations - nothing to report at this time
- **Rehabs/Support:**
 - New Hope (rehab)– monthly OA presentation to clients (Lucille)
 - CJI Outreach committed to 1st Tuesday of month at 1:15 pm (1 hour) 3 OA fellows

- Volunteers: December 2 – Marybeth + Mikey + Kevin (Lucille had conflict)
Need more volunteers: January 6, 2026 - Lucille, Joan, Mikey (alternative)
February 3, 2026 - Lucille, Joan, Marybeth
- **Young People:**
 - NJ College Counseling Association – Paola and Joan working on spreadsheet (split list)
 - Joan forwarded Paola sample letter from World Service – and it was sent via email to list of colleges & universities in early November (separate list)
Paola and Joan will follow up on the letters sent
 - Student Events – approach students at colleges/universities by attending Events
 - SJI Outreach Committee has a subcommittee (young people outreach)
Reach out to various colleges/universities student's events or affairs department (whatever department handles student's events). Ask what 2026 events they have scheduled that OA might be able to attend.
 - Josephine - to work on Kean University
 - Use the same college/university list Paola and Joan sent letters to
 - Start in January 2026 when school is back in session
 - Rutgers Mental Health Summit – Lucille left message but no response yet

Georgian Court University

- *Susan White, PsyD, MBA — Director of Counseling Services*
 - *Email: swhite@georgian.edu*
 - *Phone: 732-987-2694*

Stockton University

- *Dr. Brooke Zall-Crawford, PsyD — Director of Counseling and Psychological Services*
 - *Email: brooke.zall-crawford@stockton.edu*
 - *Phone: 609-652-4722*

Montclair State University (NJCCA Board Representative)

- *Melissa Zarin, PhD — Associate Director, Counseling and Psychological Services, and President of NJCCA*
 - *Email: (NOT LISTED on NJCCA Board page)*
 - ***To reach a licensed mental health clinician after hours or over break, please call the CAPS front desk at 973-655-5211 and select option '2'.***

Princeton University (Mercer County)

- ***Name/Title:*** Calvin R. Chin, Ph.D., Director, Counseling and Psychological Services
- ***Email:*** cc23@princeton.edu
- ***Phone:*** 609-258-3141
University Health Services+1

The College of New Jersey (TCNJ, Mercer County)

- ***Name/Title:*** Beverly Mason, DSW, LCSW, Director, Counseling & Prevention Services
- ***Email:*** masonb@tcnj.edu

- **Phone:** 609-771-2987
eawebprod.tcnj.edu

Rider University (Lawrence Township, Mercer County)

- **Name/Title:** Anissa Moody, Ph.D., Interim Director, Counseling Center
- **Email:** amoody@rider.edu
- **Phone:** 609-896-5157
[Rider University+1](mailto:Rider%20University+1)

Middlesex College (Middlesex County)

- **Name/Title:** Jennifer Spears, Director, Student Wellness Center (overseeing Counseling & Student Wellness)
- **Email:** jspears@middlesexcollege.edu
- **Phone:** 732-548-6000 x3015

Brookdale Community College (Monmouth)

- **Chair of Counseling (functional head):** Cathleen Goode, Ed.S., Department Chair, Counseling
- **Email:** cgoode@brookdalecc.edu [Brookdale Community College+1](mailto:Brookdale%20Community%20College+1)
- **Phone:** 732-224-2342 (listed for Cathy in the "Meet the Counselors" page)

Monmouth University (Monmouth County)

- **Director:** Christopher McKittrick, PsyD, LPC, ACS — Director, Counseling & Prevention Services, Counseling and Prevention Services
- **Email:** cmckittr@monmouth.edu
- **Phone:** 732-571-7517 [Monmouth University+1](mailto:Monmouth%20University+1)

Ocean County College (Ocean County)

While OCC does not publicly name a Director of Counseling, the following leadership roles and contacts are available:

- **Associate Director of Counseling Center:** Katie Mehler, MA, LPC, LCADC, NCC
 - **Email:** kmehler@ocean.edu
 - **Phone:** 732-255-0400 ext. 2395 [Ocean County College+1](mailto:Ocean%20County%20College+1)
- **Prevention Education Coordinator:** Kelly Petrolis, MS, LPC, NCC
 - **Email:** kpetrolis@ocean.edu
 - **Phone:** 732-255-0400 ext. 2558 [Ocean County College+1](mailto:Ocean%20County%20College+1)
- **Counseling Grants Coordinator:** Nicolette Palazzo
 - **Email:** npalazzo@ocean.edu
 - **Phone:** 732-255-0400 ext. 2985 [Ocean County College+1](mailto:Ocean%20County%20College+1)

- **Newcomers:**
 - Meetings – remember to ask newcomers how/where they heard about OA
 - CJI Phone (732-637-9420) - monthly report about calls/texts received
 - November – no phone calls received (other than wrong number)
- **Advertising:**
 - Billboards – NJI, CJI, SJI agreed no billboard advertisement is planned in 2026
 - Report on efforts last month (Joan & Mikey)

- Pine Barrens ad (\$100/month) – January/February & July/August
Annual budget approved for this ad is \$400.00
Joan to inquire on a monthly and/or quarterly rate - TBC
- Coffee News (\$65/month) - paid for weekly in December & January
- **Outreach Committee Recruitment:**
 - Mikey to create a presentation to help recruit OA fellows to become part of CJI Outreach Committee
 - Marybeth to ask Robin M to give Outreach some exposure in the CJI newsletter
 - Marybeth to send list of the representatives for all CJI meeting to Lucille
 - Lucille will send a group email to the list recruiting for the Outreach Committee
- **Next Meeting:** Sunday, January 4, 2026 @ 7:30 pm