

OUTREACH COMMITTEE

Central Jersey Intergroup (CJI) - Overeaters Anonymous (OA)
January 4, 2026 - 7:30 pm (via Zoom)

NOTES

- **Attendance:** Members asked to introduce themselves and state where they are from.
 - Lucille (Brick), Marybeth (Lincroft), Joan (Manahawkin), Mikey (New Brunswick), Josephine (Lincroft), Kevin (Allentown), Luke (Manalapan)
- **Budget Report:**
 - Current remaining balance \$2,595.00 (total annual budget \$3,300)
- **Health Fairs/Conventions/Events/Conferences:**
 - Potential future events (2026):
 - New Jersey Education Association (NJEA) – annual conference 11/5-11/6/2026 AC
 - New Jersey Prevention Network (NJPN) – annual conference (5/13-5/14 2027 AC)
 - National Association of Social Workers (NASW) – New Jersey (4/26-28/2026 AC)
 - New Jersey Integrated Mental Health (NJIMH) – 5/27/2026 Asbury Park
 - New Jersey Association of Mental Health & Addiction Agencies (NJAMHAA) 4/15-4/15/2026 Spring conference (Iselin)
 - National Alliance on Mental Illness (NAMI) – New Jersey (no annual conference?)
- **Literature:**
 - Literature needed for joint events ordered through OA Reduced Cost Program and hopefully split with NJI, CJI, SJI (& Philly if attended). Literature for monthly presentation at New Hope rehab will also be requested through the same program by CJI if approved by the Outreach committee. At this time it was agreed we should continue to use copies.
- **Give Aways & Other Items:**
 - Give Aways + Spinning Wheel – all reimbursements have been received for these items. Lucille currently has these items.
- **Medical Schools & Hospitals:**
 - Mikey to report on any future presentations – nothing 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 2026: Jan 6 = Lucille, Joan, Mikey, Feb 3, 2026 = Lucille, Marybeth, Joan,
March 3 = Lucille, Marybeth, Mikey (alt)
- **Young People:**
 - NJ College Counseling Association – Paola and Joan will follow up in January after holiday break (list separate)
 - Student Events – approach students at colleges/universities by attending Student Events
 - Paola & Joan to reach out to Student Affairs @ colleges/universities in CJI area after break
 - Rutgers Mental Health Summit – Lucille will follow up in January after holiday break
- **Newcomers:**
 - Meetings – remember to ask newcomers how/where they heard about OA
 - CJI Phone (732-637-9420) - monthly report about calls/texts received
 - December – 1 call from returning OA member looking for a sponsor - possible match found
- **Advertising:**
 - Billboards – NJI requested info for company previously used to possibly do their own billboard
 - Report on efforts last month (Joan & Mikey)
 - Pine Barrens ad (\$100 for 3 months) – annual budget \$400 (January/February/March + August/Sept/October)
 - Coffee News (\$65 month) – Joan paid for December and January also in May and June
 - CJI Newsletter – request space for Outreach information (Marybeth to speak to Robin M)

- **Outreach Recruitment:**
 - Mikey to create to recruit OA members to join Outreach Committee or help if needed – Lucille to help make it pretty (to be reviewed by members)
 - Marybeth to send Lucille a CJI meeting list with contact names and email addresses once updated
- **Unity Day:**
 - Mikey is in charge of the venue for this event on February 28, 2026 – in person hopefully at same place where IDEA Day was held in East Brunswick. Would like to set up Outreach table with wheel and literature and give aways to show what we do.
- **Next Meeting:** Sunday, February 1, 2026 @ 7:30 pm