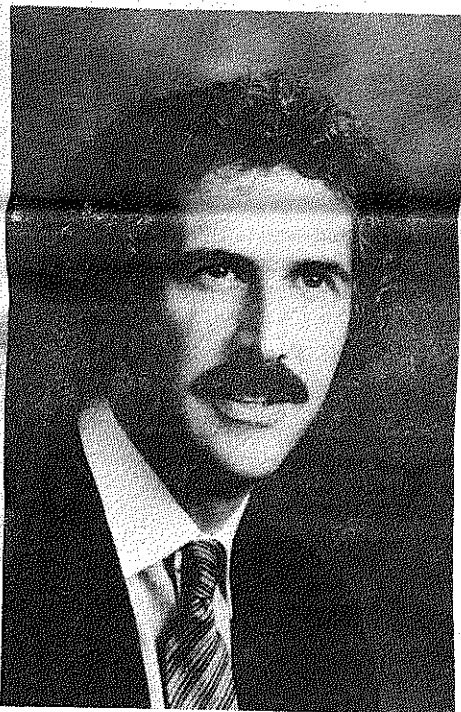


Anaheim meeting cements the need for support among local mental health directors

LOCAL DIRECTORS DECLARE QUALITY CARE AT ISSUE

INTERVIEW:

DR. WILLIAM RADER
KABC-TV Psychiatrist



Utilization of the television medium by a psychiatrist enables the professional to give "more people more information" and provides the viewers with an understanding of what someone else is going through, according to Dr. William Rader.

Rader is resident psychiatrist on the KABC-TV "Eyewitness News," a position he has held

"Mainly, it allows them to see other people have the same problems they do, and other people have gotten solutions."

since 1977, where he hosts the semiweekly "Med-Psych" series.

"There are things that can be shared on the air that most people would not get exposure to," Rader said. "What we do is we have people saying things they would just say privately. Then other people hear this,

continued on page 2

The California Conference of Local Mental Health Directors, meeting Wednesday, Oct. 14-Friday, Oct. 16, in Anaheim, began with the expected business reports and election of officers, and then unexpectedly, on Thursday, the directors decided to scrap their agenda for the next day when Dr. Al Loeb, director of mental health for the state of California, would be present. The reason for the change in agenda was to allow time to address issues dealing with the lack of funds for mental health needs in California.

Dr. Harold Mavritte, outgoing president, speaking to the directors representing the 58 counties and urban areas in California, said, "Mental health in the state of California is in an untenable position. If this means going jointly to the legislature or the governor to say 'give us the means to do the job,' then let's get on with it. It is time to address what is going on now.

"The mental health system cannot continue to exist and fulfill the mandates of the Lanterman-Petris-Short Act with continuous budget cuts," he continued.

Wallis Clark, assistant director with Loeb, took questions on Thursday and deflected some of the answers to the next day when Loeb would be present.

During Friday's session, Loeb indicated a willing-

ness to meet with representatives to talk about what approaches could be taken. The executive committee was scheduled to meet at press time to work out a future meeting date with Loeb to continue the dialogue.

Statements made and repeated during the three-day conference outlined the issues as: 1) resources are shrinking; 2) the need for a firm stand for quality mental health care; 3) the need to deal with the we/they syndrome between state and counties; and 4) the need for the local mental health directors to provide support for each other and share information.

Repeatedly during the three days local directors urged a team approach between state and country.

By Friday, the conference had elected Teresa DeLuca of San Mateo as president and Dr. Dale R. Wolff of Merced County as president-elect.

INSIDE:

INFO LINE
PG. 2

CHILDREN AND YOUTH SERVICES
PG. 6

HELP ANOREXIA
PG. 7



Cherry Boone-O'Neill — see page 7.

CONNECTIONS

Mental Health Association in Los Angeles County
930 Georgia St., Los Angeles, CA 90015

MH 008899 E G
ARETA CROWELL PH D
2934 BEACHWOOD DR
LOS ANGELES CA 90068

NON-PROFIT ORG
U.S. POSTAGE
PAID
Los Angeles, CA.
Permit No. 29105

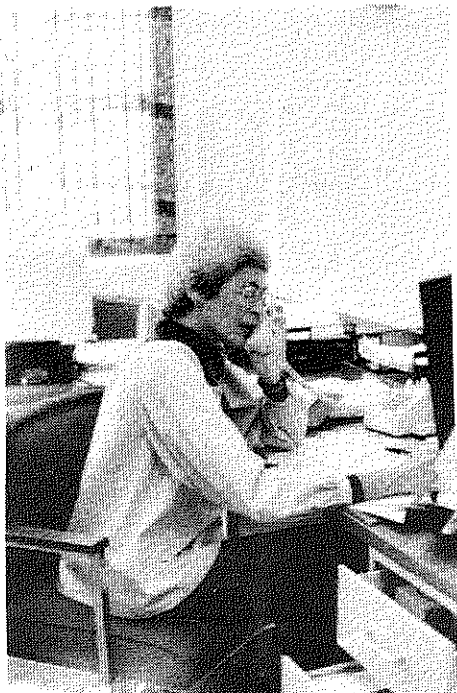
TIME DATED MATERIAL

PROBLEM? DIAL AN ANSWER — INFO LINE

by Patty Padilla

Info Line, a new toll-free, round-the-clock telephone information and referral service is now available for all residents in Los Angeles County.

Skilled information specialists at Info Line receive calls, answer questions, provide information and refer people to services and resources in relation with: family problems, housing, legal assistance, mental health, education, drug



Grace Hardgrove

photos by Patty Padilla

abuse, elderly, youth and personal problems, to name just a few.

This service is a multilingual, non-profit service complete and confidential with eight different toll-free local numbers and 72 lines serving all of Los Angeles County.

Originated from two resources, Info and TRI (Telephone Referral Information), Info Line is operated by the Information and Referral Federation of Los Angeles County and funded by the Los Angeles County Department of Public Social Service and the United Way of Los Angeles.

Info Line is a new service which has been in operation for only seven months. It has a staff of about 23 trained specialists, who link between 400-500 calls daily with qualified and reliable services or agencies.

"Total concentration is on centralized information and referrals," said Supervisor Eleanor Grossman. She adds, "Info Line is not a crisis intervention, a hot line or a counselors' service. Instead, it handles crisis intervention by connecting calls directly to agencies or facilities who are equipped to handle such emergencies or crises."

Every call that comes in is documented on transaction

forms by the service worker who receives the call. These are in turn assessed at the end of the day by the supervisors and then are kept on record for future reference.

Workers do their own follow-ups on all crisis calls.

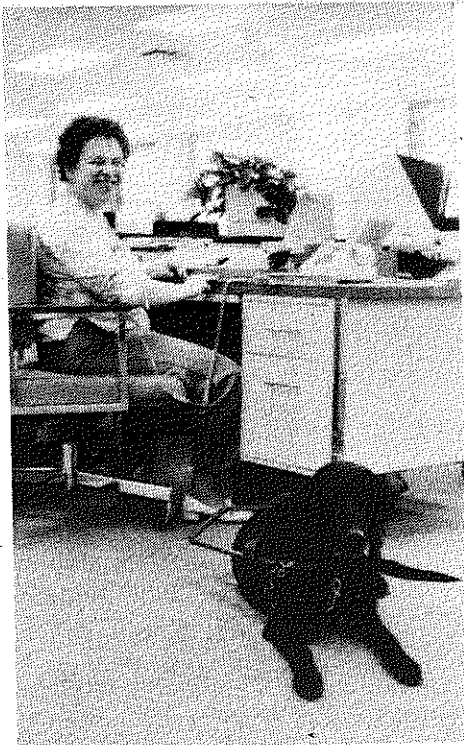
"We have been getting good feedback from community agencies. Many times letters of thanks are also received from many of the people who have received this service. The Department of Social Service has also given us a good review," commented Grossman.

Although each service worker covers all areas of information, each has a particular background area in which they have special expertise.

Brenda Osborn, a blind service worker, for example, handles all calls. However, her special expertise is dealing with the handicapped. She is known by her co-workers as having a fantastic memory.

Grace Hardgrove has experience in dealing with rape victims and battered women. She ran a rape crisis service, which she set up in Pasadena in 1975, known as the Pasadena Rape Hot Line and Clinicalization.

When asked about the Info Line, she said, "It is a mixed service in a widely fragmented county. It is a good idea to have this service however, because of the budget cuts, the funds are drying up." She adds, "Clients need these services. With all the recent budget cuts, we can't provide them with



Brenda Osborn and Lindy

many resources. What we need is for government and congressional leaders to answer us."

The Info Line numbers are: Los Angeles (213) 868-0950; San Gabriel Valley (213) 350-6833; San Fernando Valley (213) 501-4447; Burbank/Glendale (213) 956-1100; West Los Angeles (213) 551-2929; South Bay/Long Beach (213) 603-8962; Airport Area (213) 671-7464; and other L.A. County areas: (800) 242-4612.

RADER continued from page 1
learn from it and find they're not alone.

"We put it out there and let people see things they usually don't, and then pretty much find out we're all the same. We all have the same anxieties and worries, and that makes you feel better about yourself, that you're not alone," he said. "Mainly, it allows them (the viewers) to see other people have the same problems they do, and other people have gotten solutions."

Tangent to this is an educational element of his series. To illustrate this,

"The emphasis is not on the doctor; the emphasis is always on the people."

Rader referred to a recent "Med-Psych" series on the drug DES and the effects it has had on offspring of women who took the drug.

"Perhaps a million people will see this and the greater percentage of them are probably not aware of the drug DES, what it does and what could happen. Because of this (series), a number of them will call and we'll refer them. For a woman to get cancer with DES, it's about one in a 1,000 of the DES daughters, so that's pretty rare. But on the other hand, it's important, since nobody knows about it, to get out and know about it, and find out if your mother took it (DES)," he said.

Rader used this series to also exemplify how television can give someone else insight into the experiences someone else may be going through.

"For example, the girl (in the segment) said, 'When I told people I had cancer, they thought it was contagious, and they treated me that way.' Well, when you hear that, then you're less likely, when you hear someone has cancer, to feel that way," Rader said.

On the "Med-Psych" series, according to Rader, "the emphasis is not on the doctor; the emphasis is always on the people," and he sees his role as one of being "a vehicle for getting people to say something which they normally would not say in public, to share how they got through something to the other side of it, which is usually dealing with it, rather than avoiding it, and then let people make decisions about that."

The series "also allows people to see a psychiatrist, and after they see me for awhile, they feel comfortable," said Rader. "It also introduces them into, in some of things I do, anyway, what can be gained in seeing a therapist, not necessarily a psychiatrist, any kind of therapist."

Rader receives numerous inquiries from viewers concerning topics he has discussed on the air, and every inquiry is given a referral. Generally, he will select for referral an organization that deals directly with the subject, such as the DES Daughters for the DES segment. He also has received feedback from other mental health professionals and "usually the feedback is that they've found it (the series) helpful, that people came in because of it." Rader added that these professionals also make suggestions for programs.

Suggestions for segment subjects come from a variety of sources, including viewer letters and phone calls and newspaper articles, in addition to the ideas of Rader and his staff. Rader said that anyone with a suggestion for a series subject should contact him at the television station.

Rader has the final decision concerning the selection of a topic. In the beginning, the news department management was involved, "but at this point we choose what we want. Obviously, it's always subject to their approval, but it's been over three years now, so it's no problem," he said.

"We're doing a series on sex now. I had to check that out, because I'm

going to really do a serious series," he continued.

During ratings periods, the topics aired are those "that are more interesting for people to view," he said. "I do what I want, but they will look at what I'm doing and take the stuff that is what they think will pull the biggest audience. They're in business, you can't blame them."

"They don't make me or request me to do anything that I wouldn't normally do. We just select which is the best in terms of a draw," said Rader.

This month is one of those ratings periods, and Rader will be doing a series titled, "A Sexual Seminar." This series will differ from other sex series he has done in the past in that this one will be more substantial and more in-depth.

In addition to his KABC-TV position, Rader's involvement with television includes serving as technical advisor for television movies and to studio and production companies. He wrote, produced and co-hosted the "Mike Douglas Show on the Woman Alcoholic" and the "Merv Griffin Show on the Teenage Alcoholic."

Rader is the clinical director of the alcoholism programs at San Pedro and Peninsula and South Bay Hospitals. At the former, he also is involved with a compulsive overeaters program, based on the same principle as the alcoholism program. He is the author of "Dr. Rader's No Diet Program for Permanent Weight Loss."

EDITOR'S VIEW

It is interesting to note the fight going on in the governor's office concerning the use of television spots with the theme, "Friends Can Be Good Medicine." The spots are part of a state-wide media campaign to emphasize the importance of friends as a support system to our mental and physical well being, all based on research findings of medical investigators.

So, what is controversial about that?

One of the spots is directed at gay persons and shows them and their parents at a picnic. Gov. Brown's Chief of Staff B.T. Collins has cancelled the use of these spots, saying they were inappropriate and "smacked of advocacy."

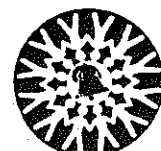
One has to question the appropriateness of the actions of the governor's office. Friends and support groups are needed by all of us, including homosexual persons and their families.

It is time for those of us who care about ending the stigma attached to mental illness to refuse to stigmatize other groups of people.

Voice your opposition to this type of stigma and to the removal of the television spots. Write to Gov. Brown's office, Sacramento, CA 95814.

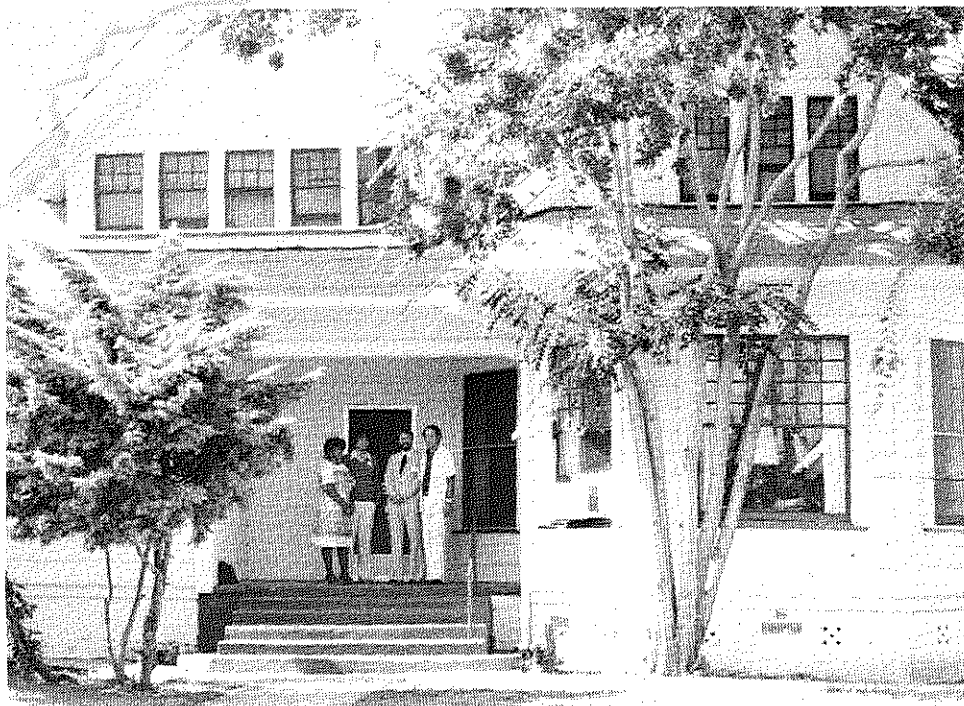
Lorraine Wilson
Editor

Join Us.



Join your
local Mental
Health
Association.

930 Georgia Street
Los Angeles, CA 90015



Kathy Walter, counselor; Steve Berman, intake counselor; John Hartnett, MSW, program director of Compass House; and Dr. Cecil Hoffman, executive director for Community Counseling Services (l-r) gather to welcome visitors at Compass House opening.

PEOPLE CONNECTION

THIS OLD HOUSE HAS NEW DIRECTION

Settled on a quiet street in the West Adams area of Los Angeles with trees and a cat in the front yard, Compass House has entered a new era, officially celebrated Oct. 6 with an open house.

It is an old house, with a history of Sunday afternoon musicals and with a living room built to accommodate two grand pianos and a family.

Now established as a crisis residential treatment center, Compass House provides each resident with a "moderately structured environment designed to provide an alternative to hospitalization," explained Dr. Cecil Hoffman, executive director for Community Counseling Services.

"Persons who come into the



Dr. Cecil Hoffman; Ted Thomas, board member; and Dr. Areta Crowell, Program Development Bureau, Los Angeles County Department of Mental Health (l-r) meet at Compass House.

group are suffering from severe emotional stress, symptoms of schizophrenia or severe depression and require a more intensive level of care and support than the usual residential setting," he explained, but not

one of locked wards. The concept is a psychosocial model designed to divert people from more expensive hospitalization and serves men and women 18 years old and older.

Referrals are made by psychiatrists and the LAC/USC Crisis Evaluation Unit.

"We are linked to other Central Region programs with a support system. Dr. Rodolfo Garcia and the Central Region of the Los Angeles County Department of Mental Health are involved in providing a network of program and follow through," Hoffman said.

"Discharge planning begins at the moment of admission. We have high expectations for the residents and get them into outpatient day care activities provided in the Central Region, as well as involvement in group at the house. We fight the development of dependency. The average stay here is 40 days," he explained.

They also provide follow-up on all residents which includes an open weekly group meeting.

In this least restrictive setting, residents agree to participate fully in house programs, including routine personal and home care responsibilities.

The director of the program is John Hartnett, MSW, who works with staff and consultants, which include a psychologist, psychiatrist and counselors.

Community Counseling Services has experience with a similar residential center in Highland Park, Puerto Esperanza, and has two outpatient counseling services in the USC and Wilshire areas.

Funding for the Compass House program is through a Short-Doyle contract for community based treatment programs, a Bates modeled alternative to hospitalization.

ESSAY

WORKING WITH CREATIVE PEOPLE: NOTES FOR THE MENTAL HEALTH PROFESSIONAL

By Tom Backer, Ph.D.

Robert, a 26-year-old actor with a history of depression and suicide attempts, has just won a continuing role in a successful network television series, but is suffering ever-more-crippling anxiety as the start of the new season's filming approaches. Shirley is a struggling musician who wants to compose musical scores for television shows and films, but worries about the stress her ambitions may put on her 4-year-old marriage to a man who is also a musician — already they're fighting a lot, and their once happy sex life has dwindled to almost nothing.

Almost any mental health professional practicing in Los Angeles is likely at some point to see clients like these, individuals with fairly typical human problems (low self-worth, anxiety, marital difficulties and so forth) who come from the special environment of the entertainment industry. While many therapists may already be familiar with this work environment, those who are not may be helped in expanding their own horizons by a few guidelines.

First, there are some unusual stresses associated with creative work, especially with being a performer, that need to be considered in both diagnosis and treatment of psychological problems. Being an air traffic controller or a brain surgeon is stressful in ways that being an actor isn't, but there are some problems that "come with the territory" of creative work:

constant rejection when applying for professional work opportunities. A veteran actress once said that she often goes on twenty or more auditions for every part she gets (and she's co-starred in a number of television series), and "even when you do get a job, when it's done you think you'll never work again."

inability to work much of the time, because of the episodic nature of the entertainment industry. (When a show is finished, even a successful writer, director or actor might not work again for weeks or even months.)

luck or "who you know" as the real source of work, even more than in most other fields, combined with the special problems performers have of getting work or not getting it solely on the basis of physical appearance. (What psychologist ever got denied a job because he or she was "too short" or "too blonde"?)

unusual and demanding work hours, much more so than in most other lines of work (especially location work on film or television projects.)

great financial instability, again because the work tends to be episodic. (The average annual income of actors from acting last year, the Screen Actors Guild reports, was less than \$2,000.)

Second, there are some common but untrue stereotypes about creative people that even we professionals may be tempted to believe. Nobody who has worked with actors would say they're all "neurotic" or "exhibitionists," for example, and the more

recent psychological literature confirms this despite some old chestnuts by Otto Fenichel and others. Overall review of the literature, plus contact with creative people, suggests that there is no such standard personality profile, good or bad, just as there's no one reason that people get drawn into work in the entertainment field to begin with. As with any other group of people, we must be careful not to let ourselves be subtly swayed by the common cultural stereotypes of an "actor" or a "musician."

Third, creative people themselves frequently have mistaken impressions about their psychological characteristics, or what psychotherapy is all about. Actors or other performers often mouth the same stereotypes mentioned above, sometimes as an excuse for their behavior, or to avoid considering how they might change (and improve) their lives. Also, many creative people are irrationally convinced that getting into therapy will somehow "rob" them of their own creative force, that "being maladjusted" is what makes them creative. As a result, creative people may also tend to experience a "flight from health" reaction sooner and more strongly than many other kinds of clients.

Creative people are often also suspicious of a therapist because he or she appears ignorant of the realities of work in the entertainment field. Seemingly paranoid ideation may actually not be out of line with reality in the cut-throat record industry, and attractive performers may not at all be inventing those invitations to the casting couch out of their own psychological needs.

Finally, there are support services available within the entertainment industry that can supplement the therapeutic process. For example, the Screen Actors Guild has "rap sessions" for its members, and there are a number of self-help support groups for actors around town that do not even require union membership to join. Similar support functions are available for writers through the Writers Guild and for women in the entertainment field through such groups as Women in Film. Sometimes the more advanced small theaters (Equity waiver houses) and acting workshops also provide group experiences that enable clients to get some useful support from their peers. A telephone call to an appropriate industry source (such as the guilds and unions) usually can help identify these support services. For certain types of psychological problems, there may also be available groups having high concentrations of creative people, such as Alcoholics Anonymous meetings in the Beverly Hills and West Hollywood areas. Community mental health facilities such as Thaliens, which service these localities, may be valuable sources for information.

Tom Backer, Ph.D. is a psychologist who specializes in career development and stress management counseling with creative people. He is also senior research scientist at the Human Interaction Research Institute in Westwood, where he is co-director of an NIMH funded research study on organizational consultation in mental health services.

The opinions expressed in ESSAY are those of the author.

MENTAL HEALTH SERVICES FOR CHILDREN AND YOUTH

Mental Health Association
in Los Angeles County
930 Georgia Street, Los Angeles
CA 90015

SERVICIOS PARA SALUD MENTAL NIÑOS Y JOVENES

Connections is aware that there are other agencies offering mental health services for children and youth. This poster attempts to give a representative listing of services in each region.

**L.A. County Department
of Mental Health
Information and Referral**
Herman Williams
(213) 738-4961

Info Line
7 Days a Week
24 Hours a Day

From:
Los Angeles
(213) 686-0950
San Gabriel Valley
(213) 350-6833
San Fernando Valley
(213) 501-4447
Burbank/Glendale
(213) 956-1100
West Los Angeles
(213) 551-2929
South Bay/Long Beach
(213) 603-8962
Airport Area
(213) 671-7464
Other L.A. County areas:
(800) 242-4612

For child abuse:
Hotline: Call Operator
Zenith 21234

Camarillo State Hospital
P.O. Box A
Camarillo, CA 93010
(805) 484-3661

CEDU School
P.O. Box 1176
Running Springs, CA 93282

Jewish Family Services
Central Los Angeles
Service Center
6505 Wilshire Blvd.,
Los Angeles, CA 90048
(213) 852-1234
San Fernando Valley
(213) 908-5007
West Los Angeles
(213) 879-0910
Eastern Region
(213) 976-3656
Southern Region
(213) 540-2631

Penny Lane
15302 Rayen St.
Sepulveda, CA 91343
(213) 877-4689

COASTAL REGION

For information and referral:
**L.A. County Department
of Mental Health**
(213) 533-3101

**LAC Harbor-UCLA
Medical Center**
1000 W. Carson St.
Torrance, CA 90509
(213) 533-3110
(213) 533-3148

**Airport/Marina
Counseling Service**
6228 W. Manchester Ave.,
Los Angeles, CA 90045
(213) 670-1410

Cedar House
605 Cedar Ave.
Long Beach, CA 90802
(213) 436-8276



Coastal CMHC
769 W. Third St.
San Pedro, CA 90731
(213) 519-0116

**Community Family
Guidance Center**
12213 E. Carson St.
Hawaiian Gardens, CA 90716
(213) 924-5526

Counseling Center W/L.A.
2100 Sawtelle Blvd.,
Suite 206
Los Angeles, CA 90025
(213) 479-3779

**Didi Hirsch CMHC
Family and Child Guidance**
4760 S. Sepulveda Blvd.
Culver City, CA 90230
(213) 390-6612

Long Beach MHS
Child-Adolescent
455 W. 14th St.
Long Beach, CA 90813
(213) 599-9271
(213) 599-9274

Long Beach NPI
6060 Paramount Blvd.
Long Beach, CA 90805
(213) 774-3132

Psych Clinic for Youth
2801 Atlantic Ave.
Long Beach, CA 90801
(213) 595-3151

**Reiss-Davis
Child Study Center**
3200 S. Motor Ave.
Los Angeles, CA 90034
(213) 204-1666

Richstone Center
13620 Cordary Ave.
Hawthorne, CA 90250
(213) 970-1921

**South Bay
Child Guidance Clinic**
410 S. Camino Real
Redondo Beach, CA 90277
(213) 316-1212
1617 Cravens
Torrance, CA 90501
(213) 328-0855

**St. John's Hospital-
Kennedy**
1339 20th St.
Santa Monica, CA 90404
(213) 829-8921

SAN GABRIEL VALLEY REGION

For information and referral:
**L.A. County Department
of Mental Health**
(213) 684-2884

Arcadia Mental Health
330 E. Live Oak Ave.
Arcadia, CA 91006
(213) 445-4350

**Children's Home Society
of California**
750 Terrado Plaza
Suite 120, Bldg. B
Covina, CA 91722
(213) 331-8261

**East Foothill
Child Guidance Clinic**
128 E. Palm
Monrovia, CA 91016
(213) 357-3258

**Foothill Community
Psych Clinic**
122 W. Alostia Ave.
Glendora, CA 91740
(213) 963-4103

Foothill Family Services
118 S. Oak Knoll Ave.,
Pasadena, CA 91101
(213) 795-6907

Ingleside MHC
7500 E. Hellman Ave.
Rosemead, CA 91770
(213) 288-1160

**Intercommunity
Child Guidance Center**
8106 S. Broadway
Whittier, CA 90606
(213) 692-0383

**La Puente Valley
Community MHC**
160 S. Seventh Ave.
La Puente, CA 91746
(213) 961-8971

**Mid-Valley Community
Mental Health Inc.**
10802 Ramona Blvd.
El Monte, CA 91734
(213) 443-8173

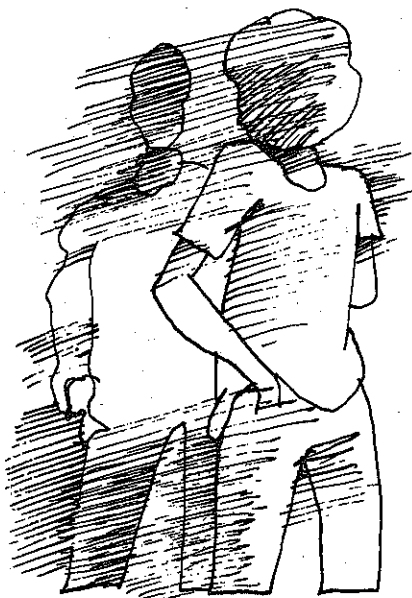
Pasadena Guidance Clinic
56 Waverly Dr.
Pasadena, CA 91105
(213) 795-8471

Pasadena Guidance Clinic
62 Hurlbut St.
Pasadena, CA 91105
(213) 799-9555

Pasadena MHC
1495 N. Lake
Pasadena, CA 91104
(213) 798-0907

Sierra Vista Mental Health
4640 N. Main St.
Baldwin Park, CA 91706
(213) 960-6411

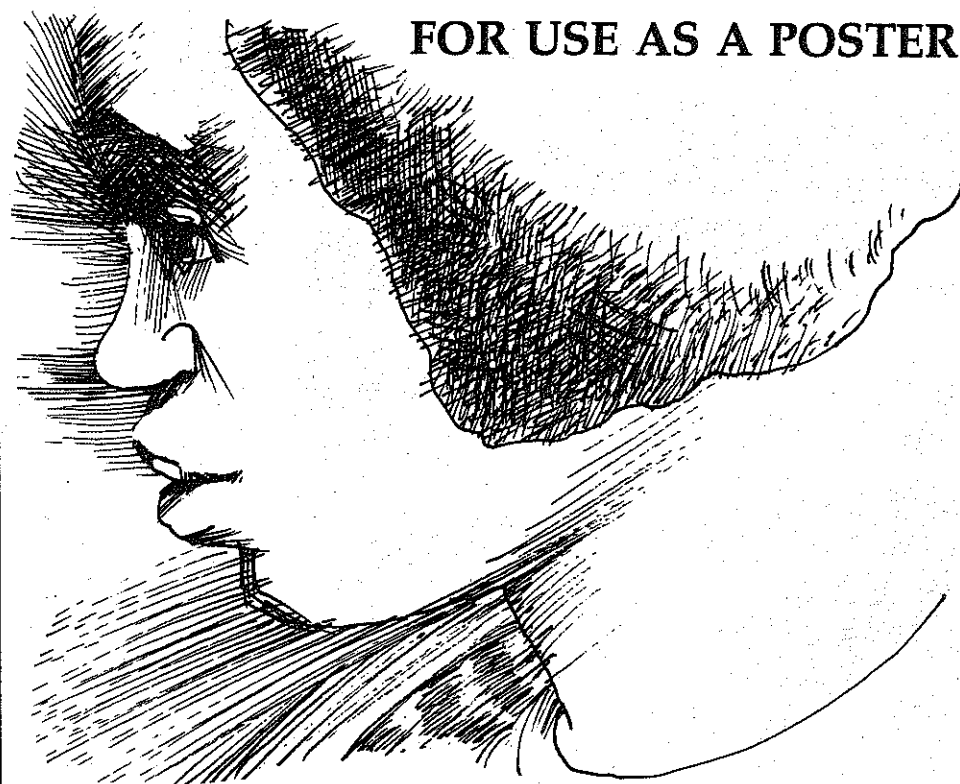
**West San Gabriel Valley
Family Council**
1027 S. San Gabriel Blvd.
San Gabriel, CA 91776
(213) 285-2139



CENTRAL REGION

For information and referral:
**L.A. County Department
of Mental Health**
(213) 226-6815

LAC/USC Hospital
1934 Hospital Pl.
Los Angeles, CA 90033
(213) 226-5766
(213) 226-5584
(213) 226-5777



FOR USE AS A POSTER

Cedars-Sinai Hospital
8730 Alden Dr.
Los Angeles, CA 90048
(213) 855-3597
(213) 855-3531

**Children's Hospital
Hotline Services**
4650 Sunset Blvd.
Los Angeles, CA 90027
(213) 669-2795
(213) 669-2350

Gateways Community MHC
1891 Effie St.
Los Angeles, CA 90026
(213) 666-0171

**Los Angeles Child
Guidance Clinic**
746 W. Adams Blvd.
Los Angeles, CA 90007
(213) 749-4111

**Options House
for Youth in Crisis**
(213) 467-8466

**Roybal Comprehensive
Health Center**
245 Fetterly Ave.
Los Angeles, CA 90022
(213) 260-3287

Thalians Community MHC
8730 Alden
Los Angeles, CA 90048
(213) 855-3531

SOUTHEAST REGION

For information and referral:
**L.A. County Department
of Mental Health**
(213) 603-7078

Augustus F. Hawkins
1720 E. 120th St.
Los Angeles, CA 90059
(213) 603-4274

Central City Community MHC
4211 S. Avalon Blvd.
Los Angeles, CA 90011
(213) 232-4111

Downey Family Service
11455 Paramount Blvd.
Downey, CA 90241
(213) 923-6548

**Hubert Humphrey
Comprehensive
Health Center
MH Section**
5850 S. Main
Los Angeles, CA 90003
(213) 232-4181 ext. 2363

Kedren Community MHC
710 E. 111th Pl.
Los Angeles, CA 90059
(213) 777-1411

Martin Luther King Hospital
12021 S. Wilmington Ave.
Los Angeles, CA 90059
(213) 603-4805

SAN FERNANDO/ ANTELOPE VALLEY REGION

For information and referral:
**L.A. County Department
of Mental Health**
(213) 508-7800

**Children's Home Society-
San Fernando/Antelope Valley**
6851 Lennox Ave.
Van Nuys, CA 91405
(213) 388-3184

**Erickson Center
for Adolescent Advancement**
18646 Oxnard St.
Tarzana, CA 91405
(213) 996-1051

**Hathaway Home
for Children**
11600 Eldridge St. Suite 200A
Lakeview Terrace, CA 91342
(213) 896-1161 ext. 281

Hope Community MHC
11600 Eldridge St.
Lakeview Terrace, CA 91342
(213) 896-1161

Northridge Hospital MHS
18300 Roscoe Blvd.
Northridge, CA 91324
(213) 885-5348

**San Fernando Valley
Child Guidance Clinic**
9650 Zelzah
Northridge, CA 91325
(213) 993-9311

Sylmar Children's Outpatient
14445 Olive View Dr.
Sylmar, CA 91342
(213) 367-2231

*Connections thanks the
Children and Youth Services
Bureau and Mary Mahon for their help in
researching this information.*

**GRAPHICS
BY JESUS PEREZ**

LOS ANGELES COUNTY CHILDREN AND YOUTH SERVICES BUREAU

"Chewing gum and spit, that's what it took to do the job," said Dr. Rose Jenkins about the development in 1980 of the Children and Youth Services Bureau, which she directs.

"My thing is to put together a network of children's services countywide. It's something we have talked about for 20 years," said Jenkins.

"The needs were so great, but the resources were not there," she continued. "With

justice system, OMHSS, child abuse services and Juvenile Hall.

"I would like to have every agency in Los Angeles County that relates to children interacting together, with the center being the child and the child's family. That would take away the fragmentation," said Jenkins.

"Resources are dwindling, so it is hard," she continued. The bureau is responsible for services to children and youth between the ages of one and 18



Dr. Rose Jenkins, director of Children and Youth Services Bureau.

the separation of the Department of Mental Health from Health Services in 1978, Dr. (Richard) Elpers (director of mental health for the county of Los Angeles) said he wanted to develop a children's bureau. He was turned down initially because of funding. Dr. Elpers then (in 1980) took the existing programs and budget (Juvenile Mental Health Services, Probation) that served children and developed that dream."

In a year and a half, much has happened in this youngest bureau in the department.

Jenkins explains, "In children and youth services, the

"I would like to have every agency . . . that relates to children interacting together, with the center being the child and the child's family."

need is to interface with so many services and parts of the system." Some of these services include the school system, the family unit, health services, Juvenile Court, adoptions, Dependency Court, DPSS, Probation Department, state hospitals, social workers, juvenile

years, and they provide direct mental health services to children (adjudicated) who are dependents of the court (i.e., MacLaren Hall) or wards of the court (i.e., the Juvenile Halls and Probation Camps).

In addition, responsibilities include countywide mental health in the areas of education and training, services to victims of child abuse and neglect, evaluation of legislation impacting children and advocacy for the mental health of children.

"Our plan is not to have a bureau as large as the regions, just large enough to develop a good range of services to children in all five regions, to help develop their programs, act as consultants and pass information," said Jenkins. There are regional coordinators for children's services in each of the five regions.

The bureau offices are at 2415 W. Sixth St. in Los Angeles, where division staff chiefs are located, including Beatrice Chun, MSW, program services; Walter Maksimczyk, Ph.D., support services; and Ken Adler, MD, juvenile mental health



Dr. Rose Jenkins and Truman Schoenberger with Anita Gallegos, Mental Health Advisory Board Children and Youth Advocate (l-r).

services. The bureau also works with Dr. Michael Durfee, Health Services child abuse services coordinator.

Jenkins, director of the bureau, is a board certified child psychiatrist and is completing a doctorate in public administration.

"My model for the way an organization can function effectively is the opposite of 'everything at the center going out,' but rather is grass roots input," she said.

For this reason she established the Children's Citizen Advisory Committee to serve as a link between the bureau and the community. (see story this page)

Jenkins has not lost sight of her goal in all of this.

"Ideally, we would have people so informed that they can identify problems early enough before the parents are burned-out. Then you can work with the family. So often, because of the age old stigma, they wait too long," she said.

COMMITTEE ADVOCATES FOR CHILDREN

They managed to interest former HEW director Robert Finch in the project. The Mental Health Association in Los Angeles County (MHA) put up the initial money. They have reserved the California Museum of Science and History for the entire month of May 1982. The school system is gearing up to participate, and a blue ribbon committee is being formed. All this is to focus the attention of the community on the mental health of children and youth with a countywide children's art exhibit.

Marion McCammond, chairperson of the Children's Citizen Advisory Committee to the Children and Youth Services Bureau, and Dr. Rose Jenkins, bureau director,

are making plans and recruiting committee members for the event, expected to involve thousands of children.

The project is only one part of

"Our volunteer board is not mandated by law, but my interest was to have community input . . ."

the work of the Advisory Committee, which is divided into four subcommittees, according to McCammond. Jane Ryan is chairperson of program services, Lillie Wilson of legislation and advocacy, Stephen Howard of information and education and Mary Jane Wagle of membership.



Marion McCammond, chairperson of Children's Citizens Advisory Committee plans with Dr. Rose Jenkins.

The balance of the committee membership is 51 percent community volunteers and 49 percent representing various agencies serving children. Dr. Rose Jenkins said of the committee, "Our volunteer board is not mandated by law, but my interest (in forming the committee) was to have community input, and we needed a link to the community."

"We also have Anita Gallegos on the Mental Health Advisory Board to the Los Angeles County Board of Supervisors," said Jenkins.

Persons interested in serving on the art event committee may volunteer by calling the Children and Youth Services Bureau, (213) 738-4600.

ADOLESCENT MENTAL HEALTH LAW QUESTIONED

"Unnecessary hospitalization may occur when the child has become the target for all the family ills."

"Outpatient and inpatient (hospitalization) treatment are often the only alternatives seen by psychiatrists. Maybe we need to talk about the whole gamut of alternatives."

"Many of our facilities in this state do not have the capacity to carry out the follow up kind of care."

"I do fear that we could come up with a treatment (law) here that could keep children from getting treatment."

The Children and Youth Committee of the Mental Health Association in Los Angeles County (MHA) provided a forum in Santa Monica on the subject of "Developing an Equitable Mental Health Law for Adolescents," where these concerns were voiced.

The dialogue presented Joan Ell Amundson, staff consultant to the California State Legislature Permanent Subcommittee on Mental Health, along with Dr. John Leonard, psychiatrist and chairperson on the California Psychiatric Association Governmental Affairs Committee; and Barbara Lurie, chief, Patients Rights Office, Los Angeles County Department of Mental Health.

Each speaker presented information, and the audience discussion grew out of those concerns. Lurie was concerned with the issue of stigmatization with inappropriate commitment. "Even if released quickly, the short stay may cause the child to feel he is sick; others may also stigmatized," she said.



Participants in the dialogue on "Developing an Equitable Mental Health Law for Adolescents" listen to Marion McCammond (far right) and (to her left) Harriet Erickson.

"Unemancipated children (children under the direction of a parent) now can be committed by the parent. These are considered voluntary even though the child has no right to contest getting into the facility. Once there, the child can get a writ. The difficulty is the

child may not know of this right," said Lurie.

A member of the audience said she did a study to see how often the writ procedure was used once the adolescent was committed, and her research showed only seven writs in 1,100 cases.

Leonard told the audience, "We have not been able to find any useful validated study of pre and post Rogers S. decision (child commitments) . . . I read the Roger S. a little differently than what has been discussed here tonight."

The Roger S. was a decision of the California Supreme Court based on its interpretation of what the due process clauses of the California Constitution and the United States Constitution require in the commitment of minors to mental health facilities. It requires that, in order to hospitalize (for psychiatric treatment) minors over 14, there must be a pre-commitment hearing to determine if the minor is mentally ill or disordered and whether the admission (treatment) is likely to benefit the minor.

There is no doubt the Roger S. decision applies to state hospitals. The debate is about its applicability to other types of psychiatric inpatient facilities, public and private.

Amundson indicated the need for new law in the area of children.

"We have all heard horror stories (about inappropriate commitments), but unless we can figure out how to fund a bill, it will fail (in the present climate in Sacramento)," she said.

"What would a good bill in this area do?" she questioned. She is convinced "there is enough risk of error on the part of parents (committing a child to an institution) so we need legislation that establishes a procedure that has a re-

view by an outsider."

The perfect bill would have, she continued, "a neutral fact finder, continuing review, guarantee of rights, no reason to distinguish between public and private commitments and some consensus by the voters."

One member of the audience said, "We are aware of the practice of warehousing incorrigibles in certain private facilities with insurance taking care of this."



Shirley Boone and daughter Cherry Boone-O'Neill (holding her daughter) with Steve Simon at a "Help Anorexia" meeting.

"HELP ANOREXIA" LISTENS TO PERFORMER'S PLIGHT

Cherry Boone-O'Neill describes herself as a person recovered from anorexia nervosa.

The daughter of performers Shirley and Pat Boone, she told of her ten year struggle with starvation at a recent "Help Anorexia" meeting, held at Thaliens Community Mental Health Center.

Anorexia nervosa has been described by Alexander Lucas, MD, of the Mayo Clinic as "a condition that occurs ten times more frequently in females than males, usually at the time of puberty. A behavior involving irrational fear of becoming fat . . . results in severe weight loss from self-starvation."

Some experts call it a serious, life threatening disorder with wide-ranging physical and psychiatric components. The fatality rate is reported to be at 15-21 percent of those afflicted.

According to Boone-O'Neill, the stigma that often is attached to any mental illness sometimes prevents the anorexic or her parents from seeking help early in the progression of the disorder. That is the reason Boone-O'Neill was willing to tell of her experience. Shirley Boone joined her daughter in recounting the illness to the audience of mostly parents, who, from the nodding of heads, seemed to identify and agree with the two speakers' experiences.

"Help Anorexia" is a new support group meeting monthly, founded by Steve Simon. The meeting dates and places are listed in *Connections* Calendar each month.

Simon's fiancée is an anorexic, and they became frustrated in their search for a

therapist who specialized in the disorder.

"Many other persons were also frustrated watching their family member slowly going downhill," Simon said, explaining the reason "Help Anorexia" was started.

The meetings allow for an exchange of names and resources. Simon reports the meetings have been focusing on families, but because attendance has increased, they will now have

"It's why we are willing to tell of our experiences . . . to lessen the stigma."

separate meetings for individuals with anorexia.

Simon told of the support and interest the group was receiving from professionals in the medical and mental health fields. Several of the speakers for their meetings have given time to the group. The November meeting will feature a nutritionist.

"The media has picked up interest in the subject," Simon said.

"Help Anorexia" is establishing a speakers bureau to educate the public and reach the parents.

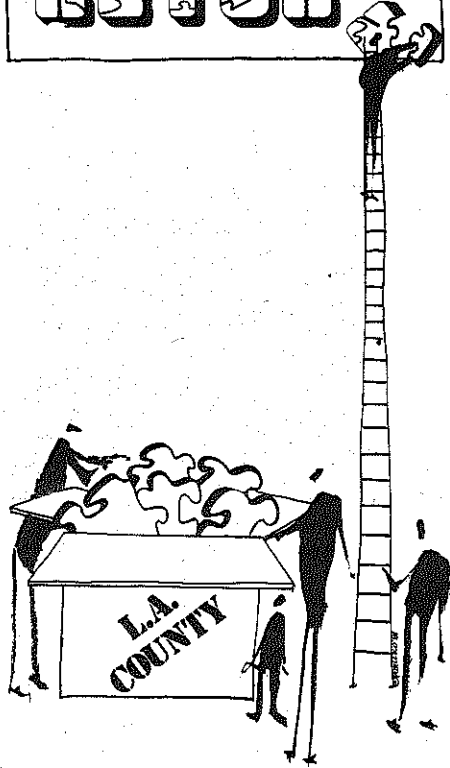
According to Boone-O'Neill, she "felt very much in control when I lost weight . . . I was positively reinforced (by her friends for this behavior) at first." Eventually it became a contest of wills, she said, and her parents were at a loss to get her to eat. All of this was before much was known about anorexia.

At the meeting, the heads were nodding in agreement as Shirley Boone told of her pain in watching her daughter in this condition.

"It's why we are willing to tell of our experiences . . . to lessen the stigma."

CALENDAR

PROJECT RETURN



Project Return will hold its Annual Awards Luncheon Thursday, Nov. 5, 12:30 p.m., at the Ambassador Hotel Venetian Room. Citizen of the year award will be presented to William J. Thomas. Others to be honored include John Siegel, Robert Carter Sr., Andy Posner and Peter Fogler. For reservations, call the MHA, 629-1527, or Project Return, 487-3711, ext. 4190.

November 3

Applications must be submitted by this date for the "Human Sexuality Conference on the HMS Queen Mary," offered by the Mental Health Training Center in Los Angeles, scheduled for Dec. 1-4, 8 a.m.-5 p.m.

The conference includes one day on each topic: 1) the nature of maleness and femaleness; 2) conflicts in relationships — unwanted sexual involvement; 3) other sexual lifestyles — the "isms" (homosexual, lesbian, transsexual); and 4) sexual dysfunction of men and women.

The conference is designed for two or four day participation, with fees of \$150 for two days and \$250 for four days. Call 478-1535 for more information.

November 4

The Interagency Committee on Mental Health meets 9:30-11:30 a.m. in the conference rooms at the L.A. County Department of Mental Health, 2415 W. Sixth St., Los Angeles. Street parking only.

November 4, 11, 18, 25

Meetings of a free support group for parents and families of schizophrenic persons are held each Wednesday, 7-9 p.m., by (Re-) Socialization Skills Inc., a non-profit, private, social rehabilitation program for the treatment of persons with serious mental illnesses. The group meets at 1535 Sixth St., Santa Monica, and is a problem-solving group, not a therapy group.

Call Bart Ellis, LCSW, at 451-1755, for reservations.

November 5

Project Return is honoring Mental Health Association President Bill Thomas as "citizen of the year" at its Second Annual Awards Luncheon, held 12:30 p.m. at the Ambassador Hotel Venetian Room, 3400 Wilshire Blvd., Los Angeles. Donation is \$20.

Project Return, an MHA federation of self-help clubs, is comprised of 20 clubs and has more than 200 members.

For reservations, call 478-3711, ext. 4190, or 629-1527.

November 9

The Southern California Psychiatric Society scientific meeting will feature "Spontaneity and Playfulness in Psychotherapy," by Norman Tabachnick, MD, and is held in the UCLA/NPI Auditorium, 8 p.m.

November 10

San Gabriel Valley RCLC: The Regional Community Liaison Committee for the L.A. County Department of Mental Health San Gabriel Valley Region meets noon-1:30 p.m. at the Pasadena Guidance Clinic, 56 Waverly Dr., Pasadena.

November 10

"Challenges of Change," a workshop for persons 60 and over to discuss and share ideas about changing themselves, others and the community, is presented by Jewish Family Services and continues on consecutive Tuesdays, 7:30-9 p.m., until Dec. 15. The workshop is led by Phoebe Sharaf, LCSW, and Sally Edelist, LCSW, and is held at 6505 Wilshire Blvd., Los Angeles. Fee is \$30.

For information, call 852-1234.

November 12

The L.A. County Department of Mental Health Coastal Region Interagency Committee meets 9:30-11 a.m. at the Transitional Living Center, second floor, 12329 Hawthorne Blvd., Hawthorne.

November 12

The workshop, "Single Again," presented at the Jewish Family Services San Fernando Valley office, 6851 Lennox Ave., Van Nuys, continues on consecutive Tuesdays, 7:30-9 p.m., until Dec. 10. Content includes the stages of divorce, resources in the community and new ideas. The workshop is led by Carol Gopin, LCSW, and has a fee of \$20.

For information, call 908-5007.

November 12

A workshop on "Psychiatric Emergency Management" will be presented 1-5 p.m. by the Consultation, Education and Prevention division of Didi Hirsch Community Health Center, 4760 S. Sepulveda Blvd., Culver City. Fee is \$25.

For information, call Edith Ash at 390-6612.

November 12

Dr. Robert Liberman, director of the Center for Rehabilitation, Research and Training in Mental Health, will speak on "Family and Social Therapy for Relapsing Schizophrenics" at the 7:30 p.m. meeting of Advocates for the Mentally Ill (AMI) at Thaliens Community Mental Health Center, 8730 Alden Dr., Los Angeles.

November 13

Applications are due for "Psychosocial Interventions with the Elderly," a Mental Health Training Center in Los Angeles workshop for health professionals, clinicians and consultants on techniques for working with elders with serious health and mental health problems. Fee for the workshop, to be held Dec. 1-2, 9:30 a.m.-3 p.m., is \$100.

For information, call 478-1535.

November 13

San Fernando/Antelope Valley RCLC: The Regional Community Liaison Committee for the L.A. County Department of Mental Health San Fernando/Antelope Valley Region meets at 10 a.m. at the regional headquarters, 5077 Lankershim, Suite 400, North Hollywood.

November 16

"Help Anorexia," a group for victims of anorexia nervosa, their families and friends, will have nutritionist Susan Epstein as featured speaker at its 7:30 p.m. meeting. Epstein, director of nutrition, education and product development for a natural food store chain, will discuss preparing low-calorie holiday treats for anorexia nervosa victims. Epstein serves as consultant to a psychiatrist treating nutritional problems of anorexia patients.

The meeting will be held at the Allstate Savings and Loan, Brentwood/West Los Angeles Branch, 11911 Wilshire Blvd., Brentwood, in the conference room on the side of the building next to the parking lot. For more information, call 836-1191.

November 18

Central Region RCLC: The Regional Community Liaison Committee for the L.A. County Department of Mental Health Central Region meets 7 p.m. at the LAC/USC Medical Center Psychiatric Hospital, Room 2C18, 1934 Hospital Pl., Los Angeles.

November 18

Coastal Region RCLC: The Regional Community Liaison Committee for the L.A. County Department of Mental Health Coastal Region meets 6:45-9 p.m. in the eighth floor conference room, LAC Harbor-UCLA Medical Center, 1000 W. Carson, Torrance.

November 19

The 7 p.m. meeting of Westside and Coastal Friends, a community self-help organization, will feature Dr. Ferris N. Pitts Jr., professor of psychiatry at USC, speaking on "Biological Determinants of Psychiatric Illness." The group meets at the VA Brentwood Medical Center, Bldg. 300, 11301 Wilshire Blvd., Los Angeles.

For information, call 393-7038.

November 19

Southeast Region RCLC: The Regional Community Liaison Committee for the L.A. County Department of Mental Health meets 1:30 p.m. at the Augustus F. Hawkins Mental Health Facility, 1720 E. 120th St., Los Angeles.

November 19

The scientific meeting of the L.A. Psychoanalytic Society and Institute convenes at 8 p.m., 2014 Sawtelle Blvd., West Los Angeles.

For information, call 478-6541.



SHARING A JOYOUS TIME

"Sharing a Joyous Time" is the theme of holiday greeting cards being sold by Project Return, a Mental Health Association federation of self-help clubs. The design on the card was created by graphic artist and painter Leo Posillico. According to Project Return Director Rhoda Zusman, the artist's themes are "people oriented," and his work reflects his New York background, although he has lived in California for 12 years. Cards are available with the inscription, "Happy Holidays," or without a message. Cost for a box of 10 cards is \$4, and three boxes are \$11. Orders can be placed beginning Nov. 2 by calling 478-3711, ext. 4190 or 629-1527.

November 19

The Mental Health Advisory Board meeting will be held at noon at the Hall of Administration, Room 739, 500 W. Temple St., Los Angeles.

November 20

Applications must be submitted by this date for the Mental Health Training Center in Los Angeles workshop, "Mediation of Family and Community Conflicts," which will present mediation as an effective method of resolving family and neighborhood conflicts. Separate and joint workshops for legal and mental health professionals are planned. The workshop is planned for Dec. 8, 9 a.m.-4 p.m. Fee is \$50.

Call 478-1535 for information.

WANTED:

"Gifts for Giving"

gives clients at Metropolitan State Hospital, some of the OMHSS offices and board and care homes the opportunity to participate in the holiday season traditions of giving and receiving gifts.

The Mental Health Association in Los Angeles County welcomes all donations of new and unused merchandise — personal items for men and women and household and children's items.

Contact the MHA at 930 Georgia St., Los Angeles, CA 90015, or

Call:

Los Angeles — 629-1527

Long Beach — 591-7530

San Fernando Valley — 780-1931 or 780-2421

November 24

"Parenting School-Age Children," a Jewish Family Services workshop, will look at the developmental stages of school-age children, with discussions on topics such as discipline, school and parent/child relationships. Facilitated by Adrien Rivan, LCSW, the workshop is held at the Jewish Family Services San Fernando Valley office, 6851 Lennox Ave., Van Nuys, and continues on consecutive Tuesdays until Dec. 15. Fee is \$20.

For more information, call 908-5007.

November 24

Applications are due for the Mental Health Training Center in Los Angeles workshop, "The Tavistock Model: Work Group Dynamics and Individual Autonomy," to take place Dec. 9-10, 9 a.m.-4 p.m. and Dec. 11, 9 a.m.-noon. The two-and-a-half day workshop is based on the "Tavistock" model for exploring how groups influence individual behavior in a work setting. Fee is \$100.

Call 478-1535 for additional information.

November 23

"First Time Parents," a Jewish Family Services workshop, offers career-oriented parents and parents-to-be an opportunity to exchange information and discuss their concerns about their changing lifestyle. Facilitated by Nancy Weiss, LCSW, the workshop continues on consecutive Mondays, 7:30-9 p.m., until Dec. 14, at 6505 Wilshire Blvd., Los Angeles. Fee is \$20.

Call 852-1234 for information.

November 28

A Touch of Care Inc., a private psychosocial rehabilitation agency, conducts a Parents Skills Training Group at 7 p.m. on the last Wednesday of each month at its Social Rehabilitation Center, 11552 W. Pico Blvd., West Los Angeles. The group's emphasis is on parents' acquisition of more effective communication skills. The agency also facilitates a Parents Support Group that meets bimonthly.

For more information, call 473-6525.

CONNECTIONS

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