

Public meetings held for proposed Medi-Cal/Short-Doyle pilot program

ADVISORY BOARD RECOMMENDS CONSOLIDATION TO SUPERVISORS

INTERVIEW:

PETER DUBOIS

Revenue Management Chief
Department of Mental Health



He has served on the Los Angeles County Mental Health Advisory Board, consulted with the governments of at least four states, completed research on suicide in state hospitals, worked in the private sector, staffed legislative committees, directed a statewide non-profit,

"I'm enormously impressed with California state and county government. It is an open process and accessible."

volunteer organization, testified before the legislature and pressed for change in the mental health system.

In his new job, Peter DuBois combines his business experience with a caring approach to people.

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The Los Angeles County Board of Supervisors will be deciding on a recommendation by the Mental Health Advisory Board that the county participate in the pilot project to consolidate the fee-for-service Medi-Cal and Short-Doyle systems.

The purpose of the pilot project is to test whether consolidation of the two publicly supported systems into a comprehensive single system will accomplish a more efficient and appropriate delivery of mental health services.

Medi-Cal is a tax supported, medical assistance program funded 50 percent by the state and 50 percent by the federal government. Only mental health related Medi-Cal services will be involved in consolidation.

Short-Doyle is the state law under which public mental health services are provided in California. The state pays 90 percent of the cost of Short-Doyle funded programs, with the county supplying the remaining 10 percent.

Medi-Cal will cost almost \$5 billion in California in the current year (\$2.82 billion for the state's share and \$2.15 billion in federal matching funds). Of this amount, only a small portion is mental health related. The figures have not been given for Los Angeles County Medi-Cal dollars and few county officials are willing to guess. One amount used for a public meeting is \$24 million.

After consolidation, all fee-for-service Medi-Cal mental health services must be provided through a county approved Short-Doyle/Medi-Cal provider.

Individuals will no longer go to individual fee-for-service Medi-Cal providers, but will go to the county or private providers contracting with the county.

If the Supervisors agree with the Advisory Board's unanimous recommendation, then the pilot project will begin early in 1983.

The Advisory Board agreed with the Legislature's goals for the consolidation project. These goals were outlined as: improving the fiscal management by focusing program responsibility for costs and revenues in a single entity; reducing inappropriate services, especially unnecessary hospital-based services by consolidating funds and allocating

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INSIDE:

**PARENT'S
PERSPECTIVE**
PG. 4

**HOMEBOUND
PROGRAM**
PG. 6

**"FIT TO BE
UNTIED"**
PG. 7

Mental Health Coalition
in Los Angeles County

will meet

November 4, 7:30 p.m.

at the Los Angeles County Department of
Mental Health, 2415 W. Sixth St., Los
Angeles. Enter from roof parking lot.

Agenda will include an examination of
election results and a review of mental
health needs. Call 629-1527 for more in-
formation.

STUDENTS' MENTAL HEALTH NEEDS: WHAT SCHOOLS HAVE TO OFFER

(Editor's Note: With the beginning of a new school year, attention is drawn to the mental health needs of some school children. This article explains some of the services, the process in getting those services and parents' rights under the law in making demands on the system.)

by Alice Healy-Sesno, Ph.D.

The picture, in a double frame, rests on County Education Consultant John Burton's desk. It is of an eleven-year old boy and his dog. Underneath the picture of the boy are the words: Dear John, Thanks for being a bridge builder. Rick's parents, Joe and Ida.

The story behind the picture deals with the way one educator worked with the parents of a child to help that child over some rough places in his school life.

As the school year beings, educators throughout the county are gearing up to serve not only as motivators for academic achievement, but as bridge builders for students who might need that something extra to help them achieve to their fullest potential.

It is important that parents be aware of this and work together with school personnel in order to meet the needs of their children. One of the first contacts for the parent to make when things are not going well with a student's academic achievement should be the classroom teacher and/or the school principal. Close contact here can often short circuit major problems at their inception.

If parents feel that their child is in need of special educational methods because of serious physical, mental or emotional factors, that parent, under the terms of Public Law (PL) 94-142, may request an individual assessment of their child. Such an assessment is usually done initially by the school or district guidance team, which is made up generally of the school principal or his or her delegate, a teacher representative, school nurse and school guidance counselor.

If they feel further assessment is warranted, the team will refer the student on to the school psychologist for further assessment. If such an assessment indicates that the child is indeed in need of special education, an individual educational plan will be drawn up, with the parent present, in order to meet the student's special needs. Under the terms of this law, special educational programs have been developed for about 8 percent of the young people in California schools today.

But what about students with what we might call "everyday" problems and concerns — the student who is frequently absent, sometimes disruptive in class, verging on depression, inattentive, underachieving or showing some evidence of drug or alcohol abuse — in other words, a student who seems disturbed but not *seriously emotionally disturbed*, (terminology for students covered under PL 94-142).

Often the first line of school help for these students is the teacher and/or the school counselor. Teachers have become confidants and support people to students in areas other than the regular curriculum since schools began.

In order to maintain their skills in this area, teachers have taken workshops geared to helping them establish the positive classroom climate and individual student rapport so necessary to maximize learning. Such a program (TESA-Teacher Expectations and Student Achievement) has been offered by the Office of the Los Angeles County Superintendent of Schools, and thousands of teachers within the county have availed themselves of the opportunity to attend.

The teacher's role as a mental health provider is further highlighted in the

1981-84 Course of Study Program Planning Guide for Grades Kindergarten Through Twelve¹ available to teachers throughout the state. In it are a multiplicity of topics geared to impact on the mental health of the student. An entire section deals with personal and social values and responsibilities. Ways of creating order and harmony within a society which contains multiple differing factors, strategies for cooperating with others and methods for identifying rights as well as obligations in given situations — all are explained. Methods for the infusion of such concepts into every curriculum area are discussed, and the importance of such positive mental health practices strongly stressed.

Many counselors at the elementary school level have also provided school children with the little book *Adam and Alice's Magic Tips For Talking To Adults*² which offers suggestions to the children regarding ways in which they can become active participants in helping to solve their problems by reaching out to this concerned parents and other adults. This book is available for a limited time at no cost to Los Angeles County residents.

The work of counselors and counseling groups has been carefully documented in the book *When Schools Care*,³ by Dr. Irving Berkovitz. Dramatic evidence is presented in it of the way in which certain counseling techniques have helped students improve attendance, suppress inappropriate behavior and increase academic achievement.

In an age when the family constellation is often under reorganization, parents facing such a reorganization (divorce) are often in a quandary concerning ways in which each can and/or should relate to the school. Under the Family Educational Rights and Privacy Act (FERPA), ways and means by which each parent (custodial and non-custodial) can access their child's school records and further involve themselves in the child's school life are spelled out. School counselors, and attendance and administrative personnel are versed in this act and ready to serve as the necessary "bridge builders" for parents and students during this time of reorganization and stress.

Career counseling staff and work experience counselors have developed many bridges of their own for students ready to make that important crossover from school to the world of work. By identifying existing opportunities in the community and matching them to a student's interests and needs, counselors have impacted a student's life in a most positive and mentally healthy way.

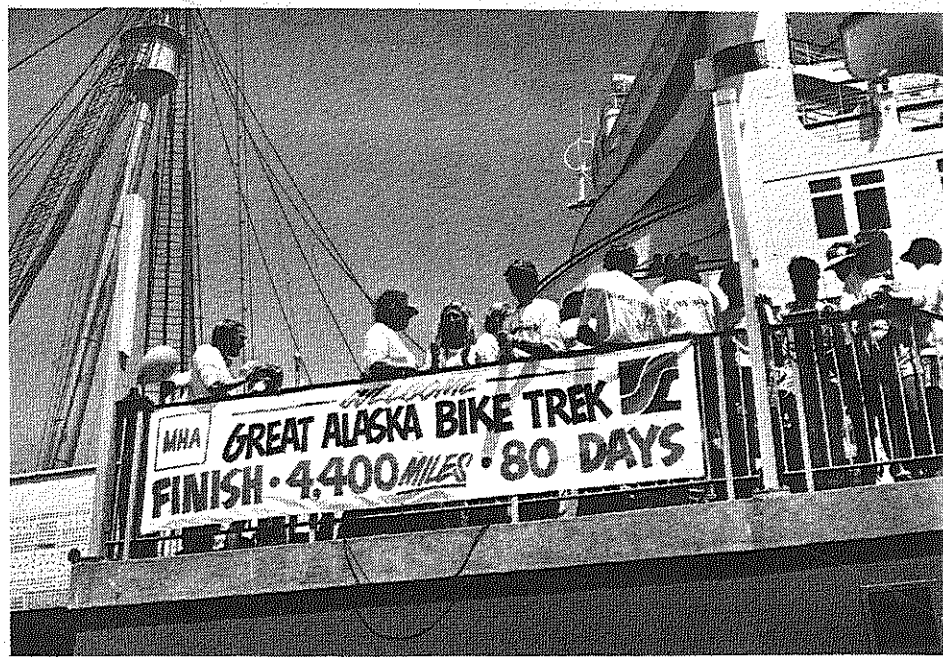
The opportunities, programs and "bridge builders" are there in our schools. Budgetary stringencies have necessitated cutbacks in selected instances, but remaining staff are often able to offer necessary first steps with follow-up guidance to students and parents who ask.

Reach out to the bridge builders — they care.

Alice Healy Sesno, Ph.D., is a consultant in the Office of the Los Angeles County Superintendent of Schools. She has served as an administrator in the New York City and New York State Departments of Education and on the faculties of Fordham University in New York and Loyola University in Los Angeles.

References

1. Wickens, D.L.; Whitman P., Fontaine R. — *Course of Study A Program Planning Guide For Grades Kindergarten Through Twelve* Office of the Alameda County Superintendent of Schools, Hayward, California, 1981.
2. Sesno, A. — *Adam and Alice's Magic Tips for Talking to Adults*. Office of the Los Angeles County Superintendent of Schools, Downey, California, 1980
3. Berkovitz, I.H. — *When Schools Care*. Brunner/Mazel, New York, 1975

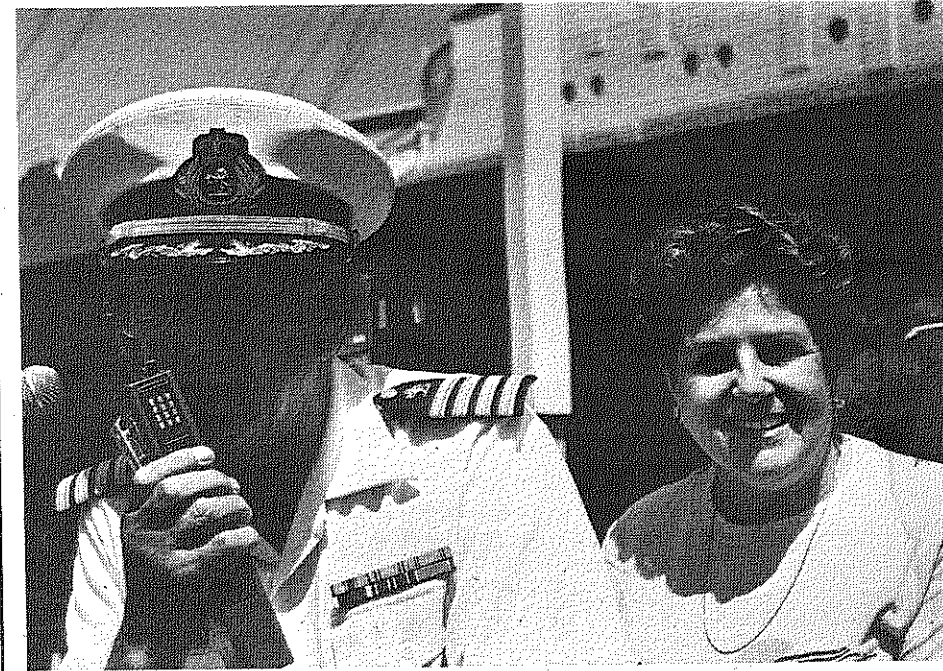


The 80-day journey from Anchorage, Alaska, to Long Beach with 24 bike riders representing the Mental Health Association chapters in Alaska, Washington, Oregon and California was underwritten by Sea-Land Services Inc.

THEY MADE IT! RIDERS COMPLETE 4,400 MILE TREK



Bill Thomas, president of the Mental Health Association in Los Angeles County, and Deane Dana, Los Angeles County Supervisor (l-r), congratulate Nancy Baker of Long Beach, who represented MHA in Los Angeles County on the Bike Trek.



Captain of the Queen Mary and master of ceremonies John Gregory and MHA Coastal Regional Director Morgan Miller welcome the riders.



At the finish line, all 24 participants in the Great Alaska Bike Trek celebrate with a champagne shower.

PARENTS PROVIDE FIRST FUNDS FOR CLUBHOUSE

A parents organization has made the first major contribution to a planned Project Return clubhouse/education center for recovering mentally disabled persons.

Westside and Coastal Friends parents group has started a fund with \$24,000 designated toward the establishment of a clubhouse proposed by Project Return, a Mental Health Association in Los Angeles County (MHA) federation of self-help clubs for recovering mentally ill adults.

Project Return is seeking additional support from parents groups. It is asking that these groups raise \$100,000 of the \$300,000 needed to start the clubhouse.

At the November meeting of Advocates for the Mentally Ill (AMI) parents group, a presentation of the program will be made.

"We are hoping that AMI will become another support group," said MHA Executive Director Richard Van Horn. "We want parents groups to focus on this as a major project and have them become one of the many groups that are needed to support a program like this on an on-going basis."

The clubhouse will be an expansion of the Fountain House clubhouse model in New York. It will combine that model with community education and civic group components. It will be located in the Westside and will be open to mentally disabled persons from throughout Los Angeles County.

"There is a critical need in our community now for a new model that will provide an opportunity for emotionally handicapped people living in the community to have access to social activities, an education program, support network, and vocational and volunteer opportunities in an environment that does not require intake the way a medical model traditionally does," said Rhoda Zusman, consultant to Project Return.

"This center is conceptualized after models like YMCA, offering courses;

a civic organization, bringing people of like needs together directing activities that serve the needs of the members and the community; and self-help groups," Zusman said.

"The clubhouse/education center concept is different from anything that's been done, as far as we know," said Project Return consultant John Siegel. "We are adapting the Fountain House model to Los Angeles County's needs. The clubhouse model is a successful model that's been used in other areas. They (clients) need a place where they can meet. They need a greater sense of belonging in the community, an organizational center they can call their own."

According to Siegel, the center will be "novel" in that it will be "a place where the membership has direct input into what activities are planned.

"Our members are interested in and capable of talking about and planning events that they can do," he continued.

Siegel said that the center will contain an adult education model, similar to a community college or YWCA, and will have classes. It will be a place where the Project Return Federation, with representatives from each of the Project Return clubs, can meet and where all members can gather to socialize and take part in activities. Clients also have expressed an interest in developing a women's group.

A consultant force will be formed "to help members develop ideas for specific events," said Siegel.

"The professional staff will function as facilitators, coordinators and consultants," said Van Horn. "The direction of the center will be collaboratively set by members with consultation and in partnership with the staff."

Target date for opening of the center is mid-1983.

Van Horn said that "we want to establish more support groups. We are interested in meeting with parents and citizens. We are looking for donations to make this clubhouse a reality."

Persons or groups interested in learning more about providing support for the clubhouse/education center may contact the Mental Health Association at 629-1527. Donations are tax deductible.



A cookie baking business is among the activities of Project Return clubs.

PROJECT RETURN OFFERS SUPPORT

There are 17 Project Return self-help clubs at the present time. The clubs are open to recovering mentally disabled persons in Los Angeles County, and new members are welcome. The following is a list of clubs with meeting times and places. For information, contact the number listed below or the Mental Health Association in Los Angeles County at 629-1527.

Coastal Region

Beverlywood I

Time: Thursdays at 6:20 p.m.
Place: Robertson Recreation Center
1641 Preuss, Los Angeles
837-0146

Beverlywood II

Time: Mondays at 10:30 a.m.
Place: Beverlywood
1920 S. Robertson Blvd., Los Angeles
837-0146

Equalizers

Time: Fridays at 12 p.m.
Place: Brentwood VA Medical Center
RMS Conference Room 122
11301 Wilshire Blvd., Los Angeles.
478-3711, ext. 4190

Brentwood VA Day Treatment

Time: Fridays at 10 a.m.
Place: Brentwood VA Medical Center
Day Treatment
11301 Wilshire Blvd., Los Angeles
478-3711, ext. 4190

The Manor

Time: Thursdays at 8 p.m.
Place: The Manor
1905 Pico Blvd., Santa Monica
450-1748

Santa Monica Friends

Time: Mondays at 6:30 p.m.
Place: 1st Monday: Santa Monica Library
Santa Monica & Sixth Streets, Santa Monica
2nd Monday: Shakee's Pizza Parlor
Santa Monica & 30th Streets, Santa Monica
Last two Mondays:
Arts and Crafts Room, Lincoln Park
Wilshire & Lincoln Blvds., Santa Monica
382-2120

Sundowners

Time: Wednesdays at 3:30 p.m.
Place: Coastal Community Mental Health Center
747 E. 223rd St., Carson
518-6870

Southeast Region

South Gate Park

Time: Thursdays at 1:30 p.m.
Place: 4900 Southern Ave., South Gate Park
Auditorium Bldg., Room 1
639-7110

Allstars

Time: Tuesdays at 12:30 p.m.
Place: Central City Community Mental Health Center
4211 S. Avalon, Los Angeles
232-4111

Central Region

Continental Club

Time: Mondays at 6:30 p.m.
Place: Marysville Board & Care
911 N. Mariposa, Los Angeles
669-9981

Phoenix Committee

Time: Fridays at 6:30 p.m.
Place: Hollywood Mental Health Services
4759 Hollywood Blvd., Los Angeles
742-7709

San Fernando Valley Region:

Central Valley

Time: Mondays at 10:30 a.m.
Place: Central Valley Mental Health Services
8101 Sepulveda Blvd., Van Nuys
901-0327

Sepulveda VA

Time: Thursdays at 4:30 p.m.
Place: Sepulveda VA
1611 Plummer St., Sepulveda
891-7711

Greater Horizons

Time: Thursdays at 7:30 p.m.
Place: Northridge Hospital
18300 Roscoe Blvd., Northridge
885-5348

San Gabriel Valley Region

Operation Uplift

Time: Wednesdays at 1 p.m.
Place: El Camino Mental Health Services
11721 A Telegraph Rd., Santa Fe Springs
949-8455

The Winners

Time: Tuesdays at 2 p.m.
Place: SVRC
c/o United First Methodist Church
3903 1/2 N. Tyler, El Monte
444-0386

I-CAN

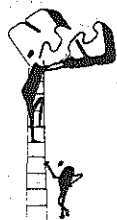
Time: Mondays at 1 p.m.
Place: I-CAN
525 N. Lake, Pasadena
577-2261

PROJECT RETURN



THIRD ANNUAL PROJECT RETURN AWARDS LUNCHEON

FEATURING THE PROJECT RETURN PLAYERS



A farewell tribute to Rhoda Zusman, Project Return co-founder and director, will be featured at the Third Annual Project Return Awards Luncheon.

The luncheon will be held 12-2 p.m. on Tuesday, Oct. 5, at the Ambassador Hotel Venetian Room, 3400 Wilshire Blvd., Los Angeles. Donation is \$20, and all persons are invited to attend.

Project Return is a Mental Health Association in Los Angeles County (MHA) federation of self-help clubs for recovering mentally disabled adults. Currently, there are 17 Project Return clubs.

Dr. Milton Miller will be the featured speaker at the luncheon. He is the Coastal Region director of the Los Angeles County Department of Mental Health, professor and chair-

person of the Harbor-UCLA Department of Psychiatry and author of *Psychiatry: A Personal View*.

Performing at the luncheon will be the Project Return Players, an improvisational theater group. The troupe made its debut at the Project Return conference in June, and has had performances around the county.

The luncheon will also be a time to recognize leadership and outstanding achievement among Project Return members and volunteers.

Also scheduled will be a preview of plans for the development of a social and educational clubhouse for recovering mentally disabled adults in Los Angeles County.

For luncheon reservations or more information, call MHA at 629-1527.

DUBOIS

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As chief of Revenue Management, DuBois was hired to help the Los Angeles County Department of Mental Health in the enhancement of revenue from sources other than county or Short/Doyle funds.

"That means Medi-Cal, Medicare, insurance, patients' fees and other sources of revenue," said DuBois.

"When I was hired, we did not know about the Medically Indigent Adults (MIA) transfer or consolidation of Medi-Cal/Short-Doyle (enacted by the legislature, (see story page 1). These events, and especially the Medi-Cal consolidation, make it even more important for our department to identify revenues and clarify billing," he said.

DuBois feels that with consolidation of the Medi-Cal/Short-Doyle systems the department will be able to achieve a broader, more flexible use of these revenues. In this way, the system can better serve people with the most appropriate treatment, he contended.

"We would like to stretch the limited dollars that are coming to use (with consolidation), and, to the extent that we

"Here they don't do personality stuff. . . clearly the goal is consensus"

can use these dollars to build up the categories in the California Model that are deficient in funds, we think that we will be developing a system that will be able to handle more people more effectively," he said.

According to DuBois, the idea of the California Model is to move people in the system to the most appropriate treatment.

"If the options are there, (then) people would move through the system. We feel enormous pressure now because, in some parts of the treatment system, there is not enough money and that plugs up the system," he said.

DuBois admitted the changes were not going to be easy.

"We are working to enhance productivity, working with the departments and the regions in terms of improved productivity (as well as) finding other dollars," he said.

DuBois was picked for the job because of his experience as a management consultant in human services. He has worked in both private and public sectors.

He was the vice-president, administration, for MDT, a private sector high technology company, manufacturers of medical and dental operating equipment. Before that, he was the executive director (1977-79) of the California Mental Health Association (MHA). He accepted the MHA job because the board wanted a strong public affairs program.

"I loved it because it gave me a chance to do direct citizen advocacy in Sacramento," said DuBois.

He was there during the difficult Proposition 13 time.

"The mental health field was complicated, and it was hard to get consensus on what was priority. Because of Prop. 13 we all were motivated to come together to find consensus and the consensus continues today," DuBois said.

DuBois has a degree in American Studies from Amhurst College and a law degree from Harvard Law School. He admitted to being "hooked" by the mental health field while a student doing summer work and internships.

"I came to Berkeley to study sociology of law and worked on research with Faye Goleman in Stockton and Dorothy Miller. She (Miller) was working on the Lanterman/Petris/Short Act. She had written 'Worlds that Fail,' where she told about the (then) difficult conditions in state hospitals and commitment procedures. She helped supply the info for the reform acts," DuBois said.

DuBois was later assigned to the Assembly Office of Research and was there during the final set of hearings on the Lanterman/Petris/Short Act.

"I was hooked. The field was interesting enough, but to be there in a water shed time was magnificent," said DuBois.

During the course of that summer, he worked with the Joint Select Committee on Mentally Ill and Handicapped Children. Along with several others, he was asked to staff the committee and, in order to do that, he delayed finishing law school, completing his degree in 1974.

Later he served as consultant to the State of Vermont on their commitment

laws and to the state of Massachusetts on the Right to Special Education Law that was piloted in Massachusetts and became federal law. He worked two years on the implementation of the law, including service and cost implications.

In Missouri, he worked on juvenile justice issues, and in Pennsylvania, he consulted for the state on a review of the entire structure of the commitment system.

DuBois' present position requires Sacramento visits when the legislature is considering the mental health budget or related legislation.

"I've spent most of my adult life in and around government, and I am convinced it can have a positive effect on people's lives. . . I'm enormously impressed with California state and county government. It is an open process and accessible," said DuBois.

"For Los Angeles County, it is fascinating to see the consensus building, and that style seems to pervade most of the departments. Here (in the department of mental health), they don't do personality stuff. . . clearly the goal is consensus," he said.

In 1973, DuBois attended a seminar and fell "madly in love" with a New York lawyer working for the Children's Defense Fund. After their marriage and many moves, Joan is now working as a principle associate for the Los Angeles Regional Family Planning Council. Both share an interest in the dance and enjoy cooking together.

DuBois continues his volunteer involvement with the Children's Research Institute of California, an agency involved in research in foster care and adolescent mental health.

DuBois concluded, "My experience with MHA and with this department confirms my belief that people who are interested in getting involved as volunteers should do so. It is important and it makes a difference."

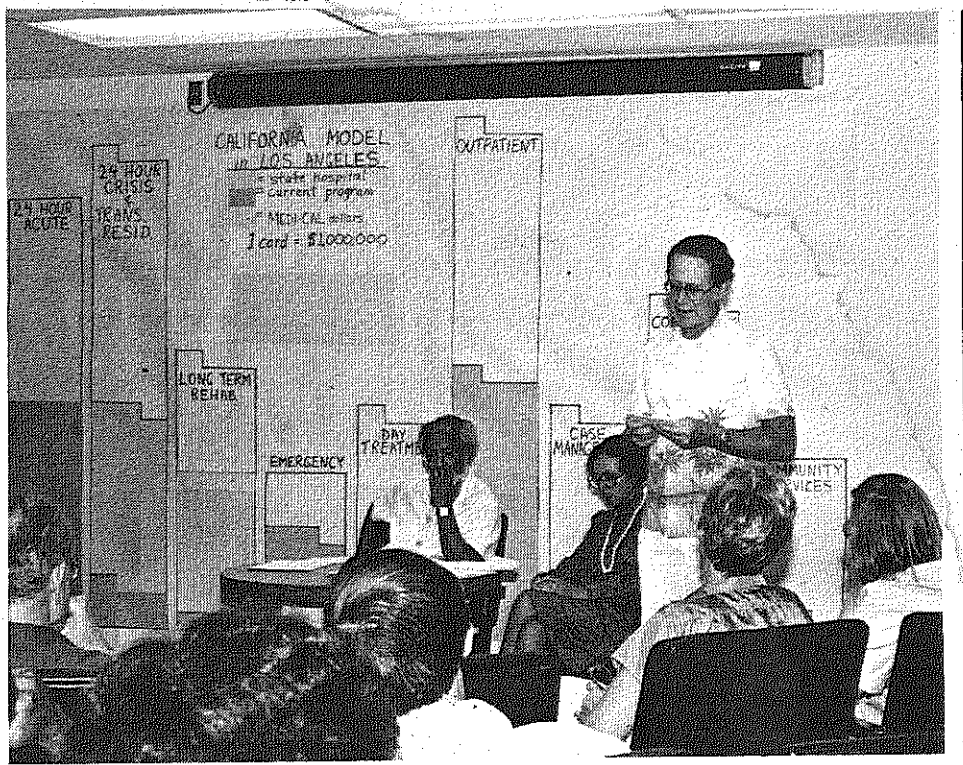
ADVOCACY DIRECTORY AVAILABLE

As part of a research grant from the National Institute of Mental Health, the Human Interaction Research Institute in Los Angeles has just published **The National Directory of Mental Health Advocacy Programs**. This 200-page volume contains descriptive profiles of 417 mental health rights protection and advocacy programs, including legal organizations, patient/ex-patient groups, mental health associations, parent/family groups, programs internal to mental health service systems and miscellaneous other types. These programs share as their general mission the protection and/or the enhancement of patients' rights. Also included in the directory are easy-to-use indexes of available advocacy services and various patients' rights issues addressed by each program.

The directory is intended to be of use to advocates, mental health care recipients and their families, mental health administrators and practitioners, and others concerned with representing the interests of the mentally ill and those so presumed. It can be used as a referral source and for direct access to information about given programs.

Copies of the publication are available at cost to interested organizations and individuals, as the limited supply permits. The cost for each copy of the directory is \$7.00 (book rate) or \$9.00 (priority mail). All orders must be prepaid by check or money order payable to the Human Interaction Research Institute.

Mail orders to:
DIRECTORY
Human Interaction Research
Institute
10889 Wilshire Blvd., Suite 1120
Los Angeles, CA 90024



Don Richardson addresses one of the public meetings on consolidation. Seated are Dr. Harold Mavritte, assistant director of Programs for the Department of Mental Health, and Kathleen Snook, the department's assistant director, Administration.

A PARENT'S PERSPECTIVE

In the past month, the Los Angeles County Department of Mental Health has held a series of public meetings to share information about the consolidation of the Medi-Cal/Short-Doyle systems and to listen to the concerns of various interests groups, providers of services and consumers.

Among these groups, parents organizations in general have supported consolidation.

The following is the text of remarks made by a parent, Don Richardson, at one of the meetings.

About nine years ago, my son became a part of the "mental health system." He was diagnosed as schizophrenic — now, after 23 hospitalizations, he is chronic. The list of admissions to this place and that place has become two single-spaced typewritten pages. Some entries say "missing," some say "discharged to the streets." Sometimes the period between discharges from hospitals and readmissions are only a few days, sometimes two or three weeks. Anyone looking at that list can see that something is wrong, unacceptably wrong.

I look at that list, and I am very angry. There are a lot of angry people in our family groups.

We parents find a lot of "nice" people who seem to want to help our mentally ill family members. We find that the police are nice, and they try very hard, but their hands are tied by laws, red tape and lack of money. We talk with the conservator, the chief of psychiatry, the therapist and the nurse. They are nice people, and they wish things were different. But they don't have enough money, enough space and enough staff. They wallow in rules and regulations.

We parents talk with everyone. Everyone would like to do better, but they must follow the rules, the department orders and the law. We are dealing here, I think, with the Nuremberg principle: everyone follows the rules and nobody is guilty — or is it everyone follows the rules and everyone is guilty?

Whether you are a part of "the system" or trying to do battle with it, the difficulty is that everything is piecemeal. In reality, we don't have a system, we have a frame-

work comprised of pieces put together by a bunch of nice people. Administration of the state and county mental health department is piecemeal, services are piecemeal, change has depended upon funding and that becomes piecemeal.

Isn't it time to ask how a change in one part of the mental health "system" will affect the outcome in another part? We hear a great deal about "cost effectiveness," but the determination of cost effectiveness is often as counterproductive as that of a family who looks at its budget and decides to cut down on heat. Result: pneumonia, ruined water pipes and large plumbing costs.

My purpose in making these comments today is to express my hope that we advocates of change will not just concentrate on the piece that is closest to each of our special interests. I have a feeling that if we do this, the possible good that may result will very likely later be cancelled out by lack of change in another piece of the non-system.

As an example, we could spend money to provide the police force to pay for sensitivity training. Great! But what good is it to have a very sensitive policeman turn a very disturbed patient to very caring professionals in the local hospital who, after a couple of weeks, will discharge him to the street, without food, without money, with no place to go and often without medication?

I will say no more, but I would like you to think of that two page single-spaced list and dedicate yourselves to solutions. I would like you to dwell for a moment on the cost to families of fear and desperation, pity and loss. I do not know how to make the necessary changes in the system. But I am willing to work with you to find answers that must be found. Parents of mentally ill family members all over this county are looking to us to take advantage of this opportunity to create a mental health system.

Don Richardson is a member of the Mental Health Advisory Board, president of Advocates for the Mentally Ill parents organization, co-chairperson of the California Alliance for the Mentally Ill legislative action committee and a member of the Mental Health Coalition in Los Angeles County and its steering committee.

CONSOLIDATION

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resources to meet priority needs; and integrating services offered by both public and private providers to ensure a wider range of service options.

Los Angeles County would be one of 16 counties to begin consolidation in advance of the expected statewide implementation date.

The implementation date is part of state legislation (AB 1260 in 1980, AB 251 in 1981 and AB 799 in 1982) mandating that, among other things, consolidation will be effected statewide by July 1, 1983, if approval is given in the Budget Act.

According to Kathleen Snook, assistant director, Administration, Los Angeles County Department of Mental Health, there are several things that need to occur prior to consolidation.

It is assumed that the waiver on "freedom of choice" will be granted by the Federal government and that the state Department of Health Services will get 60-day notices out to all Medi-Cal patients and providers.

Snook says the county is making plans to respond to all requests for service from former Medi-Cal fee-for-service clients. Efforts are being made to identify the needs in the regions should the pilot project begin at an early date.

Snook said there will be no time for Request for Proposals (RFPs) to be sent out before initial implementation of the pilot project. In the interim, Phase I, the county will contract on a short-term basis, especially with acute care hospitals.

It is expected that in Phase II and III, the long range plan, the California Model, will be the basis for program.

The county provided a number of public meetings on

consolidation with various interest groups present, including providers of services, parents, interested citizens, representatives from professional groups and consumers.

Within the county system, there is built-in citizen participation with Regional Community Liaison Committees and Advisory board.

Some of the comments at the public meetings were:

"There needs to be some provision, a ratio perhaps, some increase in outpatient/after care; otherwise, you clog up the system," said Susan Mandel, Pasadena Guidance Clinic.

"We need to insure that on day one there are no patients dropped," said Kathleen Snook, Administration.

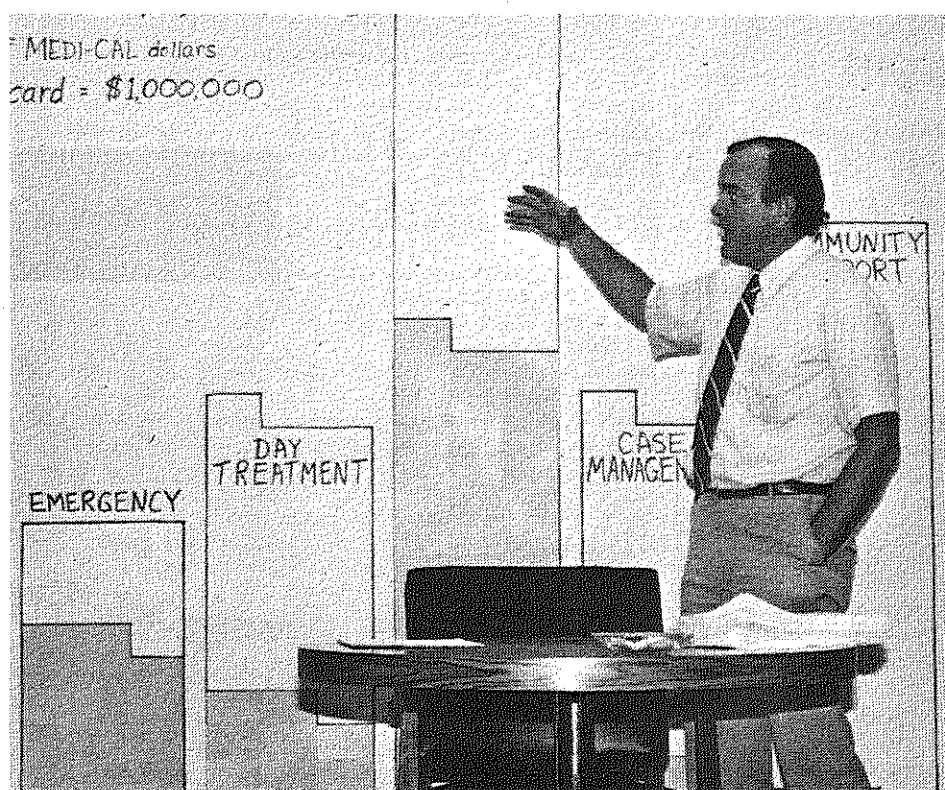
"I recommend that someone begin to plan now to blitz the public with information of the change," said Gloria Nabrit, Kedren Community Mental Health Center.

Dr. Harold Mavritte, assistant director, Programs, responding to the question, "Is there any appeal process for persons who are turned down as providers?," answered, "We (county) would use the 'requests for proposals' and the evaluation/selection process to decide on contracts."

In response to the question, "The difficulty is we are talking about implementing this on a regional level. Will the kinds of services to be delivered be decided on a regional basis?," Mavritte answered yes, they would after July 1, 1983.

"In our community, most people I know need to go to acute emergency because they have nowhere to go," said James Walker, chairperson of the Southeast RCLC.

Some providers were concerned that with the present audit system some contractors



Mental Health Association in Los Angeles County Executive Director Richard Van Horn explains possible movement of mental health dollars under the proposed Medi-Cal/Short-Doyle consolidation at one of the public meetings held on the plan. (The same chart on the California Model appears at the bottom of this page.)

will not be reimbursed.

One participant asked the question, "Is the outpatient treatment of choice or is it there because Medi-Cal pays?"

"We are talking about continuum of care, a balanced system. I get nervous when we talk about taking from left and giving to right," said Allan Rawland, director of San Gabriel Valley Region.

At one of the meetings, a chart was used showing the California Model and the dollars presently in the system next to the dollars needed to provide adequate service for Los Angeles County.

The California Model is a design for a comprehensive community mental health system based on the amounts of each service function which would be needed per 100,000 population.

During the public meetings on consolidation, the chart was used in a unique way.

Designed by Richard Van

Horn, executive director of the Mental Health Association, and based on the California Model, the chart helped people at the meeting see where the dollars were in the system.

Participants were invited to offer opinions as to where the dollars should flow, as consolidation allows options.

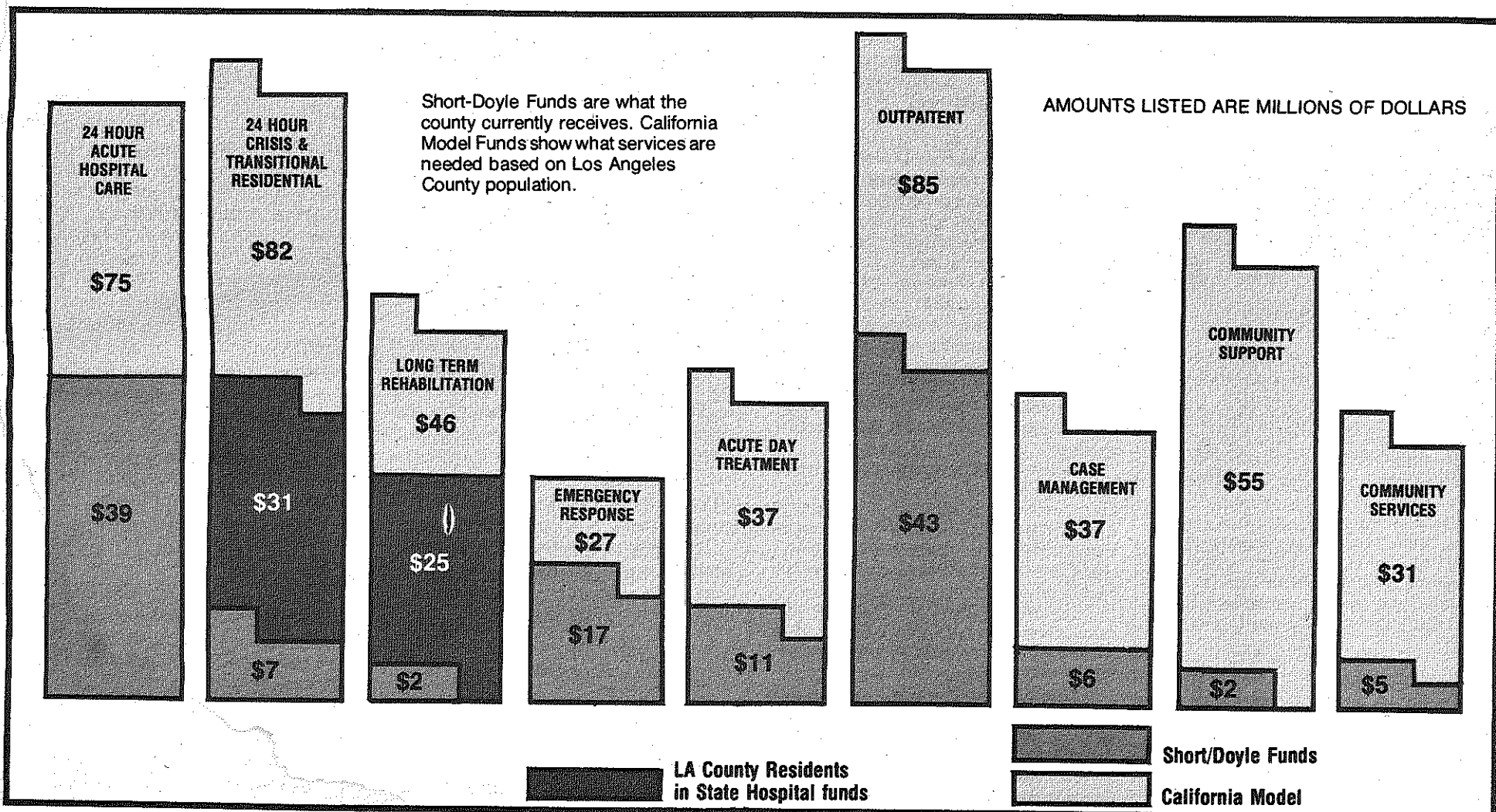
It was evident there was strong support, especially from residential care providers, for 24-hour backup crisis service, much like that provided in the San Gabriel Valley Region, and a strengthened emergency response.

There was great support for more dollars in the community support/case management systems and many were willing to cut back in hospitalization to provide more in this area.

Scheduled next for the consolidation pilot project is a vote by the Board of Supervisors.

In any event, the Legislature is looking toward consolidation on July 1, 1983.

LOS ANGELES COUNTY SHORT/DOYLE PROGRAM COMPARED CALIFORNIA MODEL STANDARD



Older Persons Offered Specialized Services

GATEWAYS GERIATRIC PROGRAM DESIGNED TO END FRAGMENTATION

"One of the major problems in providing mental health services for the elderly has been the fragmentation of those services," said Dr. Nan Corby, assistant director of the Gateways Hospital and Mental Health Center Geriatric Services. "This program is designed to bring together a full range of professionals and multiple levels of service to meet the psychiatric needs of the elderly."

The Geriatric Services Program provides comprehensive psychiatric services to persons 60 years old and older. Gateways is a private, non-profit, acute psychiatric hospital.

"There was no one place where the same staff would oversee the transition of the patient from inpatient to day treatment program to the outpatient program. Having it all under one roof allows Gateways . . . to provide that," Corby said.

The program is affiliated with the University of Southern California School of Medicine Department of Psychiatry and the Ethel Andrus Gerontology Center at USC. Dr. William Bondareff, geriatric services program director, is director of the Division of Geriatric Psychiatry at USC and professor of gerontology at the Andrus Gerontology Center. Corby is an associate director for psychology at USC and research associate at the gerontology center.

Through this affiliation, the hospital is providing "a site for training in geriatric psychiatry" for students at USC and the center, according to Bondareff.

"Gateways is not just another free-standing, private psychiatric hospital. This one is different. It's different because it is affiliated with a university and that is significant," he said. "It means university people who are at the cutting edge are able to bring the latest and best treatment to where it is needed — to the bedside."

The program administrators described geriatric psychiatry as a new field.

"The whole field of geriatrics is underdeveloped, and psychiatry (for older persons) is even less developed," Bondareff said. "Because of modern medicine, people are living to an older age. But these people still have the problems of older persons."

"People have felt that there is nothing you can do for elderly people in treating mental disorders of the elderly, when in

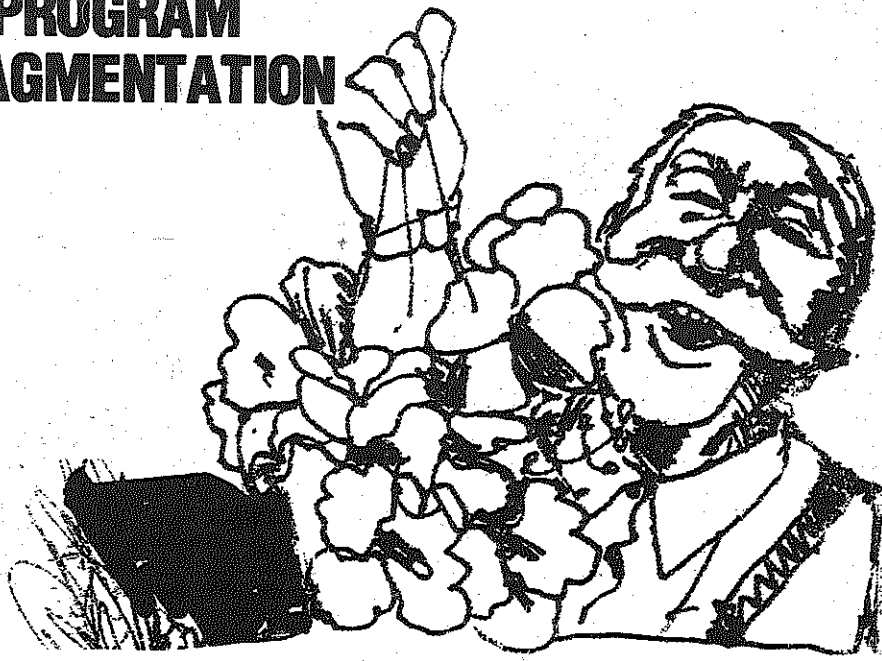


Dr. William Bondareff

fact there are successful treatments — medical, psychiatric and psychosocial," Corby said.

Approximately 15 percent of the 24 million Americans 65 years old and older suffer from depression or other mental health problems, which is higher than most of the population, according to Corby.

"Elderly people suffer a lot of losses, and while most elderly people remain perfectly healthy, some develop severe depressions, which look like senile dementia, and remain untreated too often," said Corby. "Knowing there's



somewhere to go to get an assessment of a mental health problem, I think, is important."

Gateways receives referrals from a variety of sources, including private professionals, board and care homes and other hospitals.

Persons entering the inpatient program are given a thorough medical and psychological evaluation. Average length of stay is two to three weeks.

Following the inpatient program, persons are referred to the day treatment program, if needed. Clients living out of the



Dr. Nan Corby

area may be referred to another day treatment program. One of the problems solved by the hospital was that of transportation for the surrounding community. A van transports persons from the local area to the day treatment program.

Gateways' day treatment program is structured group activities held three days a week, five hours a day. While a formal program does not exist on the other two weekdays, there are therapeutic activities to which a client may be referred. Not all clients attend on those two days.

The Gateways day treatment program for the elderly is specially designed, according to Corby.

"One thing we do is we help people develop some leisure time activities that are meaningful to them, where they get a sense of creativity or productivity, that are within the physical capacity or will realistically enhance the capability, so the person doesn't go back into the community and back in front of the television. That is what we want to avoid," she said.

They also work in "enhancing personal skills, how to make friends for the lonely and for those who have suffered losses," according to Corby. "We help them learn how to do the things and say the things that are likely to lead to human companionship."

Another of the day treatment elements is transportation training, where "we teach, where necessary, how to use public transportation, not in general, but specifically, to their doctor or to their daughter," said Corby. Staff persons accompany the clients on the trip.

After leaving the day treatment program, clients may meet once a week in an alumni group as part of the outpatient services.

"If there are any problems we deal with them there," said Corby. "It is a way to help patients not feel cut off so immediately from the staff."

Gateways Hospital and Mental Health Center is located at 1891 Effie St., Los Angeles. Its phone number is 666-0171.

PROGRAM REACHES HOMEBOUND PERSONS

Immobilized persons in San Fernando Valley have mental health services brought to them through the Homebound Program of San Fernando Valley Community Mental Health Centers Inc.

Older persons, physically ill and disabled, isolated mentally ill and agoraphobics are the four groups receiving in-home counseling. The program brings together these isolated persons and mental health interns.

"There is a large number of people in need of mental health services who, because of their immobility, are not able to get them," said Eleanor Wilson, program manager. "They are a high risk population, and they become isolated. We are available to any client whose immobility would interfere with getting services."

According to Wilson, "the way we are able to provide this service at a reasonable cost is through the use of student interns" working on advanced degrees. The interns are trained and supervised by the center, and Wilson and senior clinician Elaine Moore, Ph.D., M.F.C.C., do in-home counseling also.

Interns in the program represent a variety of disciplines. They have marriage, family and child counseling students from the California Family Studies Institute earning M.F.C.C. hours; doctoral students from California School of Professional Psychology; and gerontology students from the University of Southern California. Students have come from the University of California at Los Angeles and California State University, Northridge, and interns have been social work and mental health nursing students. This variety means a lot of different orientations, said the program staff, and the interns share their different perspectives.

The interns usually work in teams of two, and a new intern often is paired with one who has experience with the Homebound Program. Interns are with the program for a minimum of six months, and many for a year, according to Wilson, who added that "many stay beyond class commitment."

In addition to counseling in private homes, teams go to nursing, board and care and convalescent homes and to retirement facilities.

Moore said that the main goal of the program is "to promote the most independent living as possible and to avoid institutionalization."

"If it becomes necessary that a person needs a more restrictive environment, we look for the least restrictive and try to help with the transition," she said, "although with a little support that can be avoided more frequently than the public is aware." To aid in this, the program has support groups for "significant others" and caretakers.

Along with the counseling, the teams help with advocacy and social service questions.

"They (the clients) have the same kinds of problems getting other needs met as they do having mental health needs met," said Wilson.

For the elderly, physically disabled and isolated mentally ill, the average length of stay in the program is three months, although it varies.

"We stay as long as it seems useful and is needed," Wilson said. "If it is meaningful and productive, we're willing to stay with it."

According to Wilson, "the issues of the elderly and ill are similar, mostly severe depression."

"One of the major needs of both the ill and elderly is some useful way to participate, some purpose. The common complaint is 'I'm not needed by anybody,'" she said.

With agoraphobics persons, who comprise the largest group seen by the Homebound Program, counseling is done twice a week and usually for a longer period of time. One of the counseling days is used for therapy and the other is for practice. Interns working with these persons have special training and commit themselves to the program for at least a year.

When they are able, the agoraphobic persons come to the center for weekly group sessions. Every four to six weeks, they have a field trip, where they "encounter a manageable amount of anxiety with the support of the group," according to Moore. They have gone to the race track and spent a night at a hotel.

There also are older persons and some physically disabled who come in to the center for counseling, an expansion for the program.

As an adjunct to the program, a grocery delivery service has been developed, coordinated by staff assistant Helen Peppers White, where volunteers deliver groceries.

According to White, the volunteers also provide companionship and they "can monitor for changes, so they can alert us, so we can step in before the situation becomes critical."

The program has used clients from the centers' day treatment program as volunteers to deliver the groceries.

"It's serving a wonderful purpose for them. It's good for both populations," Moore said.

The Homebound Program began as a small pilot project with the Los Angeles County Department of Mental Health in 1976-77. It originally grew out of a comment from a visiting nurse, who felt that a lot of people she saw were in need of mental health services and were unable to get them, Moore said. It has been a part of San Fernando Valley Community Mental Health Centers Inc. since 1979.

Former intern Sandra Rogan had praise for the program and the training it offered.

"For myself, I don't think I could have chosen a better program for an internship. After a few weeks, I began to realize how much I was learning," she said. "I had an opportunity to take everything I had learned in my classes and actually do it."

The Homebound Program of San Fernando Valley Community Mental Health Centers Inc. is located at 6740 Kester Ave., Van Nuys. The phone number is 988-8050.



Mental Health Association in Los Angeles County staff members Charna Lefton, Joannie Baracz, Lucie James, Judy Cooperberg, Morgan Miller, John Siegel, Rhoda Zusman, Cheryl Sullivan and Madrid Jacobs Brown (l-r).

MENTAL HEALTH ASSOCIATION EXPANDS REGION DEVELOPMENT

by Julia Scalise

This year, the Mental Health Association in Los Angeles County (MHA) is expanding its plan for regional development undertaken in 1981-82.

Following the start of development in the Coastal Region last year, MHA is concentrating its efforts for the same kind of expansion in the San Gabriel Valley Region, according to Cheryl Sullivan, MHA director of program. Coastal Region development is continuing, and MHA eventually hopes to extend its plan to the remaining regions.

The private, non-profit, volunteer organization also has restructured four contract staff positions to provide coverage to each of the regions.

MHA's regional boundaries correspond to those of the Los Angeles County Department of Mental Health. MHA regions are Coastal, San Gabriel Valley, San Fernando Valley, and, for the present time, a combined Central/Southeast Region.

Last year, MHA received discretionary funds from United Way to begin to implement regional development. Additional funds this year enabled the organization to expand the development.

In the San Gabriel Valley Region, where Lucie James is MHA regional director, a survey is being prepared to determine what the community perceives to be the mental health needs of the region. Mental health professionals, civic groups, community members and churches will have input to this.

This region was chosen because there are a number of identified volunteers ready to help in the development, according to Sullivan. Similarly, the Coastal Region was selected last year to begin regionalization because it has an existing district council and core of volunteers.

The development begun in the Coastal Region last year, where Morgan Miller is MHA regional director, has resulted in the formation of new programs, as well as the expansion and continuation of existing programs.

Among the new programs, the MHA Youth Award Project began its pilot testing in the region. Commu-

nity education programs were initiated, with seminars, workshops, and conferences conducted throughout the region. A speakers' bureau of 87 mental health professionals was developed.

The existing Hospital Visitation Program, where volunteers visit and evaluate psychiatric hospitals, was expanded to include Harbor-UCLA Medical Center, in addition to Metropolitan State Hospital.

Membership in the Long Beach District Council, a volunteer decision-making group, almost doubled in the past year.

According to Sullivan, MHA would like to continue this development, which is dependent upon future funds.

"It is the plan of MHA to have a regional director in each of the five mental health regions," she said.

MHA is serving all five regions with its volunteer service and self-help contracts through the four newly-created direct service coordinator positions.

"By reorganizing the contract staff, we feel we have a more balanced staff in terms of the uncovered regions," said Sullivan.

These staff persons' responsibilities are divided between MHA's residential care project and Project Return contracts, both of which are with the county Department of Mental Health. This new structure allows MHA to do both contracts in all regions.

In the residential care project contract, MHA provides volunteer services to chronically mentally ill residents in board and care homes. Prior to the staff change, this project primarily was conducted in only two of the regions.

"Our volunteers bring in a sense of the community to the residents," said Sullivan. "The volunteers work with the residents as normal, functioning people. They're not there to treat them; they're there to assist with activities and to help expand the residents' horizons in terms of what they can do."

The other contract involved in the reorganization, Project Return, a federation of self-help clubs for recovering mentally ill adults, was started by MHA in 1980.

"We went through one year and 10 months of developing that contract with its own staff. That experience gave us an opportunity to do some further development of the Project Return model," Sullivan said. "We've reached a point where we have a successful model, and we've now expanded into all the regions."

Sullivan said that both contracts have similarities. Both involve working with the chronically mentally ill and both require on-going contact with board and care providers, OMHSS and mental health services.

"Because of that, we felt that we could now reallocate resources and staff so that we can have one direct service staff person in each region. They can conduct both of those projects," she said.

The change also was made for efficiency reasons, according to Sullivan. Previously, both the residential care project and Project Return staff often needed to make contacts with the same person.

"Because we are saving that duplication, we feel we can be much more efficient and touch the lives of more mentally ill persons this way," said Sullivan.

The direct service coordinator in the Coastal Region is Joannie Baracz, who has been with MHA since 1978. Judy Cooperberg and Andrew Posner, both former clients in the mental health system, are direct service coordinators in the San Fernando Valley and San Gabriel Valley Regions, respectively. New to MHA is Madrid Jacobs Brown, direct service coordinator of the combined Central/Southeast Region.

Sullivan said that "We have a rich range of skills in the direct service coordinators." The direct service coordinator in the Coastal Region is Joannie Baracz, who has been with MHA since 1978. Judy Cooperberg and Andrew Posner, both former clients in the mental health system, are direct service coordinators in the San Fernando Valley and San Gabriel Valley Regions, respectively. New to MHA is Madrid Jacobs Brown, direct service coordinator of the combined Central/Southeast Region, who has a law degree. Sullivan said that MHA is hoping for funds in the future to have separate Central and Southeast Regions.

Also working in the regions are Charna Lefton, San Gabriel Valley Region coordinator of volunteer services, and Rhoda Zusman and John Siegel, consultants to Project Return.

MHA Regional Offices:

San Fernando Valley Region:

6305 Woodman Ave., Suite 211
Van Nuys, CA 91401
(213) 780-1931
Judy Cooperberg
Direct Service Coordinator

San Gabriel Valley Region:

1750 Virginia Road
San Marino, CA 91108
(213) 576-0784
Lucie James
Regional Director

Andrew Posner
Direct Service Coordinator

Charna Lefton
Coordinator, Volunteer Services

Coastal Region:

1401 Chestnut Ave.
Long Beach, CA 90813
(213) 591-7530
Morgan Miller
Regional Director

Joannie Baracz
Direct Service Coordinator

Central/Southeast Region:

930 Georgia St.
Los Angeles, CA 90015
(213) 629-1527
Madrid Jacobs Brown
Direct Service Coordinator

Project Return
John Siegel
Consultant

FILM TV BOOKS

"FIT TO BE UNTIED"

by Dorothy Hughes

"Fit To Be Untied," the controversial Italian documentary (English subtitles), presenting a different approach to mental illness and mental retardation will be shown in Los Angeles Tuesday, Oct. 12, at the Nuart Cinema, 11272 Santa Monica Blvd., West Los Angeles. Admission is \$3.50. For showtimes, call the theater at 478-6379.

The film was made by a collective which includes Marco Bellocchio, Silvano Agosti, Sandro Petraglia and Stefano Rulli.

This internationally acclaimed film was inspired by the "democratic psychiatry" movement, which provoked intense debate all over Europe and brought about substantial changes in the Italian mental health system.

Particularly in Parma, Italians have begun to get patients back into the community and to achieve social integration outside the traditional psychiatric model. The film both protests institutionalization of mental patients and offers a perspective on the interplay of society, patient and institution.

Through personal stories of three young hospitalized men, of misdiagnosed children who were



Paolo, age 12, is one of the subjects of "Fit to Be Untied," the Italian documentary about life in a mental institution and the progress made when patients are placed in the community.

actually victims of poverty, of retarded men working successfully in a factory, the patients and ex-patients relate their experiences and speak out on the changes taking place.

"Fit to Be Untied" is a good film to use with a panel or to get people together to talk about the problems of the mentally ill and about attitudes. The film was enthusiastically received at the Mill Valley Film Festival in August. Marin County Mental Health Association members attended the event.

Judged best film of the year by the Italian Film Critics Association and the Catholic Film Office, "Fit To Be Untied" also received top prizes at the Berlin, Rotterdam and Nyon Film Festivals. The film is available for other screenings and film rentals through Bruno Bossio at 241 Carl St., San Francisco CA 94117 or (415) 661-7651.

Dorothy Hughes is the executive director of the Mental Health Association of Marin County.

CALENDAR

RCLC

The Regional Community Liaison Committees (RCLC), the citizen advisory groups providing input to the five Los Angeles County Department of Mental Health regions, will meet as follows:

October 8

San Fernando/Antelope Valley Region RCLC will meet at 10 a.m. at regional headquarters, 5077 Lankershim Blvd., suite 400, North Hollywood.

Call 508-7800 for more information.

October 12

San Gabriel Valley Region RCLC will meet at 7 p.m. at Crisis House, 3825 N. Durfee Rd., El Monte.

Call 960-6411 for more information.

October 13

Coastal Region RCLC will meet at 6:45 p.m. in the Harbor-UCLA Medical Center eighth floor conference room, 1000 W. Carson St., Torrance.

Call 533-3120 for more information.

October 20

Central Region RCLC will meet at 7 p.m. at the LAC-USC Medical Center Psychiatric Hospital, room 2C18, 1934 Hospital Place, Los Angeles.

Call 226-6424 for more information.

October 21

Southeast Region RCLC will meet at 1:30 p.m. at Augustus F. Hawkins Mental Health Facility, 1720 E. 120th St., Los Angeles.

Call 603-4829 for more information.

These meetings are open to the public.

October 2, 8

Los Angeles Commission on Assaults Against Women: Free self-defense workshops will be offered each month until July in six locations.

On Oct. 2, classes will be held at Rogers Park Senior Citizens Room, 400 W. Beach St., Inglewood, 9 a.m.-1 p.m.; Echo Park Recreation Center Gymnasium, 1632 Bellevue, Los Angeles, 12-4:30 p.m.; Antioch University, room four, 300 Rose Ave., Venice, 10 a.m.-2:30 p.m.; Lueders Park Game Room, 1500 Rosecrans Ave., Compton, 10 a.m.-2 p.m.; and Los Angeles Trade-Technical College Gymnasium, 400 W. Washington Blvd., Los Angeles, 8 a.m.-noon. The Oct. 8 class will be held at the National Council of Jewish Women Auditorium, 543 N. Fairfax, Los Angeles, 9 a.m.-noon.

Call 651-3147 for more information.

October 4

South Bay Board and Care Operators Group: The group will meet at 7 p.m. at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 518-6873 for more information.

October 4, 11, 18, 25

Forté Foundation: An on-going Pre and Post Divorce Group for men and women will meet at 7 p.m. at 17277 Ventura Blvd., suite 201, Encino. Preregistration is necessary.

Call 788-6800 for more information.

October 4, 18

Help Anorexia: The West Los Angeles area self-help group will meet at 7:30 p.m. at the Federal Building, room 10124, 11000 Wilshire Blvd., West Los Angeles.

Call 558-0444 for more information.

October 4, 11, 18, 25

San Fernando Valley Community Mental Health Centers Inc. Homebound Program: An on-going Support Group for Families of the Ill, Disabled and Elderly will meet 5:30-7 p.m. at 6740 Kester Ave., Van Nuys.

Call 988-8050, for more information.

October 4, 25

Help Anorexia: The South Bay chapter self-help group will meet 7-9:30 p.m. in the St. Margaret Mary Church meeting room, 255th and Eshelman Streets, Lomita.

Call 326-3763, 6-8 p.m., for information.

October 5

Project Return: The Third Annual Project Return Awards Luncheon will feature speaker Dr. Milton Miller, Los Angeles County Department of Mental Health Coastal Region director, and a farewell tribute to Rhoda Zusman, Project Return co-founder and director. It will be held 12-2 p.m. at the Ambassador Hotel Venetian Room, 3400 Wilshire Blvd., Los Angeles. Donation is \$20.

Call 629-1527 for more information.

October 5, 7

Focus Center for Education and Development: The center will have two 15-week self-help support groups for single parents. One will meet on Tuesdays, 7-9 p.m.; the other on Thursdays, 7-9 p.m., at 14640 Victory Blvd., suite 211, Van Nuys. A \$2 donation will be requested for each meeting; no one will be turned away for lack of funds. Child care will be provided.

Call 989-4175 for more information.

October 5, 6

San Fernando Valley Child Guidance Clinic: "Hugs 'N Kids"-Parenting Your Preschooler" is a 12-week workshop utilizing videotape vignettes followed by group discussion with a child psychologist. It will be held at two locations, beginning Oct. 5, 10-11:30 a.m., at 7347 Van Nuys Blvd., Van Nuys, or beginning Oct. 6, 6-8:30 p.m., at 9650 Zelzah Ave., Northridge. Preregistration is necessary.

Call 993-9311 for more information.

October 6

Interagency Committee on Mental Health: The committee will meet at 9:30 a.m. in the Los Angeles County Department of Mental Health first floor conference rooms, 2415 W. Sixth St., Los Angeles.

October 7, 14, 21, 28

Arcadia Mental Health and Alliance for the Mentally III - San Gabriel Valley: A series of coping seminars for chronically mentally ill persons will continue every Thursday, 7:30-9:30 p.m., at San Marino Community Church, 1750 Virginia Rd., San Marino. Persons must sign up by the Oct. 7 seminar.

Call 449-4217 or 576-0784 for more information.

October 8

San Gabriel Valley Recreation Coalition: A dance party for clients will be held 6-9 p.m. at San Marino Community Church, 1750 Virginia Rd., San Marino.

Call 576-0784 for more information.

October 8

Counseling Center of the Westwood United Methodist Church: The center will hold an open house with the theme, "Prevention is the Best Therapy," where professionals and the public may meet the staff and learn about the center's services. It will take place 2-6 p.m. at 10497 Wilshire Blvd., Los Angeles.

Call 474-3501 for more information.

October 9-10

Southern California Psychoanalytic Society: "Sexual Deviation: Contemporary Psychoanalytic Views," a weekend conference with Drs. Irving Bieber, Judd Marmor, Charles W. Socarides, Robert Stoller and Robert Stolorow, will be held at the Beverly Hilton Hotel, Beverly Hills. Continuing education credit is available.

Call 655-1634 for more information.

October 10

Recovery Inc.: "Humor is Your Best Friend" is the theme of the Annual Pot Luck Picnic, celebrating Recovery Inc.'s 45th anniversary and 25th year in Los Angeles. It will be held 11 a.m.-5 p.m. at Peck Park, 560 N. Western Ave., San Pedro.

Call 651-2170 or 542-3834 for more information.

October 12

"Fit to Be Untied:" Directly from the Mill Valley Film Festival, "Fit to Be Untied," the controversial Italian documentary presenting a different approach to mental illness and mental retardation, will be shown at the Nuart Theater, 11272 Santa Monica Blvd., West Los Angeles. Admission is \$3.50. For show times, call 478-6379.

October 12

Relatives and Friends of the Mentally Disabled, Norwalk: Jambir Anath, M.D., director of the psychopharmacology unit at Harbor-UCLA Medical Center, will speak on "Psychopharmacology: The Truth, the Myths and the Realities" at the 7 p.m. meeting, held at the Norwalk-La Mirada Unified School District administration building, 12820 S. Pioneer, Norwalk.

Call 864-4412 for more information.

October 13

Huntington Memorial Hospital: "The Happiest Hour: Alcoholism under Control," a Community Health Forum with J. Donald Thomas, MD., medical director of the hospital's emergency department, and psychologist Neil Warren, Ph.D., will be presented at 7:30 p.m. in the hospital's East Room, 100 Congress St., Pasadena. The forum is free and open to the public.

Call 440-5464 for more information.

October 14

Mental Health Association in Los Angeles County Children and Youth Committee: Dr. Roger Farr, Los Angeles County Department of Mental Health senior psychiatric consultant, will show a videotape on the "bag ladies" of Skid Row at the noon committee meeting, held at 930 Georgia St., Los Angeles.

Call 629-1527 for more information.

October 14

Advocates for the Mentally III: "Can the Mental Health System be Changed?" a discussion of the Medi-Cal/Short-Doyle consolidation, will be the topic of the 7:30 p.m. AMI meeting, held at Thaliens Community Mental Health Center, 8730 Alden Dr., Los Angeles. Mental Health Association in Los Angeles County Executive Director Richard Van Horn and Los Angeles County Department of Mental Health Chief of Revenue Management Peter DuBois will be speakers.

October 15

Alliance for the Mentally III - San Gabriel Valley: A pot luck dinner to honor Dr. Christopher Amenson will take place at 7:30 p.m. at San Marino Community Church, 1750 Virginia Rd., San Marino.

Call 449-4217 for more information.

October 18

Help Anorexia: Terry Hughes, recovered anorexic, will speak at the 7 p.m. South Bay chapter support group meeting, held in the St. Margaret Mary Church hall, 255th and Eshleman Streets, Lomita.

Call 326-3763, 6-8 p.m., for more information.

October 18

South Bay Relatives and Friends: Fred Massey, continuing care program director at Coastal Community Mental Health Center, will speak on the continuing care philosophy of the Los Angeles County Department of Mental Health Coastal Region at the 7 p.m. meeting, held at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 518-6873 for more information.

October 19

Mental Health Association in Los Angeles County and Hillview Mental Health Center: A stress workshop will be offered 7-10 p.m. at Hillview Mental Health Center, 11600 Eldridge Ave., Lakeview Terrace. It will be free and open to the public.

Call 896-1161 for more information.

October 19

San Gabriel Valley Board and Care Coalition: The meeting will feature presentations from I-CAN and on "Friends Can Be Good Medicine." It will be held at 9:30 a.m. San Marino Community Church, 1750 Virginia Rd., San Marino. Call 576-0784 for information.

October 20

San Fernando Valley Coalition of Community Care Providers: The group will meet at California Villa Retirement Hotel 10 a.m.-noon at 6728 Sepulveda Blvd., Van Nuys. The meeting will be open to all San Fernando Valley community care providers.

Call 508-7800 for more information.

October 21

Hollywood Human Services Project Mental Health Task Force: "Dealing with Families with Aging Parents" and "Death and Dying" by speaker Dr. David Roy will be topics of the noon meeting, held at Community Counseling Services/Wilshire, 537 S. Commonwealth, Apt. G, Los Angeles.

Call 467-3605 for more information.

October 22

Alcoholism Center for Women: "Psychotherapy and the Alcoholism Syndrome," a seven-part therapist training series, will cover psychotherapeutic issues involved in treating alcoholic clients and their families. It will be held 10 a.m.-4 p.m. at 1147 S. Alvarado St., Los Angeles. Preregistration is required.

Call 381-7805 for more information.

October 22

AB 2185 (Blockgrant) Advisory Task Force: The Task Force has scheduled public hearings across the state. On Oct. 22, hearings will be in Fresno, with Los Angeles hearings scheduled for Nov. 4-5. On Nov. 4, the hearings will be held 8:30 a.m.-4 p.m. at the California Museum of Science and Industry, Kinsey Auditorium, 700 State Dr., Los Angeles, and at the Board of Supervisors Meeting Room, Hall of Administration, 500 W. Temple, room 381, Los Angeles, on Nov. 5.

Call (916) 322-6420 for more information.

October 23

Anne Sippi Clinic: The clinic will sponsor a workshop, "Psychotherapy and Schizophrenia," put on by the Association for Psychotherapy of Schizophrenia and presented by Jack Rosberg, M.A., and Chess Brodnick, M.A. It will feature videotaped sessions and discussions of aspects of treating schizophrenia.

For information, contact P.O. Box 733, Woodland Hills, CA 91365 or 227-5252.

October 24

Friends of the Family: "The Good Life in Three Acts: Mind, Body and Spirit," a free festival celebrating the 10th anniversary of Friends of the Family, will take place 11:30 a.m.-8:30 p.m. at 14522 Kittridge St., Van Nuys, and is open to the public. The festival will feature demonstrations, workshops, music and mimes. Cartoonist Mel Lazarus, creator of the "Momma" comic strip, will speak at noon, and comedienne Phyllis Diller is honorary chairperson.

Call 988-4430 for more information.

October 25

El Centro Community Mental Health Center: "Mental Illness and Weight Control: Balancing Pressures and Pleasures" will be the topic of the 6:30-8 p.m. "Family Night" meeting, held at 972 S. Goodrich Blvd., Los Angeles.

Call 725-1337 for more information.

October 28

Mental Health Advisory Board: The board will meet at noon at the Hall of Administration, room 739, 500 W. Temple St., Los Angeles.

Call 738-4772 for more information.

October 29-31

Southern California Psychiatric Society: "Taking Future Stock of Psychiatric Practice Tomorrow," is the topic of the Annual Fall Meeting, held at the Gene Autry Hotel, Palm Springs. Speakers will include Drs. J. Richard Elpers, Allen J. Enelow, John McGrath, Donald Schwartz, Sherwyn Woods and Joseph J. Kelly.

Call 477-1041 for more information.

October 30

Cedars-Sinai Medical Center: The Center for the Study of Young People in Groups will present "A Training Program in Adolescent Group Psychotherapy for Mental Health Professionals," an eight week course emphasizing a theoretical overview of adolescent development and adolescent group psychotherapy. It will be held at 8730 Alden Dr., Los Angeles. Continuing education credit will be given. Fee is \$225.

Call Elaine Leader, Ph.D., at 855-3575 or 855-3401 for more information.

CONNECTIONS

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