

Citizens Advisory Council acts as arbitrator in dispute; decision due

COUNTY SUES STATE OVER CAMARILLO BEDS

INTERVIEW:

TINA JUDKINS
Volunteer



Tina Judkins is an example of the new wave volunteer. A woman with career ambitions, Judkins, manager of employee relations for a division of Atlantic Richfield Co. (ARCO), finds time in her schedule to volunteer in a variety of mental health projects.

"There has been a whole revolution in volunteerism,"

"I looked for something really in need. I did not want to be a cosmetic to a place."

Judkins said. "For a time, with more women employed and with the feminist movement, we saw a severe drop in volunteers. Now we witness a balancing out. The days of the homemaker alone giving time have gone," said Judkins, explaining the need for a new look at who volunteers and why.

"Volunteering now is not just for one class of people. Every-

continued on page 7

A decision is expected on the lawsuit concerning the closing of beds at Camarillo State Hospital.

On Dec. 11, 1981, the County of Los Angeles filed the suit against the state of California. The suit developed because the state gave the county notice it would be reducing the number of beds available for Los Angeles County residents at Camarillo State Hospital. Camarillo is licensed for 994 acute psychiatric beds.

The county obtained a temporary stay on Dec. 11. The result was the state was not allowed to close any more beds than it had already closed up to Dec. 1.

At a Jan. 12 hearing, Judge John L. Cole ordered arbitration for the parties involved and denied the county a further stay while the matter was in arbitration. This denial allowed the state to continue closing beds at Camarillo.

The county appealed, and the Supreme Court, in a Feb. 5 decision, restrained the state from closing any more mental health beds at Camarillo.

From Jan. 12 to Feb. 5, 100 beds had already been closed, but with this decision, no further beds could be closed until the case was heard.

Arbitration of the matter began on Feb. 11 with the Citizens Advisory Council (CAC) as arbitrator. It was the first time the CAC had been asked to do this.

The basic dispute is whether the state has performed its obligation and whether the county has performed its obligation under the agreement signed in March 1981.

The agreement was made when the legislature, in 1980, set allocations of hospital bed days for all counties. Funds were provided so the state could negotiate agreements with the counties to fund alternatives to state hospitalization.

The Los Angeles County Board of Supervisors signed the Performance Agreement, essentially saying the county would decrease the use of state hospital beds with the understanding the Augustus F. Hawkins inpatient facility would be funded to handle the need.

The county position is that it has

performed its part of the agreement and has reduced admissions to state hospitals by a substantial number.

However, the average length of stay for patients in state hospitals has increased from 30 days to 64.7 days. The discharge of patients at state hospitals is not within control of the county. The county contends the state is failing to discharge patients who could be served in less restrictive settings. (Lanterman-Petris-Short Act requires least restrictive care.)

The county contends the state has decreased local funding to Augustus F. Hawkins facility.

The state contends it has relied on Welfare and Institutions Code section 5705 dealing with 15 percent county matching funds and in fact has provided a 6 percent cost of living factor.

The county contends the 15 percent county match should not be applied to Augustus F. Hawkins facility and that the cost of living amount is not enough.

The county has had a critical shortage of acute care beds for the last five years. About 80 percent of the persons in Camarillo State Hospital and Metropolitan State Hospital are from Los Angeles County.

"Every facility depends on the other; nothing is independent. Each shift in the system impacts the rest," said Greg Holland, deputy county counsel about the closing of beds. "In addition, it impacts hospital emergency rooms and the criminal justice system, and even local law enforcement is affected."

Counsel for the state is Richard Spector of the Attorney General's Office.

Lila Berman is CAC chairperson. Other members of the council are from various cities in the state.

INSIDE:

**LEGISLATIVE
LUNCHEON
PG. 3**

**SOMOS
AMIGOS
PG. 5**

**SOFTBALL
FEVER
PG. 7**

**Citizens Advisory Council
Quarterly Meeting
April 22-23
New Otani Hotel
Public is Welcome
Call 990-2382 for information**

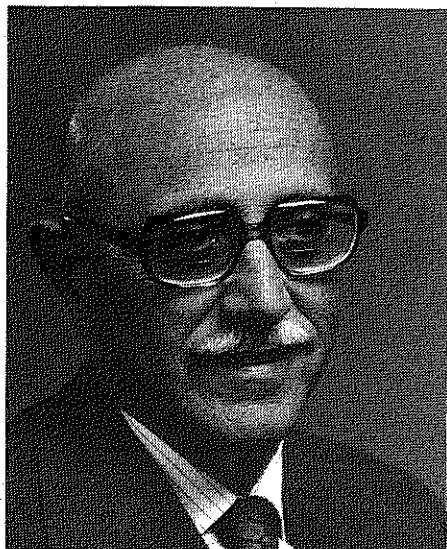
Agenda includes State Department of Mental Health Director Kenneth Wagstaff; Mental Health Budget; California Model; Penal Code Commitments; Criminal Justice Systems; Project Reports; Legislative Issues.

MHA TO HONOR DR. JUDD MARMOR ON JUNE 6

Columnist Abigail Van Buren ("Dear Abby") and author/playwright Ray Bradbury will join others gathering when the Mental Health Association in Los Angeles County honors psychiatrist Dr. Judd Marmor at a benefit testimonial dinner on June 6 at the Beverly Wilshire Hotel.

The second annual testimonial dinner dance will be held in the hotel's Grand Ballroom. The evening's activities begin at 7 p.m., with dinner at 8 p.m.

Marmor will be presented with the Mental Health



Dr. Judd Marmor

Association Performance Award. The award is designed to recognize outstanding achievement in the area(s) of prevention of mental illness, promotion of good mental health and/or advocacy on behalf of the mentally ill.

Dear Abby, nationally syndicated advice columnist and author, will present the award to Marmor. He is one of Dear Abby's "experts," one of those with whom she consults on occasion when writing her column.

Bradbury is serving as honorary chairperson. He is the 1981 Performance Award recipient, awarded in recognition of his continuous promotion of human dignity in both his writing and his personal endeavors. Doris Foster is chairperson.

The Nelson Riddle Orchestra will be performing during the evening. Others participating in the evening's ceremonies will be announced in the May issue of *Connections*.

Marmor is adjunct professor of psychiatry at UCLA. Among the other positions he has held are Franz Alexander Professor of psychiatry at the USC School of Medicine in Los Angeles, director of the Divisions of Psychiatry at Cedars-Sinai Medical Center and clinical professor of psychiatry at UCLA.

He has been honored on numerous occasions for his psychiatric contributions. He has received the Silver Medal for distinguished contributions to psychiatry from Columbia College of Physicians and Surgeons, New York; Doctor of

Humane Letters degree from Hebrew Union College, Los Angeles; the Bowis Award for "outstanding achievements and leadership in the field of psychiatry" from the American College of Psychiatrists; the Humanitarian Award for contributions to psychiatry from Camelback Hospital Foundation in Phoenix, Arizona; and the Outstanding Achievement Award from the Bay Area Physicians for Human Rights.

Marmor is past president of the American Academy of Psychoanalysis, the Group for the Advancement of Psychiatry, the Southern California Psychoanalytic Society and Institute and the American Psychiatric Association, of which he is a life fellow. He also is a fellow of the American College of Psychiatrists, a founding fellow of the American College of Psychoanalysts and an honorary fellow of the Australia-New Zealand Psychiatric Society.

He has written six books and has authored or co-authored more than 275 scientific papers. He is on the editorial board of several journals.

Proceeds from the testimonial dinner will benefit the Mental Health Association in Los Angeles County, an advocacy organization dedicated to the promotion of good mental health, the prevention of mental illness and the improved care and treatment of the mentally ill. Last year's dinner raised \$26,000 for the organization's work toward these aims.

Tickets for the testimonial dinner are \$125. Those interested in purchasing tickets or obtaining more information about the dinner may contact dinner coordinator Lois Betz at 476-9661.

PROFESSIONAL EXCHANGE OFFERED WITH ISRAEL

The Kibbutz Clinic in Israel provides mental health services to Kibbutzism throughout the Negev. The clinic, as well as other mental health agencies, is offering the opportunity for professionals in Israel who have short term leaves (two to three weeks) to visit professional programs in the United States for professional growth and development.

The National Board of Directors of the Association for Mental Health Aid to Israel (AMHAI) is sponsoring a project in which visits can be arranged person-to-person throughout the country. The intent is to make possible a wide variety of opportunities for exchange with minimal expense, negotiations and bureaucracy.

William Baumzweiger-Bauer, M.D., is president of the Los Angeles AMHAI. Persons who would like further information about becoming a host agency or professional or those desiring to be a host family may contact Betty Daniels, AMHAI program coordinator, 4425 Whitsett Ave., Studio City, CA 91604, 769-4551.

CONNECTIONS CELEBRATES FIRST BIRTHDAY



In front of the Harris V-15 Press that prints *Connections* are Editor Lorraine Wilson (second from right) and Editorial Assistant Julia Scalise (far left) with California Offset Printers Inc. personnel Buzz Ayers and Darlene Hiskett.

Headlines of the past year:

April 1981

Reagan proposed 25 percent reduction in funding for Health Services Block Grant for '82

MENTAL HEALTH: ARE WE WILLING TO PAY FOR IT?

May 1981

Legislature presses for reduction in services for mentally ill; hearings now in progress.

COUNTY FACES BUDGET CUTS OF \$9.6 MILLION

June 1981

Testimony given before Legislative budget committee in Sacramento.

DIVERSE GROUPS BUILD STRATEGY IN COALITION

July 1981

Good news: There will not be a \$9.6 million budget cut; Bad News: \$3.2 million mental health cut likely.

SUPERVISORS DO BATTLE IN SACRAMENTO

Aug./Sept. 1981

Reduction in funding jeopardizes future of training, consultation project.

ADVISORY BOARD WORKS TO KEEP INDEPENDENCE

October 1981

MHA agrees to act as umbrella organization for a year round mental health effort.

COALITION GAINS GROUND AS SUPPORT INCREASES

November 1981

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

LOCAL DIRECTORS DECLARE QUALITY CARE AT ISSUE

Dec. 1981/Jan. 1982

Pilot program receives praise in Fresno; media component center of controversy.

GOVERNOR'S OFFICE DELAYS WELLNESS CAMPAIGN

February 1982

Unanimous decision hailed as "sweeping victory for the mentally ill."

CALIFORNIA SUPREME COURT DECIDES IN FAVOR OF TLC

March 1982

Bill sweeps through Assembly and Senate in 48 hours without dissenting vote.

DEPARTMENT OF CORRECTIONS TAKES OVER PATTON SECURITY

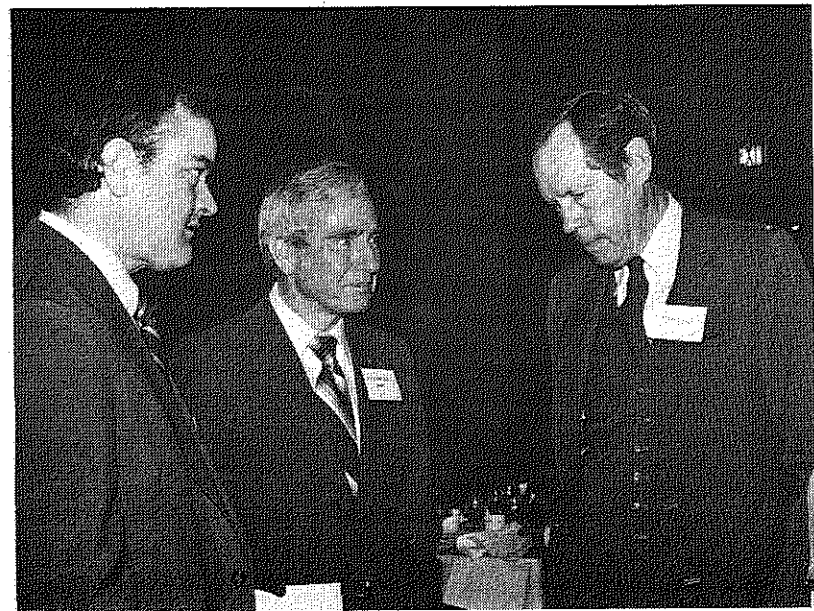
SUPERVISORS, ADVISORY BOARD AND MHA PRESENT LEGISLATIVE LUNCHEON



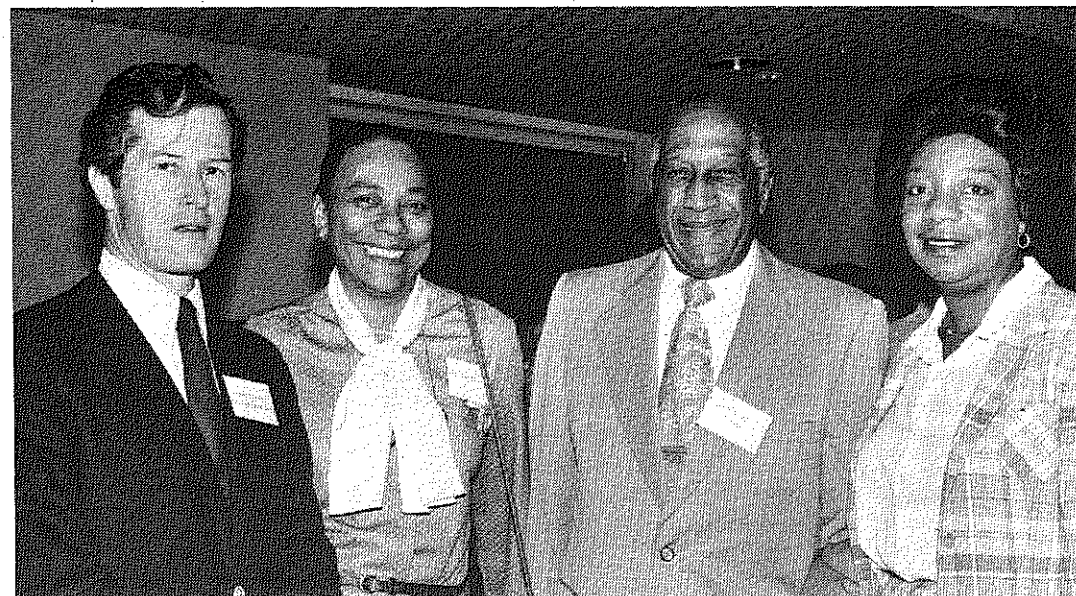
Speaker Frank Rice, Bullocks department store vice-president, with Los Angeles County Supervisor Deane Dana and Advisory Board member Mary Ellen Cassman (l-r).



Speaker Dr. Ernest Klatte, Metropolitan State Hospital executive director, and MHA board member Al Greenstein of ARCO (l-r).



Speaker Richard Van Horn, MHA executive director, with Keith Van Vliet, Advisory Board member, and speaker Frank Rice (l-r).



Gordon Treharne, Office of the Public Guardian; Dr. Rose Jenkins, Director of Children and Youth Services Bureau; Dr. Leroy Weekes, Advisory Board member; Flo Washington, DPSS (l-r).

"WHERE
DO ALL
THE
PEOPLE
GO?"

The Los Angeles County Board of Supervisors, the Mental Health Advisory Board and the Mental Health Association in Los Angeles County (MHA) hosted the Third Annual Legislative Luncheon.

The luncheon theme, "Where Do All the People Go?", evolved from a Los Angeles County Department of Mental Health report. The report stated, in part, that in 1982, more than 260,000 residents will be in need of crisis services, but at current funding levels, only 121,000 persons can be provided treatment. What happens to the other 140,000 persons was one of the questions addressed by the speakers at the luncheon, held on March 19 at the New Otani Hotel.

Invited guests were legislators representing Los Angeles County in Sacramento.



Victoria Sofro, Advisory Board member and luncheon co-chair person, with Supervisor Michael Antonovich (l-r).



Mental Health Advisory Board chairperson Dr. Frances Meehan with Supervisor Peter F. Schabarum and Advisory Board member Dr. Alex D. Aloia (l-r).



Speaker Betty Gallardo, chairperson, Central Region Regional Community Liaison Committee.



Speaker Lea Champion, Portals House board member, and Dr. J.R. Elpers, director, Los Angeles County Department of Mental Health (l-r).



Andrew O'Connor with Dr. J. R. Elpers, MHA board member Tina Judkins of ARCO and Lucille Sunde of Relatives and Friends of the Mentally Disabled (l-r).

ESAY

PREVENTING OUR NATION'S SUICIDE: A MENTAL HEALTH RESPONSIBILITY

By Charles Ansell, Ed. D.

Nature is a protective mother. Shine a light in an infant's eye and it will close its eyes, a sign that nature is at work, protecting us against an excess of stimuli. When the infant is too wet, too cold or too hungry, it will cry out to signal its discomfort. We are born with built-in protective barriers against excesses of painful stimuli, internal or external.

But not all stimuli are physical. The death of a loved one is traumatic. We are momentarily without protection and so we go into mourning, an unconscious effort to keep the loved one alive in our minds.

Protective barriers against physical pain is a simple phenomenon. Mental pain and anguish are far more complex. When we suffer a psychic trauma we are sometimes given to various devices to ward off the effects of the trauma. We attempt to deny that anything serious has happened by repressing the overwhelming impact of the trauma. But that device is futile because repression itself is a form of self-deception. Under the deception of denial we are free to direct our repressed feelings into a variety of directions. Some complain of intermittent depression; some are given to sudden outbursts of temper; some develop a form of reckless behavior, while others toy with thoughts of suicide. And there are those who rebel against discipline and responsibility, as if life itself has lost its seriousness.

The entire phenomenon of repression and denial acts as if the trauma, once buried, pursues a life of its own, hidden away in the darkness of our unconscious mind.

I have chosen this overlong prelude to comment on the danger of an entire nation acting like a person who has learned to shield himself against further shock through various forms of denial.

Consider: Less than 40 years ago we learned of Hitler's extermination camps. The Nazis had destroyed 13 million men, women and children; civilians, non-combatants, they were young mothers with infant children; they were young fathers and grandparents. The Nazis simply starved them, beat them, enslaved them, then gassed them and burned them. Thirteen million souls. . . .

We were shocked at Hitler, but only for a moment in history.

Other shocks were yet to come. For 20 years we watched our television screens and saw pictures of countries explode under some revolutionary coup, and through many of these revolutions, television crews hoisted children up close to the camera so that we might see infants starved to the point of death. We saw tiny bodies bloated and puffy, their rib cages pushed high into their chest.

Over a thousand breakfasts and dinners we saw the work of terrorists in the pictures of bleeding women and children lying dead in the streets. All through the endless war in Vietnam we saw pictures of weeping women and children running dazed down country roads, fleeing from burning villages, lost and homeless.

So we are finally left shock-proof. Our protective barriers have done its work all too well — just when we need to wake up to restore a life-saving sensitivity to the last shock. Nuclear war. There are nations who have nuclear weapons that could destroy our planet, but we hurry through our daily lives worrying over matters to distract us. Will Valenzuela sign with the Dodgers? Who will win the Academy Awards?

Periodically some soft spoken scientist will appear on public television to tell us what would happen if a nuclear bomb fell on Los Angeles. We hear him as though he were telling us a story out of science fiction. He says that buildings would crumble under the intense heat and winds; people would be vaporized and disappear. There could be no survivors. Fall out shelters and civilian defense installations would explode with the suddenness of a match struck to flame.

If by a miracle an animal survived, it would be blinded because the ozone shield which protects the earth against the sun's ultraviolet rays would have been dissipated. In one week Los Angeles would be infested with insects because bugs are immune from the lethal radiation that would kill all of us, all humans, all animals, all plants.

America and Russia now have nuclear weapons that could destroy our planet a hundredfold. One-tenth of our present stock pile of nuclear weapons could level Europe and leave it a barren desert. Yet Secretary Haig said that we could begin with a *limited nuclear strike*. Read it carefully: *A limited nuclear strike*.

But this is not science fiction. A nuclear bomb is *not* like any other bomb. It is a hundred times more destructive than the one we dropped on Hiroshima.

Are we at last anesthetized against shock? The unspeakable prospect of a nuclear war hangs over us, and we try to ignore it. We are already paying dearly for this denial, for even as you read these lines, America and Russia are hard at work at building even greater nuclear war weapons. The danger is that part of our denial of the threat of nuclear war may drive us to believe only what we want to believe. Our Joint Chiefs of Staff

already believe that we can outshoot the Russians in a nuclear war by delivering the first strike.

The Russians believe the same.

To believe that is to suffer from the most tragic of all mental health deceptions, the illusion of invincibility.

Mental health workers bear an immediate responsibility to educate their communities to the imminent danger that threatens. The world of mental health needs to expand its horizons of responsibility to include an active concern for preventive measures that can restore us to reality. The mental health world needs to unite its communities to urge its legislators in Congress and the Senate to press for a bilateral freeze of nuclear weapons between the two great powers, America and Russia.

We are even now at a war fevered pitch in our obsessive drive to build up more and more weapons systems. We are preparing for a no-win war, a war that only the insects can win. They will finally inherit our earth, whatever remains of it.

Dr. Charles Ansell is a psychologist in private practice, past president of the Los Angeles County Psychological Association and editor of The California State Psychologist magazine.

Essay is the opinion of the *Connections* Editorial Board.

Hopson, MHA San Fernando Valley Region director, was co-author. Elementary school teacher Faith Cameron Dennis did the illustrations.

The idea for the project came from the Children and Youth Committee. A volunteer committee wrote the proposal.

The award was designed to "present good mental health as a positive concept which parallels good physical health," according to Harriet Erickson, who was committee chairperson when the idea was generated. The goals, she said, are "to reduce the stigma frequently connected with mental illness, to help children and adolescents understand that we all have problems and that problems are normal and natural, and to generate creative thinking about how to deal with the stresses of life."

Funding for the project came from the Permanent Charities Committee, the Ahmanson Foundation, the Los Angeles Times, General Mills Foundation, Rockwell International Trust Foundation, St. Louis Union Trust Foundation and Conrad N. Hilton Foundation.

Consultants for the project were representatives from Campfire Inc.; City of Los Angeles, Department of Recreation and Parks; City of Los Angeles, Mayor's Office of Youth Development; Los Angeles



Harriet Erickson, Committee Chairperson Maurine Kornfeld and Cheryl Sullivan (l-r) with MHA's Youth Award Handbook.

YOUTH AWARD PROJECT UNVEILED

The Mental Health Youth Award Project was unveiled at the March 11 meeting of the Mental Health Association in Los Angeles County (MHA) Children and Youth Committee.

The project is patterned after the scouting model of earning merit badges. Youth groups can earn the Mental Health Youth Award by completing activities, under the guidance of a leader, to earn a specific number of points. The activities, contained in the Youth Award Handbook, deal with topics such as mental health, self-esteem, reaching out, relationships, coping and problem solving, stress, depression and anger. A leader's manual accompanies the youth handbook.

MHA staff member Diane Cox was principal writer, and Beverly

County Department of Mental Health; Pasadena Girls Club; Girl Scouts; Inglewood Unified School District; Los Angeles Unified School District; Project Stride, Far West Laboratory; YMCA and YWCA.

The project is now being tested in a variety of youth group settings in the coastal area, following which it will be evaluated to determine if any changes are needed.

MHA plans to have orientation programs for leaders, with the trainers available to the leaders as resource persons. A staff person is assigned to this in the coastal area.

For the future, MHA will be looking for further funding to be able to expand the project to other areas. For information about the youth award project, contact Cheryl Sullivan at 629-1527.

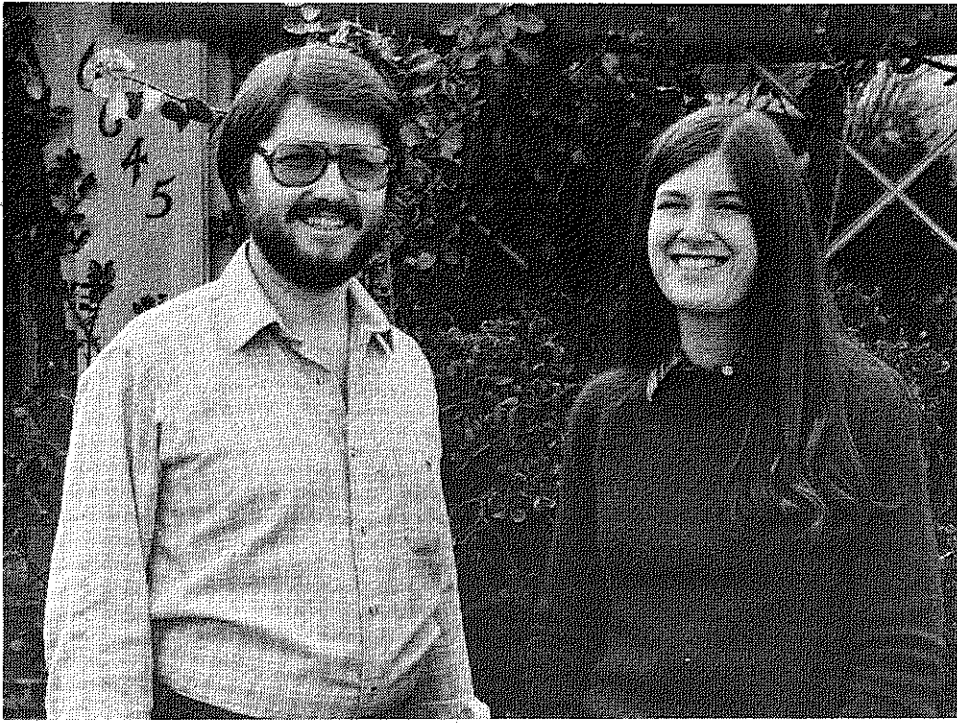


Photo by Julia Scalise
Clyde Reynolds and Angela Braver, M.S.W., at Somos Amigos

SOMOS AMIGOS BEGINS SERVICE IN VALLEY

by Julia Scalise

Emphasizing an atmosphere of home and family in Somos Amigos (We are Friends), a newly opened short term crisis residential care program operated by San Fernando Valley Community Mental Health Centers Inc.

Clyde Reynolds, the centers' director of community support services unit, and Angela Braver, M.S.W., Somos Amigos program director, discussed the significance of the family atmosphere and other aspects of the program, funded by a Short-Doyle contract with the Los Angeles County Department of Mental Health San Fernando/Antelope Valley Region. It serves the entire region.

The home-like atmosphere is an integral part of and is incorporated into the daily operation of the program. Braver cited as examples the daily planning group taking place over breakfast and individual counseling being done during the evening in the living room.

"There is a strong belief that environment plays a major role in treatment," said Reynolds. Hospitals can communicate, he said, "the feeling that you are ill and people are there to take care of you."

This atmosphere has proven to have an effect on staff members as well, who share the family type feeling, which, in turn, is communicated to the residents, according to Braver.

Physically, Somos Amigos is not one home, but two houses located side by side in Van Nuys, with living capacity of six residents in each home. It contains a recreation room and a living room with a fireplace, around which residents have gathered to sing and play guitar, another part of the family atmosphere.

Also an element of the program is when persons enter the program, they become "part of the community. They are involved in all household tasks," said Braver. Contained in this practice, she said, is a "hidden meaning."

"We are telling them they are competent," she said.

"The thought behind that is you may be crisis, but that doesn't mean you're excused from functioning," concurred Reynolds. "Teaching people they can handle higher levels of stress and still function is important."

Tangent to this is having residents provide assistance to other residents.

"Although the staff is here, the residents are encouraged to help each other in crisis," Reynolds said.

"That, in turn, helps their own self-esteem, to be able to help someone else," explained Braver.

With an average length of stay of 10-14 days, the Bates funded program is "meant to be an alternative to inpatient hospitalization," according to Reynolds.

"The goals are really along the line of stabilization, reduction of crisis and assistance in returning to the community, obviously avoiding hospitalization if possible," he said.

Up to this point, the program has received most of its referrals from Olive View Hospital emergency room and wards, and some board and care homes, but it will be getting referrals from other hospitals, the Psychiatric Emergency Team and OMHSS.

The relationship with the hospital is such that, if a client needs more supervised help or a higher level of care, which has occurred, the program is able to get the person into the hospital. Braver said that, if it is appropriate, the person most likely would be discharged back to Somos Amigos.

The program is set up with the expectation that the "clients who come, even though they are in crisis, are expected to be in an acute day treatment program," said Reynolds. "The primary relationship we are working on is with (county operated) East Valley Mental Health."

Reynolds and Braver said that, depending upon the functioning level and needs of the resident, there might be other day treatment programs that are appropriate as well.

For example, one factor taken into consideration is continuity of care.

"The day treatment program they begin while inhouse is likely to be the one continued once they've been placed back into the community," said Braver, in which case geographic location is considered.

Every client attends a day treatment program and returns to Somos Amigos around 3 p.m. Clients then become involved in household activities and groups that take place there.

Reynolds cited as another goal of the program "to increase utilization of this level of service by the ethnic community."

"We have staffed the program with that in mind," said Braver, "so that we are able to accommodate the Spanish speaking community."

Four staff members are bilingual and bicultural, and 80 percent are bilingual. Full and part time staff totals 15. Every person entering the program is assigned to a case manager and an alternative. Two counselors are on duty at all times.

Reynolds told of what he termed "an issue" the staff has encountered.

"A large number come in without (financial) resources. Two weeks is not long to get general relief," he said. "We can stabilize the crisis, the clinical issues, but we might not be able to

get resources." He said that staff, being aware of this situation, "starts working from day one" if resources are needed.

An idea that is in the process of being developed is the formation of an alumni group, foreseen as a way of "helping them make transitions," Braver said.

"What happens here is that people form quick attachments because of the closeness of the house, so sometimes it's hard for them to leave," she said.

Somos Amigos began operation on March 4 and held its open house on March 25, where it recognized Roberto Quiroz, M.S.W., county San Fernando/Antelope Valley regional director; Councilman Ernani Bernardi; Jo Siegel, assistant administrator, L.A. branch of Community Care Licensing Division of DPSS; and Doris Foster, San Fernando Valley Community Mental Health Centers Inc. past president.

Because of the short duration of stay in the program, "We move in rapidly, and there is a lot of individual attention," said Braver. "The emphasis here is on competency, functioning and progress, and help with accomplishing all that."

Upon leaving, residents go to their own homes, to family or to a board and care home, depending upon the individual.

"What does occur," said Braver, "is that when anybody leaves, there is a hook-up with the community, so that nobody falls through the cracks."

BOB WIELAND WALKS ACROSS USA ONE DAY AT A TIME

"It will probably be one of the greatest endurance tests of all time. You have to be strong mentally to see yourself through this project," says Bob Wieland.

He was speaking of his upcoming "Spirit of America" walk. Beginning on April 14, Wieland, who lost both his legs in Vietnam, is embarking on a 2,944 mile trip across the southern part of the United States, a journey he is making on his hands.

Leaving from Los Angeles, Wieland plans to average eight to 12 miles a day and estimates that it will be about 14 months before he arrives at his destination in Jacksonville, Fla.

Wieland, a four time world champion in the bench press, says he is prepared both mentally and physically for the walk.

"He cannot do this on sheer physical ability alone. I know that his mental health has to be at its peak," says Mental Health Association in Los Angeles County President Bill Thomas. "There has to be an integration of his mental health with his physical condition. Without either one, he's not going to be able to accomplish this incredible feat."

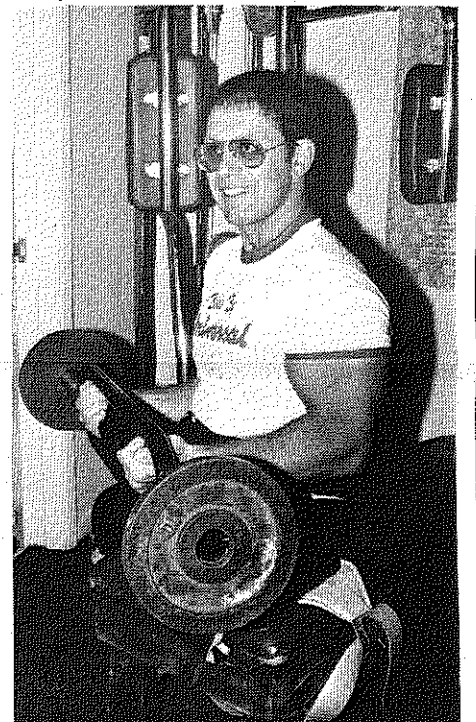
"He develops his mental health by placing the proper value on

things and by keeping things in perspective," Thomas continued. "Because Bob has an excellent awareness of who he is, external forces, both physical and abstract, have not been able to invalidate him, incapacitate him or intimidate him. He knows he can do extraordinary things with a combination of his mental and physical health."

What Wieland will be physically demonstrating to the public during the next 14 months are some of the same things he says to thousands of students. Through his "Strive for Success" organization, he speaks at junior high and high schools across the nation. He talks about the importance of setting goals and objectives, about overcoming barriers and about reality.

Through his walk, "I'm trying to encourage people to follow through in what they believe in, as long as it does not harm or hurt," he says.

As an athlete, he says the walk is "going to be an extension of what I've been doing all my life, since I've been four," and he has been "indirectly" training for the walk for 12½ years, "building the foundation with weight training." He says he has "tried to make the training tougher than the walk is



Bob Wieland

going to be." He has trained, at times using a 26 pound weighted vest, in the foothills near his home and on sand at the beach, on which it is harder to walk.

Wieland will wear specially designed gloves and a custom made suit during the walk to protect him from the elements.

He predicts he will get in better shape as the walk continues and is aiming to attempt to break the bench press world record sometime after the completion of the walk.

Believing that "through faith, determination and dedication, there is nothing a person can't achieve," Wieland has no thought of being unsuccessful in completing his "Spirit of America" walk.

"There is only one time in your entire life when you have to worry about failing, and that is the last time you try," he says. "The idea is facing the reality of what you set out to do and facing the commitment."

"We're just going to do it one day at a time," he says. "Sooner or later, I will get to Jacksonville."

CONNECTIONS WITH THE EDITOR

Open Letter to Parents

I would like to introduce myself to you. My name is Lucille, and I can truly give you my heart felt sympathy. My son has been ill for about 24 years. He was hospitalized for the first time when he was 17.

It seems we are all in different stages of emotion, depending on how new this problem is to us. I have gone through the fear, the worry, the guilt and frustration in trying to help him. We feel so alone and helpless. I was constantly searching for something to help me, and, in 1977, when he was at Metropolitan (State) Hospital in Norwalk, I was given a bulletin by a social worker there that told of a new group that was soon to begin. I signed and returned it to show I wanted to join.

Soon after, I received the notice with the date and attended the very first meeting. It was a small group at that first meeting that gradually grew. We called it the Relatives and Friends Group. It was the first ray of hope I had ever had. What a wonderful feeling to be able to sit and share your troubles with others who have been going through the same suffering. It has come to mean more and more to me. A dedicated man, who was our founding president, has been such an inspiration to me and to all of us while he has been troubled by the illness of his son. It has been really a great thing for me to become active and try to help others. Not only do we share our problems, but we have learned so much about the different kinds of medication and their side effects, about how to become a conservator, about patients' rights laws, parents right-to-know laws and a great deal about the mental health system. Many of us are very discouraged about it and see the need for improvement.

Recently, while attending some local meetings regarding mental health, I met many fine dedicated people who are constantly working on improving the system; they are writing the mental health model plan. They need to hear some of our ideas on what we would like to see accomplished. Also, we need to learn about legislation, when certain bills are pending, especially those to appropriate money. We are quite concerned now that there may be more cutbacks in funding.

Perhaps you are not ready just yet to think about these subjects. But as time goes on and after some of your first upset of dealing with your problems has eased somewhat, then you may come to see how important it is for more parents to come together in groups, to become unified and knowledgeable, and to let legislators know that we are paying attention. We need to speak up for our mentally ill, as they can't speak for themselves.

At our meetings, we have a caring and sharing time and a short business meeting, and knowledgeable speakers are presented on a variety of pertinent subjects, allowing time for discussion and questions. There are more and more support groups like ours throughout the state, more than 40 known groups, and they continue to grow. These groups are called California Association of Families of the Mentally Disabled. Our goals are to promote the general well-being of the mentally ill in the least restrictive setting; to provide support for each other; to overcome the stigma of mental illness; to learn the newest developments in research, patient care, legislation and conditions in after-care facilities; and to emphasize mental health concerns, treatment within the

community and rehabilitation of mental patients.

I urge you to attend one of our meetings near you without delay. Families who feel a common bond of understanding and of becoming involved in learning more about mental health (and I say health, rather than illness, stressing the positive) will find it is the best therapy there is. I believe this with all my heart, because at last I have found peace of mind.

If you want further information about relatives and friends groups, call the Los Angeles County Department of Mental Health Information and Referral, 738-4961; Information Line, 686-0950; or Mental Health Association, 629-1527.

Lucille Sunde

Fiscal Fidgeting

Repeated cuts in expenditures for the L.A. County Department of Mental Health will make a grave situation even more deadly. Reaganomics and the effects of Proposition 13 combined are creating a state of siege and a severe depression for the county's health system. With state revenues being cut and federal programs being reduced or eliminated altogether for a "block grant" system of funding, we can expect the current crisis to be with us for awhile. Millions of our citizens will be affected by the fiscal fidgeting that is occurring at all levels of government.

If we are to reverse the trend that began several years ago, then we must say no to programs that do little to ease the inflation rate in proportion to gross outlay of goods and services.

Is it not the duty of government to create a sound economy based on the idea that human potential is the most productive when the emotional, logical and spiritual needs of all individuals are catered to rather than the wealthy alone? Is it not easier to measure our future in terms of where we want to be in the year 2000 rather than where we dream to be this second?

Money does not grow on trees, and money cannot be saved by cutting social programs while at the same time giving one out of three federal dollars to the military establishment. The contradictions in both word and action by those who support a trickle down theory of economics are the result of a program that has produced an unbalanced budget and monetary system and whose priorities have more to do with military superiority.

Those who profess economic recovery and eventual prosperity through supply-side economics based on a trickle down theory are either fascinated by water dripping out of a faucet, or they suffer from a grandiose expectation of what water can do to make money grow.

The private sector is stymied by years of a stagnated flow of dollars and industry that has little incentive to take over where the government leaves off. Programs that do little more than to act as custodial care centers cause undo hardship to the people they are supposed to help, and they cost the taxpayers more dollars over the long period of time.

Will someone please tell me why the Reagan Administration sees fit to create public work programs in places like El Salvador but refuses to do so here where there is an unemployment rate higher than any time since the last world war? A nation that professes such lofty ideals to the world should realize those ideas on its own shores so it can preserve the peace and tranquility for future generations to come.

Andrew Posner



Dr. Jacqueline Bouhoutsos with Dr. Mae Ziskin (l-r), California State Psychological Association president.

PSYCHOLOGY CALL-IN SHOWS EXAMINED

Do psychology call-in programs provide brief therapy, education, crisis intervention or mere entertainment for their growing audiences?

During its 1982 convention in San Diego last month, the California State Psychological Association (CSPA) hosted a three-day conference addressing this media psychology issue. Mental health professionals from around the country who attended the session found few ready answers, but pledged to examine programs that disseminate psychology via radio, film, television and print media. Participants formed a new interdisciplinary organization, the Association for Media Psychology (AMPS).

AMPS' founding president, Jacqueline Bouhoutsos, Ph.D., explained why media programs are attractive to health professionals.

"This is a time when people want information. They want to do things for themselves," she said. "When we use radio and television, we can teach the public ways to improve their lives and tell them that there are choices they don't realize they have. The media is a tool for transmitting information about psychology to an audience we can't reach in our individual practices."

Professionals are questioning the ability of a talk show host to give helpful information during the time limits of a show-biz oriented program.

"This is a concern," said Bouhoutsos. "We don't know if the call-in format is harmful or not because there has been no research done on radio programs." Bouhoutsos is the recipient of a \$14,000 Markle Foundation grant to study radio programs and call-in audiences this year.

At the conference, talk show hosts played tapes of their programs and asked participants to answer sample on-the-air questions. KABC call-in host Toni Grant, Ph.D., told participants that screeners, who answer callers before they are put on the air, should be trained to handle crisis intervention situations and to make referrals to appropriate local resources.

Critics of radio psychology programs point out that the formats and pacing of call-in shows are geared for entertaining and boosting ratings. There are currently no guidelines for mental health professionals on the air.

"There are no standards," said Bouhoutsos. "Psychologists who are CSPA or American Psychological Association members are bound to an ethical code that requires them to use the most current, relevant data and to 'use their highest level of professional judgment' in their public statements."

"This is why we established AMPS. We want to build an organization of concerned professionals so that we can influence the producers, increase opportunities for media exposure for psychology and train professionals to

use the media. Professionals would be qualified by virtue of their education, experience and knowledge of the current research."

Radio formats are only one use of the media discussed at the conference, said Bouhoutsos. She cited the work of June Flora, Ph.D., of the Stanford University Heart Disease Prevention Program, who has developed a media campaign to educate target populations about behavior changes that can improve fitness. Psychologist Tom Backer, Ph.D., and his guest, producer Spike Jones Jr., discussed the role of psychologists as consultants to the film and television industries.

According to Bouhoutsos, AMPS will meet again Aug. 24-27 to review possible guidelines for radio call-in shows and to develop AMPS' organizational structure.

CLIENTS HELPING CLIENTS

A unique concept in community involvement with those recovering from mental illness is being piloted in San Gabriel Valley. Individuals in outpatient programs and those who are seeing private therapists and counselors are being recruited as volunteers to work in activity centers and day treatment programs.

Clients who volunteer work with other clients in programs in El Monte, La Puente and Whittier, and they serve as facilitators for Project Return self-help clubs.

"There is a special empathy and willingness to give which is unique to the volunteers who are themselves clients," said Charna Lefton, Mental Health Association in Los Angeles County coordinator of volunteer services. "It's therapeutic both for the volunteer and the clients in those programs because skills and ideas are being exchanged, role models are being offered, and the stigma of emotional illness is reduced through interaction with others."

Letters informing therapists of volunteer opportunities for their clients have been sent to 258 marriage, family and child counselors in San Gabriel Valley. Volunteers who are referred by private therapists or other mental health programs take part in a number of activities, including arts and crafts, sports and recreation, and field trips. Their most important function, according to Lefton, is "their willingness to serve as a friend and companion to someone who has experienced problems similar to their own."

Anyone interested in volunteering or referring volunteers may contact Lefton at (213) 576-0784.

JUDKINS continued from page 1
one can contribute," she said.

Judkins believes consumers of social services need to be part of the decision making process.

"For years, clients had no voice. You told them what they needed. That has changed," she said.

"To have consumers be part of the volunteer force is to me the most gratifying part. We should encourage more of that," she continued.

"Also, we need more business people involved in mental health. They know a lot about the nuts and bolts of things. That not only adds to the group process, but it brings with it the cooperation and support of the particular business," Judkins said. "I feel ARCO has been supportive of me and takes a progressive stand in rewarding volunteerism."

Judkins was recognized for her seven years as a mental health volunteer when ARCO honored her in its "Volunteer Recognition" program. With the honor, ARCO awarded \$1,000 to a project of Judkin's choosing. She picked Project Return, a program of the Mental Health Association, to receive the funds because its philosophy echoes her belief about client participation.

Judkins' volunteer career in mental health began when she read, in the View section of the *Los Angeles Times*, a request for volunteers who would be willing to work with clients in a residential care facility.

"Something drew me to it, and I called the Mental Health Association. That was seven years ago. I have good staying power," she explained.

In making the decision of where to volunteer, Judkins said, "I looked for something really in need. I did not want to be a cosmetic to a place."

Because she was employed, she volunteered two evenings a week and Saturdays in a residential care facility.

"I wanted the clients to be part of the world, so we did a lot of talking about current events, we registered to vote, and we went on field trips," she said.

"Whatever their problem, I didn't want or need to know the background. I wanted that relationship to be the same as any other. If they wanted to talk, I listened, but it was especially important for the clients to know I was there as a friend and for no other reason. Only a volunteer can do that," she said.

"I looked forward to our time together, and I got so much back," Judkins said.

Judkins likes direct service volunteering best, but she recognizes the importance of advocacy and legislation. This understanding has led her to volunteer with the Pasadena Relatives and Friends of the Mentally Disabled, although she has no one in her immediate family who is emotionally disabled.

"I called Lucille Sunde, that marvelous woman who founded the group, and I offered to help," Judkins said. Among other things, Judkins now works on a legislative newsletter for them and represents the group in networking information.

"I saw what strength and perseverance it takes to be a parent... I've grown so much in my experience with that group," she said.

Judkins also serves on the board of the Mental Health Association in Los Angeles County, where she chairs the Regional Development Committee and is on the Personnel Committee.

She has served since its inception on the Central Region Regional Community Liaison Committee of the Los Angeles County Department of Mental Health. With this citizen advisory group she is involved in the planning process for county mental health services.

"People who work should be volunteers," she states. "It gives a dimension to your life. You can try new things with low risk."

"I've learned to do public speaking from my volunteer work," she said.

"You learn problem solving and how to work as a team. You can stretch yourself."

"It's given me a lot of counseling skills and strengths for my job," Judkins continued. "Because I'm involved in mental health, when employees come to me with problems, I can give a referral."

Judkins feels part of her role is to promote mental health and encourage people to volunteer.

"Some of the most interesting people I know I've met through volunteer work," she said.

In her spare moments, Judkins likes to read and to visit art exhibits and art auctions. She enjoys the beauty of music and art, and when she needs to get away, she spends time in Palm Springs.

WELLNESS CAMPAIGN LAUNCHED

The statewide wellness campaign based on the theme "Friends Can Be Good Medicine" will be launched in Los Angeles County with a presentation of the materials to the Inter-agency Committee on Mental Health on April 7.

Training sessions will be held on April 5 and 7.

The program is based on recent medical evidence that friends and other supportive relationships are as important to physical well-being as they are to emotional health.

Sponsored by the Calif. Department of Mental Health, the program was delayed until a decision could be made about use of some of the media materials. (See the Oct. 1981 and Dec. 1981/Jan. 1982 issues of *Connections*.)

Friends Can Be Good Medicine does not propose to provide the public with a collection of glib prescriptions on how to make friends and keep them. Instead, it is aimed at increasing the public's awareness of the crucial role of supportive personal relationships in the maintenance of health and at creating opportunities for the consideration of what makes for health-destroying relationships.

To accomplish these objectives, the Department of Mental Health has developed educational resource materials. Core materials include:

- a self-assessment brochure, "Can Friends Help Keep You Well?";
- an informational brochure, "Can Friends Be Good Medicine?" in English and Spanish;
- a 64-page booklet of readings, activities and exercises, *Friends Can Be Good Medicine*;
- a nine-minute film, *Friends*;
- a 29-minute videotape, *Relationships*;
- public service announcements for both radio and television;
- a slide-cassette program, "Mental Health Promotion and the Latino Community."

Core materials and community outreach and education activities were pilot-tested in the fall of 1981 in the counties of Fresno, Merced, Madera, Kings, Tulare and Mariposa.

Evaluation of the pilot effort showed that "it resulted in widespread dissemination of educational materials, it had measureable impact on individuals, and it was conducted in such a way as to build the capacity and willingness of individuals and organizations to participate in further health promotion activities."

Far West Laboratory for Educational Research and Development, San Francisco, is conducting the implementation effort in Los Angeles County.

For further information and to order materials, please call Far West Laboratory at 386-3350 or coordinators Lewis Bundy at 663-2394 or Susan Dyer at 651-3775.

SOFTBALL FEVER STRIKES

by Julia Scalise

Batter up! Softball fever has struck San Gabriel Valley mental health programs and board and care homes.

While the major league teams are busy starting their season, three Los Angeles County Department of Mental Health programs and the Mental Health Association in Los Angeles County (MHA) are in the process of forming a softball league.

Last November, Mark Foster, an Socialization-Vocational Rehabilitation Center (SVRC) recreational therapist, formed a SVRC team, and the idea caught on. He described the team as "something to generate a little more pride and self-worth."

"I thought of it as an alternative to the general hospital softball game by injecting real elements such as competition and some sort

hasn't moved up to where we have a league set up. It's just casual slow pitch softball."

In addition to the SVRC team, the county teams are at El Camino Mental Health Services, which Foster called "competitive," and at La Puente Community Mental Health Center, which is just starting.

MHA is sponsoring the board and care homes teams and is responsible for volunteer recruitment, initial volunteer training and coordinating the board and care homes.

A board and care home in Pasadena and one in Eagle Rock each are forming their own teams, and three homes are combining to form one team. Two additional teams in Highland Park are interested in joining the league.

The city of Pasadena, with Pat Reynolds-Christianson, community services supervisor for the east area, has become involved with the new league in the capacity of



Photo by Julia Scalise

If it's spring, it must be softball.

of tangible reward for achievements," said Foster, who previously had started a team in a private hospital. "I thought it would be more appropriate here because this is a re-enactment of life."

"I'm encouraging competitiveness and aggressive play. A lot of our people are meek and tender-hearted, which is nice, but at the same time they need to be competitive in the world," he continued, adding that "at the same time, none of this is cutthroat."

Another emphasis of the league is the fact that this is an inter-agency activity, a "joint activity involving several agencies, exposing clients to a vast array of people in the same situation," according to Foster.

"They're all interacting and socializing," he said.

The clients are showing a "strong interest" in playing, according to Foster. This includes practice.

"Most of the players are receptive to practice. We try to practice one to three times a week. Practice is essential," he said.

The league is still in the organizational stage at this time.

"Maybe by summertime, we'll have formation of the league complete," said Foster. "Right now, it's in the embryonic stage. It

providing assistance with volunteer training for the board and care homes teams.

Lucie James, MHA San Gabriel Valley Region director, has plans for expansion of community involvement.

"What we want to do when we get the teams developed is to get some support from the business community in the forms of participation, helping with the purchase of uniforms and possibly with an awards banquet," she said.

Foster also has plans for community involvement.

"More than likely, I'll be going to the community for teams (to compete), possibly some of the city league teams, if we can get to that level," he said. "It's important to see how the community receives us. We're kind of in a presentation stage."

Both James and Foster stressed the need for volunteers to assist with teaching basic softball skills, to lead team practices and to play on the teams.

"We're looking to the volunteers to provide a lot of enthusiasm," said James. Currently, staff and clients play on the teams, but it is the goal to have a combination of clients, staff and volunteers on the teams.

Anyone interested in joining the lineup as a volunteer, or any program or residential care home interested in joining the league may contact James at 576-0784 or Foster at 444-0386.

CALENDAR

April

Pasadena Counseling Group: A 12 week Women's Support Group meets Tuesdays, 1:30-3 p.m., at 711 E. Walnut St., Pasadena. Focus is on self-reliance and self-worth.

Call 795-7722 for information.

April

Didi Hirsch Community Mental Health Center: "The Teenage Mother and Her New Baby," a free course for teenage mothers who want to learn how to encourage the best possible development in their babies, continues on Thursdays, 4-6 p.m. at the center, 4760 S. Sepulveda Blvd., Culver City.

Call 390-6612 for information.

April 2

Los Angeles County Department of Mental Health: The Human Resources Development Division is sponsoring a training session for Special Treatment Programs, held 9 a.m.-4 p.m. at 1106 S. Crenshaw, Los Angeles.

Call 738-4984 for information.

April 5

MHA and YWCA: "Body/Mind Dynamics," an education series co-sponsored by the Mental Health Association in Los Angeles County and the West Los Angeles/Beverly Hills YWCA, concludes with "Aerobics." The session is held at the Federal Building, conference room 10124, 1100 Wilshire Blvd., Los Angeles.

Call the MHA at 629-1527 or the YWCA at 478-1228 for information.

April 5

Foothill Family Service: A four-session Couple Communication workshop focuses on skills for relationship enhancement through improved couple communication. The sessions are held 6-8 p.m. at 118 S. Oak Knoll Ave., Pasadena, and continue on Mondays until April 26. Fee is \$50.

Call 795-6907 for information.

MHA SPONSORS CONFERENCE

"This is part of our function, which is to raise the level of understanding in the community," said Morgan Miller, Mental Health Association in Los Angeles County (MHA) director of community education.

Miller was describing the philosophy behind "Community Awareness - Catalyst for Change: Focus on Mental Health Issues in the '80's," a day long conference sponsored by the MHA Long Beach District Council on May 1 at Long Beach City College.

Citing MHA's concern over the rise in the incidence of mental illness, Miller said, "We feel that education may be one answer. If people are more aware, more tuned in to their own level of wellness, and if they have more understanding of what causes emotional problems, they may seek help before a crisis forces them into a long term illness and treatment.

"We feel we are meeting a community need," she continued. "People seem to be hungry for information."

The conference will be divided into three sessions. During the morning session, the film, "The Other Side of Hell," will be shown, followed by a discussion with MHA President Bill Thomas. The film, starring Alan Arkin, depicts Thomas' ordeal in Farview State Hospital in Pennsylvania and his escape from that institution.

Following lunch, with speaker Dr. David Burcham, pastor of Covenant Presbyterian Church in Long Beach, the afternoon will be divided into two sessions of workshops.

"We have targeted some major social issues that are creating great emotional problems and stress today," said Miller.

April 5, 12, 19, 26

Help Anorexia: The family support group now meets every Monday, 7-9 p.m., at its new location, the Federal Building cafeteria, 1100 Wilshire Blvd., Los Angeles. The group has a new format, consisting of more family interaction and sharing, with speakers featured periodically.

Call 558-0444 for information.

April 7

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

Charles Roppel will present to interagency members an orientation to the "Friends Can Be Good Medicine" statewide wellness campaign.

April 9

Relatives and Friends of the Mentally Disabled in Pasadena: Lucie Rivera, Los Angeles County Patients' Rights Division, will show slides on how to apply for and appeal S.S.I. at the 7 p.m. meeting, held at Pasadena Mental Health Center, 1495 N. Lake, Pasadena.

April 12

San Fernando Child Guidance Clinic: An eight-week Parent-Adolescent Communication Skills Training workshop is designed for parents and teenagers to learn techniques for effectively communicating with each other. The sessions meet 3:30-5 p.m. at the clinic, 9650 Zelzah Ave., Northridge, and continue until June 7. Cost is \$80.

Call 993-9311 for information.

April 13

Relatives and Friends of the Mentally Disabled in Norwalk: Jambur Ananth, Harbor-UCLA Medical Center Department of Psychiatry, will speak on psychopharmacology and research on mental illness at the 7 p.m. meeting, held at Queen Manor, 11515 Firestone Blvd., Norwalk.

April 15

Advocates for the Mentally Ill: "How to Cope with a Mentally Ill Brother or Sister," will be discussed by a panel of siblings of mentally ill persons at the 7:30 p.m. AMI meeting, held at Thaliens Community Mental Health Center, 8730 Alden Dr., Los Angeles. The panel will address the problems of coping with mental illness from a perspective different from the parent-patient viewpoint that typifies most AMI meetings.

Call 664-5704 for information.

April 15-16

Multicultural Coordinating Council for Children and Families Inc.: A conference on "The Abusive Society: Strategies for Survival in the 1980's for Families of Color" will be held at Amfac Hotel, 8601 Lincoln Blvd., Los Angeles. Deadline for preregistration is April 1. Limited registration is available on the day of the conference.

Call 974-5375 for information.

April 15

Mental Health Association: Howard Robinson will speak on the Social Service Redesign of the Department of Social Service at the Children and Youth Committee meeting, held 11:30 a.m. - 2 p.m. at San Fernando Valley Child Guidance Clinic, 9650 Zelzah, Northridge.

Call 629-1527 for information.

April 16-17

Parents United and Daughters/Sons United: "No More Secrets," a two day conference on child sexual abuse, will be presented 8 a.m.-4:30 p.m. at Whittier College, 13406 E. Philadelphia, Whittier. Featured speakers will be Roland Summit, M.D., and Hank Giarretto, Ph.D.

Call 724-0100, ext. 1381, for information.

April 17

Southern California Psychiatric Society: The SCPS Annual Spring Meeting, "The Emotions: A New Look at Their Psychology, Physiology and Pathology," features speakers Floyd Bloom, M.D.; Arnold Mandell, M.D.; Alexander Rogawski, M.D.; and Michael McGuire, M.D.; and is held at the Biltmore Hotel, Los Angeles.

Call 477-1041 for information.

April 17

UCLA Extension: "Troubled Families: Legal and Therapeutic Perspectives" will be held 9:30 a.m. - 4:30 p.m. on the UCLA campus, Westwood.

Call 825-6701 for information.

April 22

Coalition on Mental Health: The Coalition's approach to the budget for fiscal year '82-'83 will be discussed at a working meeting held at 7 p.m. at the L.A. County Department of Mental Health, 2415 W. Sixth St., Los Angeles. Enter from roof parking lot. Members should come prepared to make decisions.

Call 629-1527 for information on joining the Coalition.

April 22

San Fernando Valley Child Guidance Clinic: "Child Behavior Management," an eight-week course for elementary school personnel, meets on Thursdays, 3-5 p.m., until June 17, at the clinic, 9650 Zelzah Ave., Northridge. Cost is \$45.

Call 993-9311 for information.

April 22

Help Anorexia: An eating disorder self-help group for individuals with eating disorders begins meeting every Thursday 7-9 p.m., at 11826 Kiowa Ave., West Los Angeles, and focuses on sharing and interaction.

Call Bonnie at 820-2719 or Steve at 558-0444 for information.

April 22

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

RCLC

The Regional Community Liaison Committees (RCLCs) of the Los Angeles County Department of Mental Health five regions meet as follows:

April 13

San Gabriel Valley Region RCLC meets 7 p.m. at La Puente Community Mental Health Center, 160 S. Seventh Ave., La Puente.

April 14

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

April 15

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

April 16

San Fernando/Antelope Valley Region RCLC meets 10 a.m. - noon at Hope Community Mental Health Center, 11600 Eldridge Ave., Lake View Terrace.

April 21

Central Region RCLC meets 7 p.m. at the LAC-USC Medical Center Psychiatric Hospital, room C218, 1934 Hospital Pl., Los Angeles.

These meetings are open to the public.

April 23

MHA and L.A. County Department of Mental Health: Orientation for new volunteers of the San Gabriel Valley Volunteers in Service to the Mentally Ill will be held at 1 p.m. at Arcadia Mental Health, 330 E. Live Oak, Arcadia.

Call 576-0784 for information.

April 25

Los Angeles Commission on Assaults Against Women: A one-day self-defense workshop designed to prepare women psychologically and physically to deal with assault will be held 10 a.m.-3 p.m. at the Westwood YWCA, 574 Hilgard Ave., Westwood. Preregistration is required.

Call 392-8381 for information.

April 28

A Touch of Care: A Parents Skills Training Group meets at 7 p.m. at A Touch of Care Social Rehabilitation Center, 11552 W. Pico Blvd., West Los Angeles.

Call 473-6525 for information.

April 29

El Centro Community Mental Health Center: "Different Types of Mental Illness" will be discussed at the meeting of "Family Night," a support group for family members, held 6:30 - 8 p.m. in the center's day treatment activity room, 972 S. Goodrich, Los Angeles.

Call 725-1337 for information.

April 30

Didi Hirsch Community Mental Health Center: A one day conference on "Prevention: An Evolutionary Process" will be held 8:45 a.m.-4 p.m. at the center, 4760 S. Sepulveda Blvd., Culver City.

Call 390-6612 for information.

CONNECTIONS

Editor Lorraine Wilson
Editorial Assistant . . Julia Scalise

Editorial Board: Dr. Charles Ansell, Donald Carlisle, Al Greenstein, Greg Lecklitner, Roberto Quiroz, Fredericka Williams.

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Executive Director: Richard Van Horn