

# PAS Newsletter

Parents of Adult Schizophrenics  
of San Mateo County

MARCH 1981

P.O. Box 3333  
30 West 39th Avenue  
San Mateo, Ca. 94403  
(415) 573-5345

## Meeting Schedule

### MARCH MEETING

Date: March 18, 1981  
Time: 7:30 pm get acquainted  
8:00 pm speaker  
Place: Bay View Savings Community Room  
2121 So. El Camino, San Mateo

Speaker: Gordon Cutts, Continuing Care  
Coordinator, San Mateo County  
Topic: San Mateo County's New Case  
Management Service

Mr. Cutts will discuss the new centrally administered Case Management Unit which was established to serve the chronically mentally ill. The Unit is interested in referrals of chronic mentally ill patients who have had multiple psychiatric hospitalizations, and who have great difficulty following through with post-hospital treatment plans. They will do placements, make home visits and do everything necessary to ensure the client has basic living necessities, and will attempt to link patients to day centers and medication clinics as appropriate.

A survey team of the Dept. of Mental Health (State) conducted a study of the San Mateo Mental Health Services. One of their criticisms was a lack of a Case Management System. We are pleased that this service will now be provided.

### Other Important Meetings:

- 1st Wednesday Every Month Mental Health Advisory Board  
12:00-2:00 pm Multipurpose  
Rm Hlth & Wlfr Bldg, 37th SM
- 3rd Sunday Every Month Assn for Mentally Ill Napa  
State Hospital, Music Room  
11:00 to 1:00 pm
- 4th Thurs. Every Month Citizens Advisory Bd - Region I  
7:30-9:00 pm, at 45 Southgate,  
Daly City
- 2nd Tuesday Every Month Citizens Advisory Bd, Region III  
12:00 to 1:30 PM, 3700 Edison,  
San Mateo
- Call Mental Health Center for  
Regions II and IV Citizens  
Advisory Meetings

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Our thanks to John Murphy, our February speaker. We strongly urge our members to renew their subscription to the FAMILY JOURNAL OF MENTAL HEALTH, P.O.Box 407, San Jose, CA 95103, \$12.00 per year., Tax deductible. Order a subscription for a friend, your doctor, legislator, etc.

### SCHIZOPHRENIA DAY LUNCHEON

Date: May 13, 1981  
Time: 12 Noon  
Place: Bay View Savings Community Room  
2121 So. El Camino, San Mateo  
Cost: \$5.00 per person

We ask all PAS members to sell as many tickets as they can. Call Agnes Repo, 345-6991, for tickets. You may obtain tickets at the March meeting or at the PAS office, 30 West 39th Ave., San Mateo - hours 1-4 PM, Mon., Wed., or Fri.

We will have a program and door prizes.  
NOTE: If you have white elephants, plants, etc., to donate for door prizes, please call Agnes Repo 345-6991 or PAS office.

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### MENTAL HEALTH ADVISORY BOARD MEETING 3/4/81

The Third World Committee gave a resume of the Jan. 10th Third World Conference. There was a keynote speaker, 6 workshops, 44 recommendations, 130 in attendance - written report forthcoming in next mailing for board.

Nominating Committee presented the following slate for approval:

Chairperson: Veronica Rudolph  
Vice Chair: Mary Janney  
Region I: Francesca Guevara  
Region II: Dr. Burton White  
Region III: Eleanor Curry  
Region IV: Lois Turner

Discussion followed regarding Veronica Rudolph's eligibility to chair the board since she is a special appointed liaison from the Board of Supervisors. After considerable discussion, the consensus of the Board was that Ms. Rudolph is eligible to be chairperson - and the slate was accepted with one dissenting vote.

Mental Health Director's report: Ms. DeLuca introduced Anne Giddings as the key person in finally gaining a use permit for the 12 bed North County facility which is to be an alternative to hospitalization.

The Governor's budget of 20 million dollars for mental health is moving slowly through the legislative process. As yet, exact figures are not available.

Ms. DeLuca introduced the newly appointed Patients' Rights Advocate, Carolyn Patrick. She also commended the work of Chuck Deutschman, former advocate.

Ms. De Luca has invited the new state Director of Mental Health, Dr. Al Loeb, to visit our county in April, at which time she will point out the strength of our programs and the crying needs which remain unfilled due to lack of funds.

Continued next page

Mental Health Advisory Bd Meeting - Continued

Tony Hoffman reviewed the resolution passed by the Organization of Mental Health Advisory Boards which, (1) opposes categorical funding (ear-marked funds), (2) opposes further reductions of state hospital beds, (3) asks state to budget further funds for mental health, and (4) endorses the California Model as a yardstick for allocating funds.

Further study was recommended and the matter was tabled for reconsideration at the April meeting.

Reported by: Sue Miller  
MHAB Observer

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CORDILLERAS CENTER

Suicide: It is with sadness that we report the suicide of a son of one of our members. Staff reported that his absence at dinner was not unusual, but when he didn't report for meds a search was started. Tests indicated that a span of several hours passed after death before discovery of the body. The suicide took place on a Sunday, when about 25 less staff were present, but still within the legal ratio of staff to patients.

Tom Mesa, Assistant Administrator, reported that a committee for inquiry is being formed; and that shower doors are now being locked and rounds being done every hour.

General Services has not responded to the request for changing locks on the patients' lockers.

Renovations: Tom Mesa asked the Committee to indicate its priorities for repairs and additions. Committee chose the following: (1) Provide nurse call stations; (2) Purchase more smoke detectors; (3) Replace old boiler.

Drama Class: Sally Mishkind (Mental Health Assn) reported that teachers from CSM would conduct a drama class at the Wed. Friendship Center in Belmont (Church of Good Shepherd, 5th & O'Neill).

Program: Each patient chart indicates a goal with a 2 week orientation. A new program starts in late February with 4 Teams, divided by patient location. There will be nursing staff, occupational therapists and social workers in each wing of each floor. Program includes: Physical skills (including dance), domestic skills, arts and crafts (including music) and social skills.

Reported by: Dorothy Texier

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-San Mateo THE TIMES Wednesday, March 4, 1981

**REDWOOD CITY** — The body of Steven Patterson, 23, of South San Francisco, was found in his room at the Cordilleras Psychiatric Center on Edgewood Road west of here early this morning, the coroner's office reported. Investigators said his body was discovered by a nursing assistant shortly after midnight. She said Patterson had been all right when she checked about an hour earlier, the coroner's office reported. Investigators said another man in the room did not awaken. It was the second suicide at the psychiatric center in less than three weeks, according to investigators for the coroner's office.

Our sincere sympathy to the Pratt family and to the Patterson family on their loss.

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SPRING MEETING OF THE CALIFORNIA ASSOCIATION

The Spring Conference of the CAFMD, hosted by the Mental Health Support Group of Kern Co., held in Bakersfield, was attended by approximately 100 members. Most of the family groups in the state were represented. Two new groups, Relatives & Friends of Pasadena, and Relatives & Friends of Long Beach joined CAFMD, bringing the number of affiliates to 37.

The group voted to support John Murphy's FAMILY JOURNAL OF MENTAL HEALTH, thus ensuring a systematic contact with the legislative and state government processes.

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From Schizophrenia Bulletin Vol 6 No. 4, 1980

SOCIAL PSYCHIATRY IN THE UNITED KINGDOM: THE APPROACH TO SCHIZOPHRENIA By J.K. Wing

In discussing the trend to community care for mentally ill, the author makes the following comments: "The latest government statement on the mental health services recognizes that the high hopes of the 1960s have not materialized in practice. . . . No mental hospital has yet been closed. Because of financial constraints, few new psychiatric departments in district general hospitals have been opened."

"Most people with schizophrenia continue to live at home, and the main brunt of the social problems associated with acute psychotic episodes or with chronic disability is borne by relatives. Very little study has yet been made of methods of realistic counseling aimed at helping patients and relatives to recognize the social and psychological factors that can alleviate or exacerbate disability or disturbance."

"Chronically handicapped people continue to accumulate, in spite of early and adequate treatment. Meanwhile, mental hospitals have continued to run down. Staff are more reluctant to accept severely disturbed patients who cannot benefit from a "therapeutic environment," thus generating a requirement for separate "secure units," and the concept of asylum has become confused with that of the total institution. Local authorities and voluntary bodies have been unable to provide all the alternative day and residential accommodation needed. Pressure groups of relatives have come into being in order to try to counteract a falsely optimistic view that running down the hospitals was, in itself, a positive act instead of (as it should have been) an accompaniment to the setting up of other types of service (National Schizophrenia Fellowship 1974)."

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Can we learn from the United Kingdom?