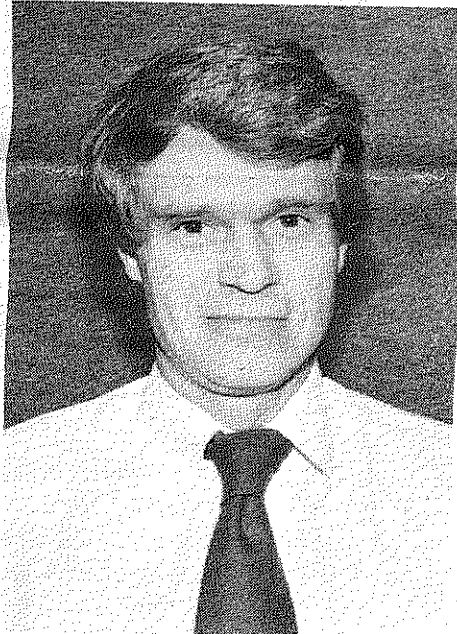


MHA agrees to act as umbrella organization for a year round mental health effort

COALITION GAINS GROUND AS SUPPORT INCREASES

INTERVIEW: CHARLES ROPPEL

Calif. Dept. of Mental Health
Office of Prevention



An innovative new program in prevention will be launched state-wide in California next May using the theme, "Friends Can Be Good Medicine." With that beginning, Charles Roppel will see the fruit of three years of planning and work.

"The quality of the way we relate to ourselves as individuals and how we relate to others . . . maybe this program can be a bridge"

As chief of Mental Health Promotion, a branch of the California Department of Mental Health, Roppel unveiled the new program at the Mental Health Association's state-wide annual meeting Sept. 23 in San Diego. The program received unanimous endorsement along with pledges of MHA help in carrying it across the state.

"Friends Can Be Good Medicine" is based on research find-

continued on page 8

"We continue to have budget crises each May and June, and then we get calls to form a coalition. We need to be doing our developing of an enlarged constituency all year, telling people what is going on in mental health care," said Dr. Susan Mandel, chairperson of the Interagency Committee, at the September meeting of the Coalition's steering committee.

The steering committee is charged with the task of defining goals, structure and areas of work to be presented at the Coalition meeting in December.

The first decision made by the committee was to reaffirm the leadership of the Mental Health Association in Los Angeles County "as the umbrella organization logically able to bring together diverse mental health interests to form a strong coalition."

Richard Van Horn, MHA executive director, was confirmed as chairperson for the next year.

Van Horn stated, "We need to advocate for something of a process at the state level for block grants, and we can't wait until the state provides the process because there is not now an adequate group to do this."

This is one example, Van Horn said, of the need for a year-round coalition: to be prepared for action in emergency situations.

Other areas for coalition work include on-going

positive advocacy, ensuring an adequate process at all three levels of government, developing groups for action in local communities, providing clear information on issues, acting as a network and clearing house for information and actions, developing further the key contact program for legislative action and supporting the California

continued on page 2

INSIDE:

CULT CLINIC
PG. 3

SELF-HELP
PG. 4-5

RCLC
PG. 7



Checking calendars are Coalition steering committee members (l-r) Sylvia Cherny (seated); Susan Mandel, Ph.D. (seated); Andy Posner; the Rev. Eugene Boutilier; Barbara Bennett; Susan LeMasters, MSW; Jim Strong; Norman Cottman Jr., Ph.D.; and Richard Van Horn.

CONNECTIONS

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

MH 008899 E F
APETA CROWELL PH D
2934 BEACHWOOD DR
LOS ANGELES CA 90068

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Permit No. 29105

TIME DATED MATERIAL

Model, the mental health service delivery system plan.

To do this, the committee will work to enlarge the membership in the coalition. At the present time, 33 groups are represented, including St. Johns-Kennedy Center, Hope Community Mental Health Center, Northridge Hospital, La Puente Community Mental Health Center, Shoff and Shoff, Project Return, Coastal Region RCLC, Beverlywood Mental Health Center, Metropolitan State Hospital, Mental Health Association in Los Angeles County, L.A. County Psychological Association, Central Region Mental Health, MDT, El Centro Community Mental Health Center and Didi Hirsch Community Mental Health Center.

Others are Transitional Living Centers, San Fernando Valley Child Guidance Clinic, Pasadena Guidance Center, Kedren Community Mental Health Center, APPE, Relatives and Friends of Metropolitan State Hospital, Mental Health Training Center, National Association of Social Workers, First Step, Advocates for the Mentally Ill, San Fernando/Antelope Valley RCLC, Mental Health Advisory Board, county-wide Interagency Committee, L.A. County Department of Mental Health, Southern California Psychiatric Society, Mental Health Advocacy Services, Council of Community Mental Health Centers and the Southern California Council of Churches.

Van Horn said other groups within Los Angeles County interested in joining the coalition can contact him at 629-1527.

**PEOPLE
LIKE YOU...
HELPING
PEOPLE
LIKE YOU!**



The United Way Campaign
A fundraising campaign in business and industry with major health organization partners, more than 250 United Way Agencies and the American Red Cross.



Supervisor Deane Dana presented a scroll at a celebration held September 20 in honor of "20 years of outstanding service given to the community by Airport/Marina Counseling Center," a private, non-profit mental health clinic located in the Westchester area of Los Angeles. Mary Ellen Cassman, executive director of the center and honorary mayor of Westchester, accepted the award from the Los Angeles County Board of Supervisors, along with other tributes from Senator Diane Watson, Assemblywoman Gwen Moore, Los Angeles City Councilwoman Pat Russell and county assessor Alex Pope.

VISITATION TEAM REPORTS ON METRO

What is a hospital visitation team and how do they function were just two of the questions new and seasoned volunteers asked before beginning their visit Aug. 6 to the wards at Metropolitan State Hospital in Norwalk.

The Long Beach/Coastal Region of the Mental Health Association in Los Angeles County plans and carries out these visits as part of its advocacy role in the community.

Earl Lamken was chairperson of the team that included Sallie Burkett, Rosalind Duffy, Rex Jeppsen, Joan Rasmussen, Lorraine Rucker, Thelma Ryan, Max Stross, Nelson Thompson, Barbara Zasloff and MHA Regional Director Joannie Baracz.

They met with Pearl Scherr, community liaison relations at Metro, who told them of a number of changes made since the last team visit. The changes were the result of budget cutbacks and reduced staff.

The findings were discussed with the hospital staff after the visit and a printed report is made available for the MHA Public Affairs Committee.

One of the recurring comments and concerns was the lack of air conditioning. Hot, stuffy rooms make patients confined to an area more uncomfortable, stated the report.

Another concern was bathroom accessibility. Patients must ask for access to the toilet area, which can be degrading, felt the visitation team. All over the hospital the need for additional staff was noted, which "affects the rate and quality of recovery for the patients," according to the report. Included in the report is the concern that with budget reductions, the staff morale would suffer and burn-out rate increase.

The commendable comments contained in the report included high praise for the wards where staff was interacting with the patients, where staff, students and volunteers were involved in sports or music with the patients and

barbecues were being prepared.

The report concluded there is always a need for more volunteers and students in the hospital. The hospital visitation team is an ongoing activity. Quarterly visits to Metropolitan State Hospital are made by volunteer teams through the Long Beach/Coastal region MHA. The San Fernando Valley region will be visiting Camarillo this fall. Volunteers for the teams should call MHA 629-1527.

NASW OFFERS REFERRAL

A new service designed to meet the needs of people seeking counseling or psychotherapy has been inaugurated in Los Angeles County by the California Chapter of the National Association of Social Workers.

Called the NASW Counseling and Psychotherapy Referral Service, a 24-hour telephone service has been established for people who require assistance in locating a licensed therapist in their area. Referrals will be from the most extensive listing of licensed clinical social workers in private practice in the county, according to Suzanne Dworak-Peck, MSW, LCSW, president of the California Chapter.

The telephone number for the referral service is 852-4769.

Every call will be returned by a staff person, a professional social worker, who will make an appropriate, confidential referral, without charge, based on the caller's needs and geographic location.

Every therapist associated with the service is an experienced, licensed clinical social worker who adheres to a strict code of ethics and is subject to peer review. Specialists are available to treat the problems that affect people's lives, whatever their age, such as stress, separation and divorce, alcohol and drug addiction, illness, death and dying, educational, employment and sexual problems.

Through their training, licensed clinical social workers are sensitive to the social factors in people's lives. Counseling services are further enhanced by extensive knowledge of community resources.

The NASW Counseling and Psychotherapy Referral Service is multi-lingual and multi-cultural. Languages spoken by therapists who are available include: Spanish, German, French, Yiddish, Hebrew, Russian, Polish, Japanese, Cantonese and Farsi.

EDITOR'S VIEW

If the reception by delegates to the annual MHA state meeting is any indication, the success factor of the state-wide program, "Friends Can Be Good Medicine," just went off the charts.

Everyone wanted the material "right now," material that, as planned, will not be ready until February for use in the media in May.

When training is offered in the use of the program materials, run, do not walk, to be present.

Our February issue will feature the materials from "Friends Can Be Good Medicine" to allow readers the time to plan uses for the program during "May is Mental Health Month." This year May could also be "Friends Can Be Good Medicine Month."

The November issue of *Connections* will include services for children and adolescents in the centerfold, pictures and articles about the MHA state meeting in San Diego and national meeting in Washington, D.C., the Child and Youth Services Bureau and Dr. Rose Jenkins, as well as legislative analysis of bills affecting children and youth and a review of the soon-to-be published book, "Psychiatry: A Personal View," by our favorite psychiatrist, Dr. Milton H. Miller, Coastal regional director.

In December, *Connections'* centerfold will deal with suicide hotlines and prevention services. December's issue will also include a look at the Program Services Bureau of the L.A. County Department of Mental Health and the forensic services with Dr. Roger Schock.

If your agency provides services within the subject areas of the November or December centerfold, please send the information to *Connections*, 930 Georgia St., Los Angeles, CA 90015.

Lorraine Wilson
Editor

Connections encourages response from readers. Letters should be kept as brief as possible and are subject to condensation. *Connections* reserves the right to edit letters for style and libel. Letters must include signature and valid mailing address. Pseudonyms and initials will not be used. Due to space limitations, an attempt will be made to publish a representative sampling of views.

Letters should be sent to: *Connections*, Mental Health Association in Los Angeles County, 930 Georgia St., Los Angeles, CA 90015.

THOMAS RECEIVES NATIONAL AWARD

Bill Thomas, president of the Mental Health Association in Los Angeles County, has been selected to be the 1981 recipient of the National Mental Health Association Clifford W. Beers Award.

One of the nation's leading mental health advocates, Thomas will be honored at the upcoming MHA Annual Meeting, situated



Bill Thomas

this year in Washington, D.C. He will receive the award at the October 15 awards luncheon.

First established in 1976, the Clifford W. Beers Award is "presented annually to a consumer of mental health services who best fits the image of Clifford W. Beers in improving conditions and attitudes," according to the National Mental Health Association. Beers, an ex-mental patient himself, founded the National Committee for Mental Hygiene, forerunner of the MHA, in 1909 and devoted his life to the mental health movement.

The Beers award recipient must be or have been a consumer of mental health services in either an in- or out-patient setting and must have made a major contribution in helping those suffering from mental or emotional disorders, while also aiding in the general education of the public about the positive aspects of mental health. Finally, the recipient's contribution should include the stating of a position, not necessarily popular, and a commitment involving a readiness to incur risk to career, finances and public acceptance.

"This award makes me more painfully aware of the tremendous job to be done in eradicating the stigma of mental illness," said Thomas.

As stated in the MHA in Los Angeles County nomination statement, "... Thomas epitomizes the mental health advocate. After experiencing the physical and psychological abuses of being incarcerated for nine years in a Pennsylvania state hospital (Farview), he has dedicated his life to fighting for the mentally ill and the prevention of mental illness. His list of accomplishments and personal sacrifices in the form of money, time and energy is endless."

In addition to the nomination made by the local chapter, Thomas was also nominated by a number

of Mental Health Associations in Florida.

Any Mental Health Association chapter or division is eligible to nominate. Final selection is determined by the National Mental Health Association's Awards Panel.

Thomas' ordeal was recounted in a 1980 best-selling biography, "The Shoe Leather Treatment," by S.L. Stebel. A portion of his story was the subject of a three-hour NBC television movie, "The Other Side of Hell," starring Alan Arkin.

Additionally, Thomas has been the subject of more than 200 interviews and newspaper articles and has guested on more than 100

radio and television talk shows. During the past year and a half, he has given more than 100 lectures on mental health, including a three week speaking tour throughout the South during Mental Health Month this year.

Thomas was institutionalized in 1961 in Farview State Hospital in Pennsylvania, where he spent nine years. According to Thomas, there he received no psychiatric treatment, his life was endangered, and he was physically abused. He also witnessed the physical abuses of other patients. He documented these abuses on film and tape with equipment smuggled in and then camouflaged. In 1970, dressed as a hospital guard, he escaped from the hospital and came to California.

In 1977, he returned to Pennsylvania to testify before the Pennsylvania Grand Jury regarding the conditions at Farview State Hospital. As a result of the Grand Jury investigation, more than 200 indictments were returned against guards and officials. Following the investigation, 1,000 Farview patients were found to be fit for release.

In addition to serving his first term as president of the MHA board of directors, Thomas also has served as chairman of the organization's membership committee and has been active in areas of advocacy, legislation and fund raising. He has testified as an expert witness before federal and state senate committees on conditions in mental institutions.

Mental Health Association in Los Angeles County Executive Director Richard Van Horn said, "Bill Thomas is literally a modern day Clifford Beers. Every action he takes, each commitment he makes promotes better mental health and the eradication of stigma against the mentally ill. His steadfastness and determination are an inspiration to all of us, volunteers and staff."

CULT CLINIC GIVES PARENTS PERSPECTIVE

Cults, explained Meyer Lightman, MSW, coordinator of the Jewish Family Services cult clinic, are not a new phenomenon and usually are more prevalent following upheavals in history. What is new about the present day cults, he added, is their sophistication.

While there are no statistics, Lightman estimated the number of existing cults to be in the thousands, with their memberships reaching into the millions.

Jewish Family Services has recognized the need to provide a support group for parents of cult members. The cult clinic utilizes a diversity of volunteer resources in its operation. The cult clinic, a non-sectarian program, uses a group counseling approach, with the volunteers serving as resources. In addition to resource staff such as psychiatrists, social workers, mental health administrators and rabbis, the volunteer staff also includes parents who have gone through the experience, who offer their insights, relate their feelings and tell of their mistakes; ex-cult members, who give first-hand information of cult life; and attorneys, who address the legal issues, such as deprogramming.

One of the big distinctions between cults and more genuine religious movements, according to Lightman, is that cults utilize tremendous pressure, mind control and rapid conversion. The explanation of these tactics to parents by persons who are ex-cult members themselves is an element of one of the clinic's objectives, to alleviate the parents' guilt and assist them in understanding the situation.

"Basically, what we want to do is give families a perspective on what happened," said Lightman. "They become paralyzed, they become enraged, or they rationalize it away. All of these are non-productive. When the parents talk, overriding themes emerge. Sometimes the parents are guilt-ridden or place the blame on the son or daughter. Some parents are so obsessed, and we help them."

The cult clinic staff encourages the parents to gain knowledge about the cult their son or daughter has joined.

"We want them to read. We want them to be knowledgeable. But there is a difference between knowledgeable and obsessiveness," said Lightman.

Another of the clinic's purposes is to impart communication styles to parents for maintaining communication with their child. This is an area in which the experiences of the staff parents are beneficial.

"To combat it argumentatively doesn't help. It just moves a person's defenses up," said Lightman. "The staff parents will talk about their mistakes, and the parents will decide to take a different tactic and get their (the offspring's) attention. If they want their children, they have to take a different strategy."

Initial impetus for the cult clinic came from a parent who had been successful in obtaining her son's release from a cult. She was "concerned that she share her knowledge with the community, so she pushed and advocated," said Lightman.

Jewish Family Services began to explore the "cult phenomenon," enlisted the aid of experts, designed a program and recruited staff, who all volunteered their time. The first cult clinic session was held in February 1979, with 13 families in attendance.

During the first six months of operation, the sessions were attended mainly by parents of children who had been in cults for some time. Now, the clinic receives many parents with



Meyer Lightman

children who have just recently joined cults.

The cult clinic usually meets twice a month. The length of stay in the group varies, with some parents attending once or twice and others going for months. Many parents also are seen individually by Lightman.

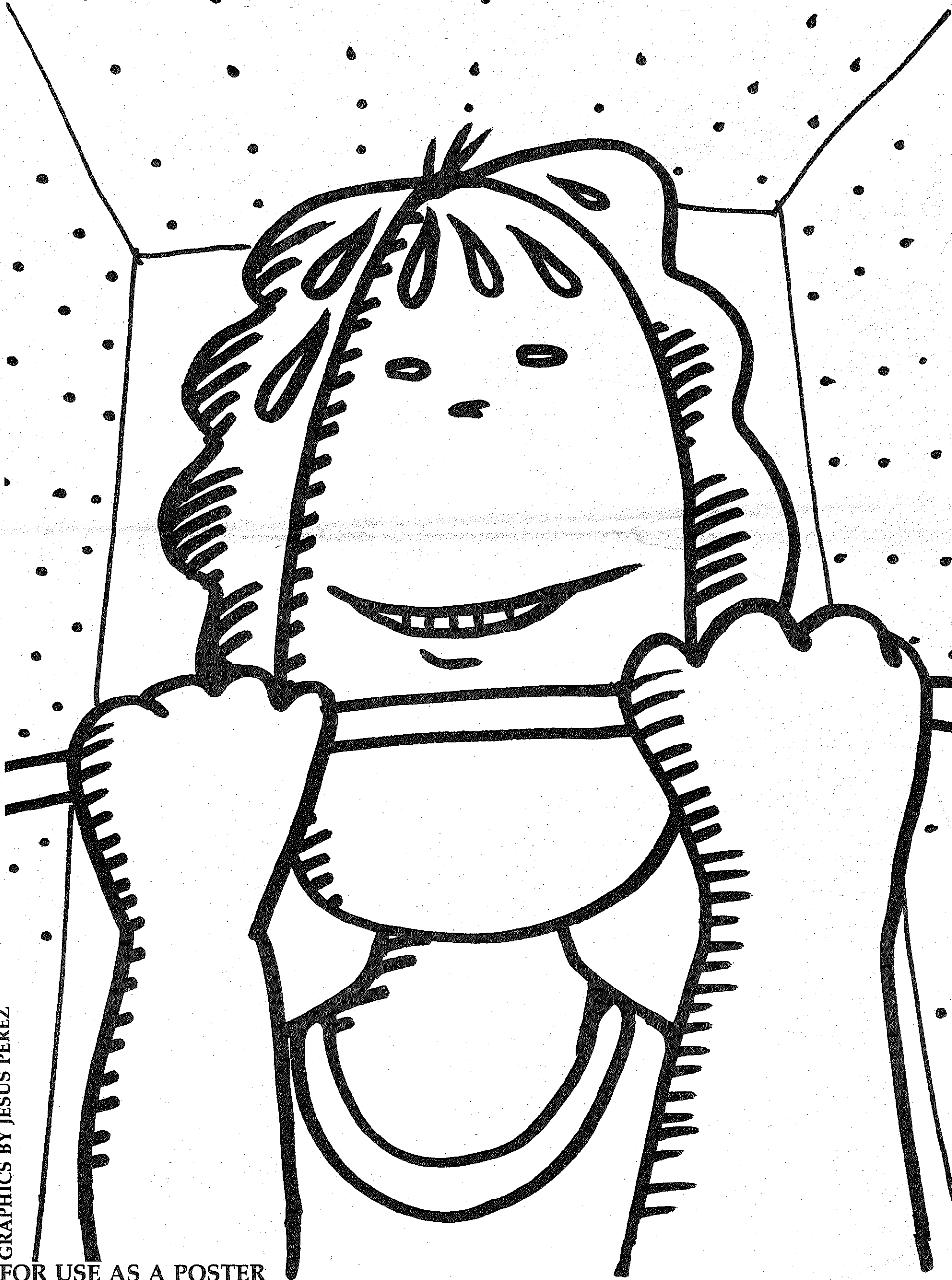
The cult clinic has received response from cults. Lightman, who does all the screening, said that one cult tried to gain admittance to the group.

According to Lightman, a number of families have achieved successes.

"They understood the situation, planned strategy and got their kids out," he said. "Parents who either have been unable, unwilling or incapable of getting their kids out come every month. Really, this is a support group."

MENTAL HEALTH SELF-HELP

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



GRAPHICS BY JESUS PEREZ

FOR USE AS A POSTER

GROUPS:

Connections is aware that there are many other self-help groups, such as Alcoholics Anonymous and Overeaters Anonymous. This poster attempts to give a representative listing of groups dealing exclusively with mental health concerns.



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

Info Line
7 Days a Week
24 Hours a Day

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

Self-Help Groups

Project Return is a federation of self-help clubs in Los Angeles County. Members work on creating social networks, decision making skills, problem solving, advocacy issues and educating the public about the realities of emotional illness. Their motto is "People Helping People to Help Themselves."



Project Return Clubs:

Allstars
Central City CMH
1440 E. 41st St.
Los Angeles, CA 90011
(213) 232-4111 ext. 209

Beverlywood Club
1920 S. Robertson Blvd.
Los Angeles, CA 90034

Equalizers
Brentwood VAMC
Bldg. 208 Room 110

11301 Wilshire Blvd.
Los Angeles, CA 90073
(213) 478-3711 ext. 4190

South Gate Park Club
Department of Mental Health
1315 N. Bullis Rd.
Compton, CA 90221
(213) 639-7110

Continental Club
Marysville Board & Care
911 N. Mariposa
Los Angeles, CA 90029

Operation Uplift
El Camino CMH
11721 A Telegraph Hill
Santa Fe Springs, CA 90670
(213) 949-8455

Queens Manor
Norwalk
(213) 478-3711 ext. 4190

Sepulveda VA
16111 Plummer St.
Sepulveda, CA 91343
(213) 891-7711 ext. 2620 or 2323

Rebels
Hollywood MHS
4759 Hollywood Blvd.
Hollywood, CA 90028
(213) 665-5611

Stick with Friends
La Puente CMHC
160 S. Seventh Ave.
La Puente, CA 91746
(213) 961-8971



Roadrunners
La Puente Activity Center
160 S. Seventh Ave.
La Puente, CA 91746
(213) 961-8971

Verdugo Mental Health
Glendale Guidance Clinic
417 Arden Ave.
Glendale, CA 91203
(213) 244-7257

Sylmar Outpatient
1445 Olive View Dr.
Sylmar, CA 91342
(213) 362-1561 ext. 255

The Winners
El Monte Socialization
(213) 444-0386

TLC
12329 Hawthorne Blvd.
Hawthorne, CA 90250
(213) 973-2892

The Seekers
North Hollywood-East Valley MH
12148 Victory Blvd.
North Hollywood, CA 91606
(213) 766-8121

Other Self Help Groups

San Fernando Valley Community Mental Health Centers Inc. sponsors:

Social Club
meets Mondays, 7-10 p.m.
Ups and Downs
meets Tuesdays,
7:30-9:30 p.m.

6740 Kester Ave.
Van Nuys, CA 91405
(213) 988-8050



Senior Health and Peer Counseling Center
2125 Arizona Ave.
Santa Monica, CA 90404
(213) 829-4715
(213) 828-0563

Emotional Health Anonymous Service Office
2420 San Gabriel Blvd.
Rosemead, CA 91770
(213) 283-3574
(213) 573-5482

Recovery Inc. is a four-step program of self care techniques using study and practice. There are 38 groups in Southern California. The following is a geographically representative listing of meetings.

Recovery Inc. For General Referral
Edith Newman
6363 Wilshire Blvd.
Los Angeles, CA 90048
(213) 651-2170

Hollywood
Tuesdays, 7:45 p.m.
Hollywood Health Center
5205 Melrose

Santa Monica
Mondays, 10 a.m.
Unitarian Church
1260 18th St.

Long Beach
Thursdays, 9:30 a.m.
Temple Israel
Coffee House
3538 E. Third

Pasadena
Wednesdays, 7:30 p.m.
Neuman Center
Hill & Green Streets

Arcadia
Thursdays, 7:30 p.m.
San Gabriel Valley MHS
330 E. Live Oak

Glendale
Mondays, 8 p.m.
Seventh Day Adventist Church
300 Valjejo

San Pedro
Tuesdays, 6:30 p.m.
Neighborhood Center
Third & Gaffey
Auditorium

Inglewood
Saturdays, 10 a.m.
Morningside Church
88th & Crenshaw

Studio City
Fridays, 8 p.m.
St. Michael's Church
Conference Room
3646 Coldwater Canyon

Wilshire
Wednesdays, 7:30 p.m.
United Methodist Library
Wilshire & Plymouth

Families and Friends

Self-help groups for families and friends of people who are experiencing long-term and/or recurrent emotional problems:

Help Anorexia
11911 Wilshire Blvd.
Brentwood, CA 90025
For information, call
(213) 837-5445
Steve Simon
5143 Overland Ave.
Culver City, CA 90230

Families and Friends
meets third Wednesday
6740 Kester Ave.
Van Nuys, CA 91405
For information, call
(213) 988-8050
Clyde Reynolds, director
Community Living
Resource Center
San Fernando Valley
CMHC Inc.



Advocates for the Mentally III (AMI)
Presidents:
Vivian Isenberg
Don Richardson
17140 Burbank Blvd. #107
Encino, CA 91316
(213) 995-6485
(213) 391-2823



(Re-) Socialization Skills Inc.
meets Wednesdays,
7-9 p.m.
1535 Sixth St.
Santa Monica, CA 90401
(213) 451-1755

Relatives and Friends of Metropolitan State Hospital
meets second Tuesday,
7 p.m.
at Queen Manor
11515 Firestone Blvd.
Norwalk, CA 90650
For information, call
Nelson Thompson
(213) 862-0904

Other Relatives and Friends of the Mentally Disabled groups:

Long Beach
337 Pine St.
Long Beach, CA 90802
(213) 630-8338

Pasadena
meets second Friday,
7 p.m.
at Pasadena MHC
1495 N. Lake Ave.
Pasadena, CA 91104
For information:
Lucille Sunde

Montebello
2217 Victoria Ave.
Montebello, CA 90640

Westside and Coastal Friends
P.O. Box 49773
Los Angeles, CA 90049
(213) 394-2300



LOS ANGELES COUNTY SAN FERNANDO/ ANTELOPE VALLEY REGION

The conclusion of a five part series of articles focusing on one of the five Los Angeles County Department of Mental Health regions.

by Julia Scalise

"I like the challenge of growth, the opportunity to go in and develop the organization to do the services," Regional Director Roberto Quiroz, MSW, said of his role as San Fernando/Antelope Valley administrator.

Challenge was a word frequently used by Quiroz in

"Ideas come from a group of people, and differences in opinion lead to problem solving."

description of several aspects of region administration, such as in the area of problem solving.

"Everyone already knows what the problems are," he said. "I like the challenge of working with people to develop the solution. Ideas come from a group of people, and differences in opinion lead to problem solving. Ideas are not just from the executive."

This belief is evidenced in part by Quiroz' commitment to

between the private, non-profit agencies and those that are county-operated. This type of situation, he said, leads to "each challenging the other to do good services."

"Where the service has been good, I do see it as my responsibility to assist that service to maintain. The private, non-profits who have received federal funding, some of which, not all, have taken a lot of time and energy to develop a board structure, are facing a loss of funding."

The groups come together in the regional Interagency Committee, which is comprised of staff from all the mental health and mental health related centers in the region, both county staff and contract staff. The purpose of this group is to share information, coordinate services and be a vehicle for planning, according to Quiroz.

"This really is a vehicle to bring people together and concentrate on mental health issues, to identify problems and to problem solve," he said. "This body does not substitute for the boards of each agency, and this group does not get into approval of facilities, rather it

mental health interests," Quiroz said.

Accompanying these challenges are responsibilities which the region has to the community. One area in which such a responsibility exists, believes Quiroz, is in that of prevention.

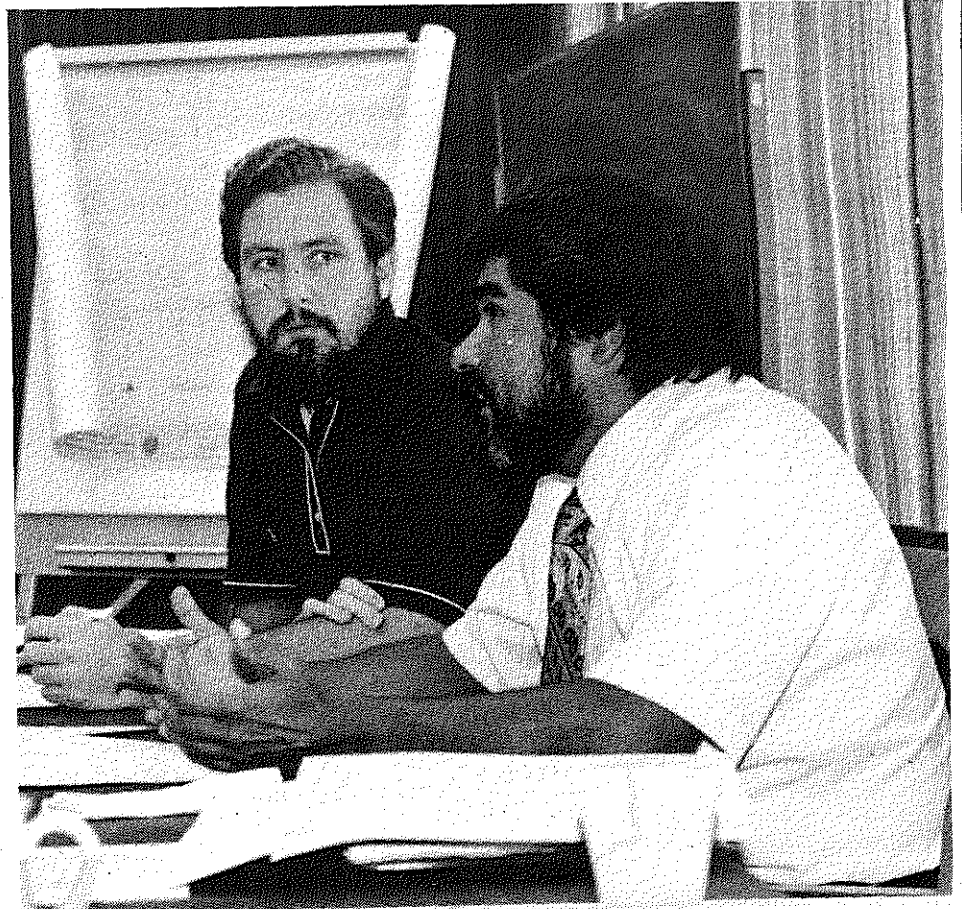
"I think there is the staff and there is the time to do prevention. We ask that staff spend a percentage of time in C & E (consultation and education). We need to look at utilization of staff time," he said. "We have a responsibility. This is where I become self-critical."

growing class of people who are going to be hit hard by the economic system" in the future, such as seniors, youths and single parent families.

"Cutbacks in related fields," he said, "hit mental health."

"Depression cuts across every ethnic group," he continued. "The conditions that precipitate may be entirely different, but the intensity of that feeling is not different, and the pain is not different."

"We have a responsibility to be sensitive."



Regional Director Roberto Quiroz and RCLC co-chairperson the Rev. Tom Rush

"Additional resources are certainly needed," he continued. "We have to have extended hours and PET teams (Psychiatric Emergency Teams). We need to define our target populations. We can't provide all the services, but we can provide to those most vulnerable."

The responsibility to provide services to seniors, minorities, women and those who are financially disadvantaged also is of great importance to Quiroz.

"The contrast in the Valley between rich and poor is incredible," he said. "As a mental health service, we can't be responsible for housing or income, but we'd better see that we are available."

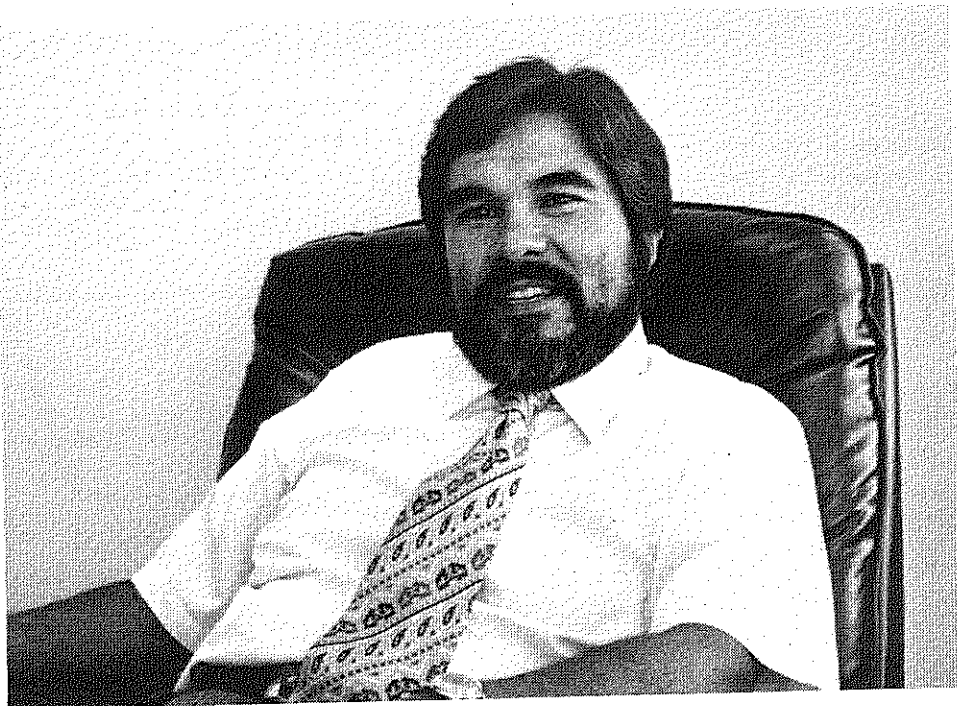
Regarding mental health services for seniors, Quiroz said, "There is such a need to articulate and put before the public the needs of senior citizens. A person who has worked all his life toward retirement, (and was) looking at leisure and recreation, now is looking at survival. It is an awesome change, and the effects can be devastating."

He expressed a concern for "a

SAN FERNANDO/ ANTELOPE VALLEY REGION

IS:

- 1.6 million people
- 2,493 square miles
- 5 divisions of the Los Angeles Police Department: Van Nuys, Devonshire, North Hollywood, West Valley and Foothill
- 3 city police departments: San Fernando, Burbank and Glendale
- the Los Angeles County Sheriff's Department
- 18 contracts with nine private mental health agencies; two additional contracts with two new agencies being negotiated
- 3 districts:
 - North County District
 - East Valley District
12148 Victory Blvd.
North Hollywood, CA 91601
985-6550
 - West Valley District
8101 N. Sepulveda
Van Nuys, CA 91402
(with Nov. 1 scheduled opening date)



Regional Director Roberto Quiroz

the Regional Community Liaison Committee (RCLC) and the importance he places upon its input to the planning process. This group, stated Quiroz, is "needed to give good ideas."

The challenges of which Quiroz spoke were not limited to administration. He considers there to be a "healthy tension"

provides input and criteria for facilities and the planning process."

Agencies including Hope Community Mental Health Center, San Fernando Valley Child Guidance Clinic, Verdugo Hills, Northridge Hospital, Hathaway, San Fernando Valley Mental Health Centers Inc. and OHMSS "have been involved in the planning process and as a support group for



Rosa Pechersky, Bill Livingston, Nelda Barrett (seated), the Rev. Tom Rush, Kathy Tasugi, Roberto Quiroz (seated), William Rhan, Sylvia Cherny and Frank Yudico (l-r) at the San Fernando/Antelope Valley Regional Community Liaison Committee.

PEOPLE CONNECTION

CITIZENS VOICE CONCERNS

by Julia Scalise

Citizen participation in the mental health planning process is an integral part of the mental health system in California. The Regional Community Liaison Committee (RCLC) is a means by which citizens can involve

changes occurring throughout the region, such as facility relocation and expanded hours. Developing a strong publicity campaign to promote such awareness was one of the topics discussed at the most recent RCLC meeting.

"This is an emphasis we're really going to be devoting ourselves to in the next months," said the Rev. Tom Rush, who, along with Olive Ruby, chairs the RCLC.

"With so many changes right now in the region, it is a good



Sylvia Cherny, William Rhan and Nelda Barrett at RCLC meeting

themselves in the mental health system, while fulfilling the state mandate of citizen participation.

As each region differs, the concerns and efforts of each RCLC also may vary.

One of the current concerns and efforts of the San Fernando/Antelope Valley Region RCLC focuses on making the public aware of the numerous

time to do a p.r. campaign telling about the expanded hours," said Althea Baker at the meeting. "I'm not talking about large amounts of money, but it needs some staff time. It needs to be done, because otherwise counselors sit in offices with expanded hours and no clients." The longer hours mean mental health services will be available in the evenings for persons unable to attend during the day.

Another effort being made by

the RCLC is in the area of building the group's membership. This subject also was on the agenda at the last meeting.

"We're probably at about half of what we should be," said Rush about the committee's size during an interview. "That's one of the things we're going to have to put a real effort into."

Rush sees two of the most important functions of the RCLC as bringing community input into the area and developing more representation and more awareness of the needs in the Antelope Valley.

"We have a different area (than the other regions) because we have two areas really, San Fernando Valley and Antelope Valley, with differing kinds of needs and different kinds of populations.

"The problems we tend to be aware of are in this area (San Fernando Valley), because it is more populated."

According to Rush, there is "a lot of concern in our group for education, prevention, C & E (consultation and education), children's services and minorities, and we tend to bring those emphases to the process."

Additionally, Rush said that, "We're really concerned about continuity (of services) for people, and I think that's a concern that's going to be more evident."

Rush gave credit to Regional Director Roberto Quiroz for the realization of the RCLC concerns.

"We're beginning to see some of these things reflected already, such as longer hours, relocation of services to more centralized areas and added services in San Fernando. These things seem to be positive steps that do reflect the concerns of the RCLC," he said. "We feel happy that in spite of budget cuts, and that's a difficult thing to deal with, we see some positive things happening."

MOVES MAKE SERVICES MORE VIABLE, ACCESSIBLE

Encompassing an area of 2,493 square miles, the San Fernando/Antelope Valley region is geographically the largest of all five Los Angeles County Department of Mental Health Regions. It has a population of approximately 1.6 million people, or about one-fifth of the county's total population.

With the goal of making services in this large area "more viable, more accessible and placing them in the community with the target groups we want to reach," according to Regional Director Roberto Quiroz, the SF/AV Region has redefined its district boundaries and is in the process of relocating and expanding services throughout the region.

"Our region is so huge that our definition of districts is somewhat different from other regions," said Quiroz.

As completed, the region is newly divided into the North County District, the East Valley District and the West Valley District. The North County District is sub-divided into the Santa Clarita and Antelope Valley Sectors; the East Valley District is separated into the North Hollywood/Sun Valley, the Glendale/Burbank and Northeast Valley Sectors; and the West Valley is partitioned into the Central Valley and Canoga/Chatsworth Sectors.

The three major moves being undertaken by the region are being

"Not only is it a cost effective move, but more importantly, it is a programmatically sound move to make."

accomplished without an increase in expenses. These moves also are bringing mental health services to the more populated areas of the region.

"Not only is it a cost effective move, but more importantly, it is a programmatically sound move to make," said Quiroz.

In the East Valley District, the county-operated San Fernando Mental Health Service, formerly a satellite office with a staff of five, is expanding to include an outpatient staff of six and a day treatment program.

This expansion will enable the region, according to Quiroz, "to begin providing services to the Latino community, who are heavily populated and tremendously underserved" in the area, as well as to older persons and other target groups.

In the West Valley District, the Sylmar Adult Outpatient Clinic is being relocated, and the West Valley Mental Health Services in Tarzana is being moved to Canoga Park.

According to Quiroz, one of the difficulties the region is facing in the relocation process is in locating a facility for the expanded services in the Granada Hills area.

"In looking for a facility, I'm looking for future services," he said. "Services change and needs change, and a facility should allow for the most flexibility."

"First rate services have to be delivered out of first rate facilities."

ings of medical investigators that friends and other supportive relationships are as important to physical well-being as they are to emotional health, Roppel explained, although scientists do not know exactly why.

"The mental health field by its very nature is a difficult one because it deals with a field not yet clearly understood," Roppel said. "It is problem oriented; it deals with illness, a frequently not pleasant experience; and it has attached to it the stigma we all are aware of."

For these reasons, Roppel said, "I think 'Friends Can Be Good Medicine' provides an opportunity that puts 'mental health' in the context that allows us all to participate . . . a context that gives us a chance to look at both sides of the coin to see people who are hurting and people who are not hurting at one time. This program gives us the context that perhaps we are together in this and it has some hope attached to it."

For a long time, Roppel said, "We have gone through this 'my own thing,' individuality, that is very lonely. 'Friends Can Be Good Medicine' helps create a balance."

Roppel went on to explain the materials include film and video tape to be used with a discussion format, television and radio public service messages, posters, books and other multilanguage materials aimed at reaching specific ethnic populations.

For the video and films, celebrities Ed Asner ("Lou Grant"), LeVar Burton ("Roots"), Denise Alexander ("General Hospital"), Gregory Harrison ("Trapper John"), Mike Farrell ("M*A*S*H"), Jack Albertson ("Chico and the Man"), Abigail Van Buren (Dear Abby) and others have donated their talents.

He cautioned the group that the materials they were previewing were not available state-wide until February, when they could be ordered in quantity for the May media program.

The program will use volunteer community based groups to reach people with print material made available free of cost and will use community resources along with free media public service time. This is to maximize the impact, Roppel explained. In the California state mental health budget, only one tenth of 1 percent is spent in prevention.

"The concern of the legislature is accountability. They are sophisticated and quite reasonable. They feel that funds must be spent in a responsible way to make a difference. If the program generates a positive response, they will likely support it," said Roppel.

A quiet, gentle person, Roppel was a Catholic priest in an inner city parish, then director of the city/county youth commission in Louisville, Ky. He was director of community education for River Region in the Louisville area, and later director of mental health for seven counties, where he developed a multimedia program in mental health that won national awards. He moved to San Francisco, where he was the director of mental health for four years before assuming the state position.

The program is being tested and evaluated in the Fresno area, where in one town they are using it along with police department help to build neighborhood block caring groups.

"My fantasy is the material will be the stimulus for all kinds of community programs from senior citizens to scouts," he said.

"The quality of the way we relate to ourselves as individuals and how we relate to others . . . the alienation, oppression, loneliness . . . maybe this program can be a bridge."

CALENDAR

October 7

Children's Home Society is holding an open house of its Covina office, **750 Terrado Plaza, Suite 120, Building B, Covina, 3-6 p.m.**

The Covina office coordinates specialized foster family care for mentally disturbed children.
For information, call 331-8261.

October 7

A special meeting of "Help Anorexia," a support group for victims of anorexia nervosa, their families and friends, will feature speaker Cherry Boone O'Neill, recovered victim of anorexia nervosa, 7:30 p.m., at Thaliens Mental Health Center, **8730 Alden Dr., Beverly Hills**, in the plaza level auditorium. The meeting is free and open to the public.
For information, call 836-1191.

October 7

The Family Stress Center of the San Fernando Valley Child Guidance Clinic, **7347 Van Nuys Blvd., Van Nuys**, will offer a Parent-Toddler Workshop, focusing on topics of concern to parents with toddlers, 9:30-11:30 a.m.

Led by a child mental health professional, the 12-week workshop helps parents learn effective parenting skills while their children participate in planned activities led by child therapists.

Cost of the Parent-Toddler Workshop is \$30 or a sliding scale based upon ability to pay.

For information, call 993-9311.

October 7

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

October 7, 14, 21, 18

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

For reservations, contact Bart Ellis, LCSW, at 451-1755.

October 8

The L.A. County Department of Mental Health Coastal Region Interagency Committee meets 9:30-11 a.m. at **12329 Hawthorne Blvd., Hawthorne**.

Contact Eydie Dominguez at 533-3166 for additional information.

October 9

The Regional Community Liaison Committee for the L.A. County Department of Mental Health San Gabriel Valley Region meets 10 a.m.-noon at the regional headquarters, **5077 Lankershim Blvd., Suite 400, North Hollywood**.

October 13

The L.A. County Department of Mental Health San Gabriel Valley Region Regional Community Liaison Committee meets at noon at the Information and Referral Federation of Los Angeles County, **3035 Tyler, El Monte**.

October 14

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

October 14

Advocates for the Mentally Ill meet at 7:30 p.m. for a social hour and program in the auditorium of Thaliens Community MHC, **8730 Alden Drive, Beverly Hills**.

October 15

The L.A. County Department of Mental Health Southeast Region Regional Community Liaison Committee meets 1:30-3 p.m. at the Augustus F. Hawkins Mental Health Building, **1721 E. 120th St., Room 1177, Los Angeles**.

October 15, 16

The Conference of Local Mental Health Directors convenes at the Quality Inn, **616 Convention Way, Anaheim**.

October 15, 16

The Los Angeles County Department of Mental Health and the Interagency Committee will present a two-day training seminar on Psychosocial Rehabilitation to be held at **1106 Crenshaw Blvd., Los Angeles**. Jerry Dincin, Ph.D., executive director of Thresholds, a psychosocial program in Chicago, Ill., will direct the seminar.

For information, call Herman Williams at 738-4961.

October 17

Foothill Family Service will offer a class on preventive strategy for strengthening relationships titled "Passive Men - Wild Women" led by Jacqueline Silk, MS, at **118 S. Oak Knoll Ave., Pasadena, 9-noon**.
For information, call 795-6907.

October 17

The Mental Health Association in Los Angeles County and members of Divorce Mediators Inc. are cosponsoring a public seminar on "Divorce Mediation - Options for the '80's," 10 a.m.-1 p.m. in the community room at **Santa Monica Place**, located between 2nd and 4th, Colorado and Broadway, in Santa Monica.

The seminar, chaired by Dr. Albert Sobol, will explore ways to understand the divorce process, look at ways to cooperatively resolve issues and explain mediation as a process.

For further information and reservations, contact Morgan Miller at 629-1527.

October 19

Francine Snyder, RN, MA, will speak on "Anorexia Nervosa and Bulimarexia: Similarities and Differences" at the 7:30 p.m. meeting of "Help Anorexia," a new group for anorexia nervosa victims, their families and friends. The group meets at the Allstate Savings and Loan, Brentwood/West Los Angeles Branch, **11911 Wilshire Blvd., Brentwood**, in the conference room located on the side of the building next to the parking lot.

October 21

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

October 22, 23

The Organization for After-Stroke Resocialization will hold a two day seminar at Casa Colina Hospital, **255 E. Bonita Ave., Pomona**. This conference will define the after-stroke resocialization process and discuss different types of after-stroke resocialization programs.

For information and brochure, contact Debra S. Oto-Kent, director of education, Casa Colina Hospital for Rehabilitative Medicine, at (714) 593-7521, ext. 248.

October 23, 24, 25

"The Revolution in Relationships: Progress or Regression?" is the title for the Southern California Psychiatric Society's Annual Fall Meeting, held at the **Palm Springs Canyon Hotel Resort**.

For further information, contact the Society at its new address, 2001 S. Barrington Ave., #214, Los Angeles, CA 90025 or at 477-1041.

October 22, 23, 29, 30

The Mental Health Training Center in Los Angeles workshop, "The Fundamentals of Fundraising for Non-Profits" will show participants how to plan a fund raising campaign, to market and promote the agency, to rally the support and participation of the board of directors and staff members, to conduct special events without "burning-out" and to use the charitable-giving tax laws to the participant's advantage. Deadline for registration is October 5.

For information catalog, call 478-1535.

October 25

"Teenage Suicide - Don't Try It," 6:30 p.m. on KTTV, is a documentary hosted by Timothy Hutton ("Ordinary People") dealing with teenage suicide. Parental discretion is advised.

October 25

The Senior Health and Peer Counseling Center is presenting An Afternoon at the J. Paul Getty Museum, **17985 Pacific Coast Highway, Malibu**. The afternoon's activities include a tour of the J. Paul Getty estate; a private showing of a rare new art exhibit, "From Michelangelo to Gericault: The Armand-Valton Collection at the Ecole des Beaux - Arts;" music by the Santa Monica Chamber Orchestra; and refreshments. Cost is \$25. Parking is free.

The Senior Health and Peer Counseling Center is a free health center providing physical, mental and health education services for seniors.

For further information, call Paula Ray at 829-4715 or 829-0563.

October 29, 30

"The Management of Assaultive Behavior" workshop offered by the **Mental Health Training Center in Los Angeles** will help line staff to work safely with potentially assaultive clients in hospital or institutional settings as well as in office, clinic and other less confining environments. Registration deadline is October 14. Call 478-1535 for information.

October 30

"Expressions of Prevention: Where Do You Fit In?" is a conference for increased action in the prevention of developmental disabilities sponsored by South Central Los Angeles Regional Center for Developmental Disabilities. The conference, held at the **Los Angeles Marriott Hotel**, features two keynote addresses and 10 workshops, focusing on topics such as prevention of adolescent pregnancy, family planning and sexuality, the retarded and treatment of the mentally retarded offender, stress management, prevention of child abuse in developmentally disabled children and Teratogen-induced birth defects.

For additional information, contact Lynn Harris at 734-1884, ext. 275.

October

Registration is open for the California State Psychological Association's Continuing Education fall series of workshops, consisting of "DSM III - An Introduction to the New Diagnostic Nomenclature," by Dr. William Crary; "Psychopathology and Treatment of the Major Mental Illnesses," by Dr. Jeffrey Boyd; "Advanced Forensic Psychology Workshop: Expert Witness Preparation and Testimony," by Dr. Michael Maloney; and "Advanced Hypnosis: Psychotherapeutic Applications of Hypnotic Processes," by Dr. Michael Diamond. The workshops will be held November 15 at the **Davidson Conference Center/USC** and will be APA approved. Registration also will be accepted at the door.

For further information, contact Linda Bear at 478-5039.

October

Registration is open for "Project Planning," a one-day **Pierce College** Community Service seminar in planning and organizing special events for fund raising. Topics to be discussed include step-by-step organization and follow-through, scheduling, research, publicity, mailing lists, permits, budgets, printing and entertainment. The seminar will be conducted on Nov. 21, 9 a.m.-2 p.m. by Lynn Bohart, MA, director of development, Mental Health Association in Los Angeles County.

CONNECTIONS

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Published 10 times a year under Short-Doyle contract by the Mental Health Association in Los Angeles County.

Copy for *Connections* should reach the newspaper by the 10th of the month prior to publication.

Postmaster: Send address changes to:
930 Georgia St., Los Angeles, CA 90015

The Mental Health Association in Los Angeles County is a non-profit, voluntary organization dedicated to the promotion of mental health, prevention of mental illness and the improved care and treatment of the mentally ill. (213) 629-1527.

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