

CONNECTIONS

THE PUBLICATION OF THE MENTAL HEALTH ASSOCIATION IN LOS ANGELES COUNTY NOVEMBER 1983

Nine-month Mental Health Department vacancy filled with appointment of sixth director in five years

NAPA EXECUTIVE O'CONNOR NAMED STATE MENTAL HEALTH DIRECTOR

INTERVIEW:

DR. CECIL HOFFMAN

Community Counseling Service Executive Director



Cecil Hoffman, executive director of Community Counseling Service (CCS), has made the transition from clergy to mental health administrator with ease and is now a strong advocate for the private, non-profit Community Residential Treatment System (CRTS) and improved

"We don't want to just react to the situation that's been handed to us; we want to look ahead."

mental health care throughout Los Angeles County.

As Mental Health Contractors Association of Los Angeles County vice president and chairperson of the Countywide Interagency Committee on Mental Health Plan Structure and

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Gov. George Deukmejian filled a nine-month vacancy with the Oct. 6 appointment of D. Michael O'Connor, M.D., as new director of the state Department of Mental Health.

Prior to this position, O'Connor was executive director of Napa State Hospital.

The Department of Mental Health post had been without a permanent director since Jan. 3, 1983, and had been filled on an interim basis by Doug Arnold.

The state director serves at the pleasure of the governor. The position requires Senate confirmation within one year.

O'Connor is the sixth director of the department since its inception in 1978. One of his top priorities, O'Connor said, is "to bring consistency, continuity and longevity in leadership to the Department of Mental Health."

O'Connor named as another top priority "to build positive bridges to two groups:" constituency groups, including the Citizens Advisory Council, Mental Health Advisory Boards, Mental Health Association and California Alliance for the Mentally Ill parents groups; and provider groups, such as the California Conference of Local Mental Health Directors and state hospitals.

"My role as director is to be out there with the constituency groups and the

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BROWN NAMES SELECT COMMITTEE

Assembly Speaker Willie Brown has named the Select Committee on Mental Health.

The Select Committee, announced on Oct. 17, will do a complete review of policy, goals, programs, organizations, administration and funding of the public mental health system in the state. It will present its findings and recommendations to the Assembly.

"The whole first phase (of the committee's work) will be to ask questions, two in particular; first, what is the state of the art of our understanding and wisdom of mental illness, and what do we see in the field that works and what doesn't work, and why?" said Assembly member Bruce Bronzan (D-Fresno), committee chairperson. "The first thing is to not postulate answers."

"The Select Committee, through its hearings and research, will focus on the major problems in the services dealing with mental health that can be alleviated or prevented through thoughtful legislation on the subject," said Sylvia Cherny, Public Affairs chairperson for the Mental Health Association in

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INSIDE:

ANGER AS ALLY
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THE PEOPLE TESTIFY
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VAN DE KAMP SPEAKS OUT
PG. 7

Tickets are available for the Project Return Awards Luncheon November 10, 11:30 a.m. to 2 p.m. at the Sheraton Miramar Hotel, Santa Monica. Cost is \$25. For ticket information, call 629-1527.



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CHERNY HONORED AS MHAC VOLUNTEER

Sylvia Cherny, Mental Health Association in Los Angeles County (MHA) board member, has been recognized as "Outstanding Volunteer" by the Mental Health Association in California (MHAC).

The honor, announced on Sunday, Sept. 25, at the MHAC annual meeting in Sacramento, was given "for recognition as an outstanding Mental Health Association volunteer in public affairs," according to the award.

Cherny was one of four persons receiving volunteer honors from the state association.

Cherny was honored "because of her superlative accomplishments in the mental health field and her dedication as a volunteer statewide," according to Hank Basayne, MHAC executive director. "She is being particularly honored for her extraordinary contribution to the creation of the Assembly Select Committee on Mental Health. Volunteers like Sylvia Cherny are certainly beneficial to the people in the mental health system, both clients and (MHA) chapters statewide."

Cherny was most recently elected to the local MHA board of directors in 1981 and serves as Public Affairs Committee chair. She is a member of the MHAC statewide Public Affairs Committee.

"There would be no MHA public policy program without volunteers like Sylvia," said Tina Reynolds, MHA in Los Angeles County coordinator of public policy. "Staff can do researching and track legislation, but without volunteers like Sylvia, out there in the trenches, so to speak, contacting their legislators, any public policy effort would flop."

"Sylvia volunteers her time and effort without ever seeking recognition for herself. She's not doing this for herself; she's doing this for others. She truly cares about other people."

Of the award, Cherny said, "It must have been difficult to make a decision to pick just four volunteers. We've got so many people around the state working so hard."

A longtime volunteer for many concerns, Cherny now devotes her volunteer time almost exclusively to mental health because she considers this area "the most important." She began her involvement with mental health while



Sylvia Cherny

doing volunteer work for United Way.

"Little by little, I began to realize the neediest public service was mental health," Cherny said.

Cherny serves on the San Fernando/Antelope Valley Regional Community Liaison Committee, a citizens group providing input on mental health concerns to the Los Angeles County Department of Mental Health. She is legislative liaison for this group.

San Fernando/Antelope Valley Regional Director Roberto Quiroz, M.S.W., spoke of the volunteer contributions made by Cherny.

"There are specific, tangible things, for example, being a prime mover and motivator for the Select Committee (on Mental Health). She has a tremendous amount of energy for keeping on top of legislation," he said.

"For us, there's the other things, the intangibles," he continued. "She never brings discouragement. She always brings enthusiasm, her tremendous sense of optimism and a sense of hope that things will get better. That's an invaluable contribution."

"When Sylvia tackles something, she never goes into it halfway. She will not hesitate to tell anybody what she feels is right and wrong with the (mental health) system. She is candid, forthright and honest."

Cherny also serves on the Children's Citizen Advisory Committee to the county Department of Mental Health Children and Youth Services Bureau.

Away from mental health, she has been active with the Mid-Valley Coordinating Council, County Federation of Coordinating Councils, National Council of Jewish Women and the 31st District PTA Executive Board, among others.

ANGER, 'MOST BAFFLING EMOTION,' CAN BE HARNESSSED, MADE ALLY

Psychologist Neil Warren, Ph.D, is working to help people deal with anger. Responses to this emotion are learned, he says, and "we can harness our most baffling emotion" to use it constructively.

To this end, Warren has just published "Make Anger Your Ally" (Doubleday, \$13.95), part of which is a training manual for controlling anger.

There are two reasons, Warren says, why he wrote the book. The people he saw in therapy had problems; "some knew they had problems, others didn't and most didn't know what to do with their anger."

Secondly, he wrote the book for himself. "Most people write books for their own problems. I realized I had quite a bit of anger and was not aware of the ways of dealing with it."

In the book, Warren describes, with examples, the different strategies for dealing with anger: exploding, somatizing (denial of anger resulting in physical illness), self-punishing and underhanded (indirect hostility). "People have learned how to handle anger by being sneaky or underhanded, and by drinking, pouting and pretending not to be angry. All we want at that moment is to make someone else feel as bad as they made us feel."

"As a society we must learn how to deal with anger constructively; nobody ever teaches us how to deal with anger."

Says Warren, "None of the problems plaguing society are anything compared to the anger we feel and how it is expressed. Annually, in this country, we see 40 million abused children and 4 to 6 million battered women, usually hurt by people who have professed to love them."

In his book, Warren defines anger as preparedness. "When we are angry we are highly aroused, adrenaline is made available, we have a response, we are ready for flight or fight."

It is at this point that Warren says we must make our decision; we can either explode or choose an alternative. "Unfortunately," says Warren, "we have somehow learned that we have to make others hurt and we don't think about the long-term consequences."

Earlier this month, Warren led a one-day seminar on "Making Anger Your Ally," using information from his book and techniques from his private practice.

"To unlearn anger habits takes months," says Warren, "but it can be done. I tell people that to master their problems they have to concentrate on breaking a habit. They have to work in advance of the anger experience; they need to recognize the signal, the clenching of the fist or gritting of teeth, and choose a new strategy."

Warren advises those who want to learn a new way of anger management to "have a clear picture of how you want to be — I have people write letters to themselves and read the letter aloud at least once a week for six months in the presence of another

person. I want them to have it memorized, like the Apostles' Creed."

Warren admonishes his readers and clients to "develop a highly disciplined cognitive management program to sidetrack an old mismanagement strategy." Once people learn to recognize the signs of anger coming on early, says Warren, they can learn to keep cool and not explode.

"You must ask yourself, 'why am I angry?' Often we find we are hurt, frustrated or threatened, but not angry. We have to say, 'What do I want from this encounter?' It's critical to ask and get back your rationality and objectiveness. What we usually want is not to be hurt, frustrated or afraid."

"There is an epidemic of low self-esteem in this country," says Warren, who exhorts people to "be your personal cheerleader. It is essential to feel better about yourself. Then we can be less susceptible to hurt, frustration and fear. We must develop new levels of self-esteem."

Other advice in the book is learning the art of forgiveness. Former dean of the Fuller Seminary Graduate School of Theology, Warren is fully aware of his biblical implications and even includes a chapter on "The Teaching of the Bible Regarding Anger."

Warren also cites religious leaders Jesus



Neil Warren, Ph.D.

("he turned a movement into a successful way of living") and Mahatma Gandhi as examples of people who made anger their ally. "They were able to use their anger in the interest of their goals."

To prove that anger is not always a negative emotion, Warren uses the case of Lee Iacocca, president and chairperson of the board of Chrysler Corporation. "Detractors had made him mad; this gave him fierce motivation and made him use his anger constructively. He got his lenders, unions and suppliers together, and they worked together and were even able to pay the company's federal loan in advance. If we ever get the knack of harnessing the energy in anger we will get where we want to go," says Warren.

Warren is quick to point out the vast difference between anger and aggression. "There is no question, and research has shown, that Freud was wrong; we don't have an aggressive instinct. People learn to express anger as aggression and they can unlearn it."

The key, says Warren, is to make that plan to change anger responses and then "press the start button" to carry out the plan and not be afraid. "Presentation of emotion is hard for most people, especially men, but if it's part of the plan to change a bad pattern, it is necessary."

Warren, a founding partner of Associated Psychological Services in Pasadena, worked on the book in Switzerland during a year's sabbatical from Fuller Seminary. He read 200 books on anger and spent three months writing. "The book is for people who are hurting, so they can get some advice and help."

Several factors in our society lead to a misunderstanding and misuse of anger, contends Warren. "Television is a bad example because people just let emotions fly; people are highly explosive. Cartoons are especially bad; the attitude seems to be just lay that person out."

Other sources of confusion, according to Warren, are the church, which has taught people to repress anger they are not supposed to have; and psychiatrists and psychologists who have told people they will feel better if they just get it out, recommending primal screaming and actually fighting it out.

SCPS TO DISCUSS DEVELOPMENTS IN TREATMENT OF AFFECTIVE DISORDERS AT ANNUAL MEETING

"There has been a great deal of development in recent years in the treatment of affective illnesses. The purpose and aim of this meeting is to convey this information in a cogent and practical form," said Ronald H. Onkin, M.D.

"We have brought experts from Southern California and around the country to share their experience and knowledge," he said.

Onkin is program chairperson of the Southern California Psychiatric Society (SCPS) annual fall meeting, "Beyond the Blues/Affective Disorders Today," to be held Friday, Nov. 4, through Sunday, Nov. 6, at Rancho Bernardo Inn, 17550 Bernardo Oaks Drive, San Diego.

The meeting will have lectures, discussion, speakers and dinner theater.

Onkin and SCPS President Ronald S. Mintz, M.D., will give welcoming remarks on Saturday. At lunch, Hagop Akiskal, M.D., University of Tennessee, College of Medicine, Memphis, professor of psychiatry and Affective Disorders Programs director,

will speak on "Depression in Literature and Art."

"Effects and Attitudes in the Songs of Cole Porter, Richard Rogers and Oscar Hammerstein II, and Stephen Sondheim" will be Saturday's dinner theater program, with commentary by Tracey McCarley, M.D., and Joan McCarley. It will feature a short discussion on these composers' lives, followed by 22 songs.

This expanded version of a program presented at this year's American Psychiatric Association annual meeting was chosen "to illustrate how our attitudes toward intimate relationships and the patterns of emotional expression have changed through the years," according to SCPS.

Saturday lectures will be "A PET Scan Look at Affective and Related Disorders," by Lewis Baxter, M.D., UCLA assistant professor of psychiatry; "What's New in Anti-Depressants," by David S. Janowsky, M.D., UC San Diego professor of psychiatry and director of the university's Clinical Research Center for Study of Affective Disorders; "Update on Lithium and Tegretol," by Michael Gitlin, M.D., UCLA Affective Disorders Clinic

medical director; and "The MAO Inhibitors/Are Biochemical Tests Ever Useful?" by Robert Gerner, M.D., Long Beach Veterans Hospital chief of psychiatry research and UC Irvine associate professor of psychiatry. Discussion and questions will follow the lectures.

Sunday's session will open with a Women's Committee Panel on "Erotic Transference and Counter Transference." Lectures will be "An Approach to 'Difficult' Affective Patients," by Hagop Akiskal, M.D.; "Use of One's Self as a Therapeutic Instrument in Psychotherapy of Depression," by Joseph Natterson, M.D., UCLA clinical professor of psychiatry and Southern California Psychoanalytic Society training analyst; and "Psychoanalytic Approach to Depression," by Albert Mason, M.D., USC clinical professor of psychiatry and Los Angeles Psychoanalytic Society senior faculty. Discussion and questions will follow these lectures.

The meeting is approved for continuing education credit. Tuition is \$125 for members, \$135 for non-members and \$75 for students.

Call 477-1041 for more information.

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THE PUBLICATION OF THE MENTAL HEALTH ASSOCIATION IN LOS ANGELES COUNTY

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INTERVIEW:

INSIDE:

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WE'RE ON OUR WAY, BUT TIME IS RUNNING OUT

With contributions of \$27,900, Connections is one-third toward the \$82,000 budget needed to publish for the fiscal year '83-'84.

Your contributions are essential because in the August cutbacks the Board of Supervisors eliminated funding for Connections.

Without your support Connections will not continue.

Connections is the only newspaper in the county devoted exclusively to the concerns and issues of the mental health field. We provide news and information for both professionals and the public and reach more than 17,000 persons.

Through the newspaper, involved citizens, professionals and agencies, both public and private, exchange information on activities and services, express concerns, discuss issues and share viewpoints. We offer education about the stigma of mental illness and support for mental health needs.

Connections gives a voice to the concerns of those suffering from mental illness and their families.

Our survival depends on your assistance. The need is urgent. Your contribution sent today will help save Connections.

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 in Los Angeles County 930 Georgia Street, Los Angeles, CA 90015.

MENTAL HEALTH GROUPS TESTIFY ON CUTE



Bernice Bratter

"Limited mental health resources are primarily earmarked for young adults . . . There are so many myths that the elderly can't be helped that agencies are reluctant to provide services . . . believing the elderly can't be helped, that they are at the end of their lives and that they are unresponsive to therapy and counseling.

Our experience has dispelled these myths . . . The elderly are extraordinarily responsive to treatment, and a cost effective and successful way to provide services is through peer counseling.

There is a lack of services for the elderly and they need disease prevention to combat the predicted disaster for Medicare and the escalating cost of health services."

Bernice Bratter, executive director, Senior Health and Peer Counseling Center.

"In spite of all our efforts the Governor implemented what can only be termed catastrophic curtailments based on assumptions which, in our experience, are not substantiated by actual evidence in the real world of Los Angeles County.

Although none of our member agencies has gone out of business, a number have been dealt crippling blows and face an uncertain future. Countywide, we are able to serve 30,000 fewer clients than last year while . . . we are experiencing a significantly increased demand for services.

The situation is grim and the outlook is catastrophic. Immediate action is needed to restore some semblance of 'sanity,' if you will pardon the pun, to the mental health system."

Dr. Norman C. Cottman Jr., chairperson, Countywide Interagency Committee on Mental Health



Dr. Norman C. Cottman Jr.

"With the cutbacks in aid and services, I wonder what part of my life will be disturbed next.

I spent four years on the streets, and the agencies and supports I used to get myself together and feel like I had a future are not there anymore.

The mentally ill are like India's untouchables . . . people don't see them hunting in trash cans with clothes rotting on their bodies . . . but I've been there, asking for quarters.

It is inhuman and uneconomical for them to be left in the street . . . The budget cuts have been just plain stupid."

John Marabella, Project Return member



John Marabella



Bette Caraway

"Community care projects have proven to be effective in stopping or slowing the revolving door process. Some of these people have been able, with support, to become productive citizens. They have become taxpayers instead of tax burdens. Some have become volunteers to help others recover, to educate the public about mental illness and to move forward in helping lessen the dreadful plight of the mentally ill."

Bette Caraway, president, Mental Health Association in Los Angeles County

"What do we tell the mentally ill, what alternatives do they have? Many can't get jobs or go to school and their parents have exhausted every means they know to get help. They need professional help and alternatives.

Do we throw them out and forget them . . . Do we continue to cut and erode a department until it becomes totally ineffective? Or do we adjust our priorities and acknowledge our responsibility and restore funding to the mental health system and give these people the opportunity to return to the human race?

If we were to have the 30,000 seriously mentally ill people in this county who will not receive services all together . . . would we show any compassion? Would we feel any guilt?"

Barbara Ambruster, Coastal Regional Community Liaison Committee chairperson.



Barbara Ambruster



Listening to testimony at the October 12 California Senate Finance Subcommittee hearing on the Department of Aging. Grant Miller, principal consultant, Senate Committee chair; Senator Diane Watson; and James Lott, committee member.

California Senate Finance Subcommittee hearing on the Department of Aging, October 12 at Los Angeles' Patriotic Hall.

The purpose of the hearing was to provide information on the impact of the Department of Aging's recent major budget cuts on mental health services.

The hearing was chaired by Senator Diane Watson (D-LA) and attended by Senator Diane Watson (D-LA) and Welfare Committee.

BACKS AT SENATE SUBCOMMITTEE HEARING



Senate Finance subcommittee #3 hearing were (l-r) [Name] on Finance; Senator Bill Greene, subcommittee principal consultant, Senate Health and Welfare Com-

mittee #3 held an "oversight" hearing Oct. 10 to learn of the effects of the administrative cuts to the mental health, family planning and the

provide a forum for groups and organizations to present testimony and to prepare comments to be taken in deliberation on the 1984-85

et cuts to the mental health system was affected, including consumers, contractors and agencies in Los Angeles.

Senator Bill Greene (D-Los Angeles) and Senator [Name] (D-Los Angeles), chair of the Senate Health

"My 31-year-old daughter is a 'bag lady' living on the street . . . She has a family who has tried for years to help her . . . to get help for her . . . and to get her off the streets even though she refuses any help.

She . . . lives a life of fear where even trees and bushes become her enemies . . . she has been seen fighting with trees because a branch blew by her forehead as she passed . . . talking to lampposts and to herself.

With the severe cuts in the mental health budget we will have many more of these chronically mentally ill people back on the streets.

It's hard for us to realize how frightening the world is for these people. All of us have been psychotic for short periods of time . . . You wake suddenly in the middle of the night and for a few split seconds cannot remember where you are . . . and for those few split seconds it is frightening until you look around the room and realize everything is O.K. Mentally ill persons, when not on medication, have this fear and disorientation with them all the time."

Virginia Widmann, Alliance for the Mentally Ill (AMI), Bay Cities and South Bay



Virginia (Gini) Widmann



Tom Ledwith

"Children's services have been decimated . . . We have lost services for 20,000 children and an additional 10,000 through hotline cutbacks.

Children are not adults but their programs have been cut just the same as adult programs . . . Some services may be bankrupted in a system that is already strained and overburdened.

We must provide alternatives for children, many without families, who are the most powerless people in the system."

Tom Ledwith, executive director, Los Angeles Child Guidance Clinic



Rowena Duran

"For mentally ill people there are few places to go . . . When I was in the hospital I was overly medicated and three days later was back on the streets . . . Through friends I heard about a socialization center, one that's no longer in existence.

Families are great if you have one, but a lot of people end up on the streets . . . That's why we need the Project Return Center, some place we can go that's open all the time."

Ro Duran, Project Return member



Bill Nelson and Dena Bauch, who read Eva Mapes McCraven's statement.

"Cuts in reimbursement have shortened the allowable length of stay of acutely psychotic patients to the point where the average stay is nine days . . . barely enough time to make any lasting impact on the patients' condition or living situation.

At any given time, Hillview Center could be treating more than 100 additional patients in outpatient and day treatment programs. We could be caring for 15 chronic patients on a 24-hour basis, and we could be caring for 10 or 15 more acute inpatients at all times.

Instead, these patients are untreated, living precariously in the community . . . except when their chronic illnesses become acute, and they are taken to jail or an acute facility for short hospitalization . . . The patients are not going to go away . . . their illnesses will continue and the results of their illnesses are bound to cost more than the treatment programs we have lost."

Eva Mapes McCraven, assistant executive director, Hillview Mental Health Center.



Birdie Levy (l-r)

"There are unmet needs in children's services . . . and there are no beds available in Coastal Region for emotionally disturbed children who need hospitalization . . . children from low-income families without insurance and not on Medi-Cal.

Many more seriously disturbed people especially in the 20 to 30 age bracket have been coming into Los Angeles County mental health clinics this year and cuts in services prevent professionals from helping them . . . Clinics are no longer available after office hours or on weekends when most calls come in."

Birdie Levy, 33rd District PTA Health Services chairperson; member, Coastal Regional Community Liaison Committee

MHA SEEKS GIFT ITEMS FOR PROJECT

The holiday season is a time for giving. The Mental Health Association in Los Angeles County, through its annual "Gifts for Giving" program, provides an opportunity for the mentally ill to participate in this tradition.

Donations of new or unused gifts are taken to Metropolitan State Hospital, residential care and psychiatric facilities and a number of community settings. Residents and patients are able to select, without charge, a present for a loved one. Some gifts are given to the residents and patients themselves.

"Sharing and giving are experiences which everybody needs to have, including the mentally ill," said Cheryl Sullivan, coordinator of the project for the MHA. "For many, the gift selection process becomes a therapeutic kind of communication with families. It helps establish personal dignity and a sense of human worth. It is rehabilitation in action."

The MHA is seeking any new or unused items that men, women and children use; donations of money to buy the items in shortest supply; gifts of wrapping paper, boxes and ribbons; donations of food and drink for holiday parties; and volunteers to help

GIFTS for Giving



with gift pick-up, sorting, itemizing and wrapping.

Unwrapped merchandise or monetary contributions may be sent to the Long Beach office, 1401 Chestnut, Long Beach, CA 90813, 591-7530; San Fernando Valley Regional Office, 6305 Woodman Ave., Suite 211, Van Nuys, CA 91401, 780-1931; San Gabriel Valley Regional Office, 1750 Virginia Road, San Marino, CA 91108, 576-0784.

For further information contact the Mental Health Association in Los Angeles County, 629-1527.

COMMITTEE CONTINUED FROM PAGE 1

Los Angeles County.

"Mental health seems to have been given the least amount of attention in the Legislature of all the public services," Cherny said. "As I said to (Assembly member) Tom Bane (D-Van Nuys), 'they kicked us off the bottom of the totem pole.'"

Brown agreed to appoint the Select Committee after meeting with representatives from mental health constituency groups earlier this year. He recognized the need for a fresh look at the entire system, according to Cherny, and had a special interest in the interrelationship of state, county and private providers. This meeting with the Speaker, held May 23, came about through the efforts of Cherny and Bane.

"Everyone in the field of mental health is grateful to Assembly member Tom Bane for understanding the problem and acting on it," Cherny said.

"We've been besieged in the past three or four years with

pieces of legislation that, piece by piece, have dismantled the system as it is intended to be under current state policy, without anyone taking a look at the system as a whole," said Lila Berman, chairperson of the Citizens Advisory Council (CAC). The CAC is a volunteer advisory group to the Department of Mental Health at the state level.

"What we especially want from the Select Committee," she continued, "is a review of the entire system with the goal of coming up with a balanced service system that will adequately provide a continuum of services at all levels for California's mentally ill."

Chairperson of the Select Committee is Assembly member Bonzan. Committee members from Los Angeles are Assembly members Burt Margolin (D) and Curtis R. Tucker (D). Also appointed are three Assembly members from San Diego: Peter R. Chacon (D), Sunny Mojonier (R) and Larry Stirling (R).

O'CONNOR CONTINUED FROM PAGE 1

providers, building bridges," he said.

O'Connor spoke of the importance of having "a balance of services across the system."

"Any system that is going to be useful has to provide a spectrum of services," he said. Having a "finely honed team with continuity" and building bridges with the constituency and provider groups are necessary for this balance, he said.

O'Connor was Napa State Hospital director since 1977 and was long associated with the hospital. He was staff psychiatrist at the hospital from July 1974 until he became its executive

director, and he supervised and taught residents during this period.

He completed a three-year residency in psychiatry at Napa in 1974 and received the "Outstanding Residents Award" upon graduation.

O'Connor served on the Governor's Task Force on Mental Health in California in Dec. 1977 and was on the committee on community-state hospital inspection. He has been a medical consultant to the Departments of Mental Health and Developmental Services.

He received his medical degree in 1971 from the Creighton University School of Medicine in Omaha, Nebraska.

HOFFMAN CONTINUED FROM PAGE 1

Review Committee, Hoffman testified last month before California Senate Finance Subcommittee #3.

"A start was made four years ago to address the serious lack of community alternatives to institutionalization and hospitalization for the severe and chronically mentally ill. The goal was the placement in the community of a range of programs, from short-term crisis residential to longer term transitional and day treatment programs all linked up together to break the cycle of institutional dependency and maximize the client's potential for independent living," said Hoffman.

Now in his third year as CCS director, Hoffman is well qualified to speak on the effects of government budget cuts. "These last few years have been a hard time for mental health and we have seen things come close to the bottom this year with government cutbacks. We are one of the last new programs in the county."

CCS programs, headquartered on the USC campus, include two residential houses, Puerto Esperanza and Compass House, residential homes for adults experiencing severe psychiatric crises; two outpatient clinics, at USC's Wilshire Church and the mid-Wilshire area; the Family Crisis Intervention Project, which counsels poverty level individuals and families; and the Western Career Development Center, a career development center for clergy and lay persons.

"Our two outpatient clinics operate with no government money. Patients pay based on a sliding scale and we see a large proportion of low-income people and minorities. We are able to do this because of private individual gifts, foundation support and church subsidies. But there is a limit to the people we can see; we are getting more and more referrals and we will either have to turn these people away or obtain more support."

Toward this end, CCS has launched a major fund-raising campaign, the

"For some time we have seen a national trend of shifting public monies from human services to a build up of military might. Though national security is important, real security must stem from the spiritual, psychological and social well-being of the people. What good is military might, created in the name of national security, that undermines domestic security by ignoring the needs of those in distress."

Effects of the recent budget cuts, said Hoffman, include "less emphasis on prevention and a shrinking of the scope of services provided. With the loss of money, many agencies must concentrate on just surviving."

Hoffman is particularly distressed with the losses in the community residential treatment system (CRTS).

"The cuts came at a time when the CRTS system was just beginning to evolve so there are still gaps in it; clients fall between these gaps. We have some good short-term crisis treatment programs (five in the county) but there is precious little for the next step. Many clients are not ready to go back to a family, even if they have one."

"Crisis houses are not sufficient supports. They are increasingly filled up — there is a need for more Independent Living Programs such as those at Portals and El Centro. With this shortage of community resources we will continue to see the mentally ill going through the revolving door of treatment."

"In Southern California, given its population, we are woefully behind in filling out day and vocational programs. In the meantime, those of us in community mental health must continue to do our best, providing competent care to individuals and families in distress."

One way Hoffman sees to achieve this goal is for groups in mental health to continue supporting one another and to avoid competition for funds.

"The economic environment of

"The suffering may be ignored for a time by a public more interested in short-run tax savings . . . but the destruction of the state's community support programs are laying up a great debt, which sooner or later will have to be repaid."

result of a year of intensive planning by both board and staff. The campaign was launched with a dinner at the USC Faculty Center where state Attorney General John Van de Kamp was the guest speaker (see related story page 7). "It was our first annual dinner; the public was invited and we received good support," said Hoffman.

"We don't want to just react to the present situation that's been handed to us; we want to look ahead. One of our goals with the campaign is to move to be less dependent on public, Short-Doyle program support."

CCS is seeking contributions from foundations, individuals, churches and corporations to establish a development office with a director and support staff; develop an Assisted Independent Living Project (satellite housing) to counteract the serious shortage of long-term transitional programs and to fund and create an expanded program of training, consultation and educational services.

Other goals are the purchase of the two crisis house properties now leased; the development and support of the Western Career Development Center and bringing permanence to the Emery Marks Memorial Fund (client subsidy).

"People are falling through the cracks," said Hoffman. "Many are not heard or served; with few resources they can't pay for private mental health services unless there is some subsidy or support. The private sector alone is never going to meet all the needs."

"The public doesn't consider mental health a high priority in terms of funding. And the government has shown that human services and domestic needs are not a funding necessity.

budget cutting can have a detrimental effect on interagency cooperation and coordination of services. The coming years will be a challenge but Interagency (a countywide association of 40 organizations and agencies providing mental health and ancillary services to the mentally ill, of which Hoffman is president-elect) has proven to be a gathering point of concern and an opportunity to exchange information and share ideas.

"A positive result of the budget threat is that we've learned some political lessons on the need to be heard in Sacramento and in other levels of government."

"The coalition and advocacy efforts just begun will continue — we don't want to merely survive but to grow again. We must all be better educators and advocates for the mentally disabled and their families."

Thus Hoffman has been an advocate for human services as a Presbyterian minister and as a mental health professional.

While pastor of the USC University Church, Hoffman took courses in clinical psychology. After graduation he opened a private practice and in 1975, with the support of the church congregation, founded Community Counseling Service.

Hoffman is also chairperson of the Presbyterian Church Peacemaking Task Force, his major volunteer effort.

As he said before the state Senate Finance Subcommittee, "The suffering may be ignored for a time by a public more interested in short-run tax savings . . . but the destruction of the state's community support programs are laying up a great debt, which sooner or later will have to be repaid."

ATTORNEY GENERAL VAN DE KAMP CONDEMNS CRIMINALIZATION

(The following are excerpts from a keynote address given by state Attorney General John Van de Kamp at the annual dinner of the Community Counseling Service, Sept. 27, 1983.)

... I have been in the criminal justice system almost all of my professional life — with the U.S. Attorney General in Washington, the U.S. Attorney here in Los Angeles, the first Federal Public Defender in Los Angeles, District Attorney of L.A. and now California Attorney General.

I cite this service because I have seen one side of mental illness which, while not representative of the vast majority of mentally ill persons, often has violent manifestations; and because the criminal justice system applies sanctions, either through convictions or finding of insanity, it tends to reinforce the stigma against mental illness.

There is another side to mental illness — the refusal of society to look at it and deal with it, the turning away of our heads in shame or horror, the disbelief, the secret wish that it will go away.

... Is it unfair to ask how it is that society can spend hundreds of billions of dollars in pursuit of nuclear suicide and deny a child the chance to grow up in a healthy environment;

— deny a tormented man or woman the services of a mental health clinic;

— ignore a delinquent child who is almost surely on the path to criminality, violence and a life in prison;

And is it unfair to ask how the governor can cut \$32.7 million from the state budget for mental health programs — a cut that will translate into a \$10 million cut here at the Los Angeles County level?

Think of it — 30,000 men, women and children (unserved).

Where will they go? What will happen to them? How many more blasted lives will there be as a result of these cuts? I can tell you where many of them land, in jail, or prison. There's a cruel term for this process. It is called "criminalization" of the mental-

ly ill. As District Attorney of this county, I saw it happening first hand.

The cuts by the Deukmejian administration are not the first reductions in state assistance for mental health programs. The process of reductions started five years ago with Prop. 13 and with the onset of budget reductions in Sacramento and a national recession that reduced government revenues at every level.

But there have been no reductions in the number of mental health problems.

Just the opposite has taken place in this county.

... Some of the sickest of the mentally ill, because they have been denied treatment or have been cut off from help, commit crimes and wind up in jail or prison.

Sadly, most of them aren't getting much mental health assistance there either.

Dr. Elpers' (J. Richard Elpers, Director, Los Angeles County Department of Mental Health) estimates that although 13.5 percent of jail inmates are mentally ill, only 4.5 percent are referred to mental health services.

And an estimated 8,000 of the 10-15,000 who land on skid row every year are suffering from chronic disabling psychiatric illnesses.

... The criminalization of these sick people is cruel and inhumane. And it is counter-productive in economic terms. It costs a lot more to keep these people in jail or prison than it does to treat them in outpatient clinics or as full-time patients in community care services.

In the criminal justice system, these mentally ill men and women who wind up in jail are often referred to as "mercy bookings" — a sort of de facto recognition that the person needs help but can only get it through the criminal process.

This is an impoverished view of mercy, I must say. And, coming out of jail, what happens to these people? Back to the streets as wanderers in the night to get picked up again for petty theft or shoplifting food to say alive?

No mercy there, either.



State Attorney General John Van de Kamp and Dr. Cecil Hoffman Jr., executive director, Community Counseling Service.

Clearly, this is an intolerable situation and no solution at all. Some of the issues may be resolved in our courts.

One of those issues is the fundamental question of whether a committed patient has a right to treatment.

... So why should we not rise up against crime, drugs, delinquency, alcoholism, environmental pollution and other crimes in our society?

And rise up for mental health, education and reestablishment of the ethics and moral values of the ancient religious codes which have nurtured humane societies since earliest mankind. It's not unthinkable. And it can be done peaceably within the framework of self-governing constitutional procedures.

It only takes an exercise of citizenship. Caring. Talking. Walking. Acting and voting. The process works every day. It's

painful, slow and hard work. But it can be done.

And people like all of us here tonight have done it in the past. Neighbors talking here and there. People on the phone. Petitions. Initiatives. Meetings with legislators, educators and law enforcement officials. Concerned editors, TV. and radio news people.

The network for action is out there.

... Confront your legislators. Confront the governor. Confront the attorney general. Give them the facts. Give them the stories of the lives of the men, women and children who live in pain because they cannot find help.

Do it.

So reach out for others and drag them into your orbit of commitment and caring and we'll make good things happen.

'STAKEHOLDERS' FORECAST PATIENTS' RIGHTS DEVELOPMENT IN STUDY

The future of the mentally ill patients' rights movement may be grim, but there is still cause for optimism, says Gregory Lecklitner.

He was the senior research associate and principal investigator for a recently published study, The Patient Rights Policy Research Project.

Funded by the National Institute of Mental Health, the study was initiated to look at the future of the patients' rights movement and forecast its future. The study was headed by Paul D. Greenberg, Ph.D.

"We wanted to see how those in mental health perceived the issue of patient rights and where there would be agreements and differences," said Lecklitner. "And we found more consensus than we anticipated."

Intended as a two year study, this first part of the study had three goals:

To prepare forecasts of future developments that may affect the rights of chronically mentally ill adults (the printed study defines rights as "those just, fair or equitable entitlements accruing to persons either as a result of their special status or simply as basic human rights");

To develop innovative strategies for protecting and advancing these rights; and

To assess the potential impact of these forecasted developments and evaluate the strategy proposals from the standpoint of their feasibility.

Data for the study was gathered by sending out questionnaires to "a sizeable panel of people presumed to represent varied viewpoints concerning patient rights," wrote Lecklitner in the report.

Respondents were asked to prepare forecasts of the major developments of the next 20 years likely to affect the rights of the chronically mentally ill.

Those respondents, or "stakeholders" as they are termed in the study, are "those affecting or affected by policy and practice in the area of patient rights." They included current

and former consumers; parents and other family members of the mentally ill; mental health professionals and providers; patients rights advocates; community representatives, political, civic leaders and businesspeople; and scholars and researchers from a variety of disciplines.

For the future, the forecast for patient rights is not optimistic, says Lecklitner. "There is pessimism over policies and changes proposed by President Reagan's administration (the study began shortly after Reagan's election).

"I think people took into account the bleak economic scenario and saw the problems as major hurdles. People tended to see these as powerful factors working against the powerless, of which the mentally ill are the least powerful," said Lecklitner. "They are at the back of the line and there isn't much left; with a constant shrinkage of the economic pie, less and less will go to the mentally ill."

The study also shows that "in the future we will see less influence by mental health professionals and attorneys and more influence by family members of ex-patients. They see themselves as getting powerful and having an impact. They know things are not going to get easier but they know they can have an influence," said Lecklitner.

Key forecast themes in the study are the resource crisis, a decline in adequacy of services and the impact of this decline. Wrote Lecklitner, "New Federalism will reverse a 100-year trend. Originally, states stepped in where counties failed to act, then the federal government where the states failed. Now, the government is transferring responsibility back to the states, who in turn will pass it on to counties, who will be unable to be effective."

In looking at corrective strategies, researchers discovered that recommendations were based on respondents position in the system.

"Parents see services as paramount and don't want them curtailed. Patients want to have some kind of control, through client-run associations and litigation, such as the right to refuse medication," said Lecklitner.

He describes the respondents as 60 percent with a service background who placed highest importance on clinical rights and receiving needed services; 15 percent who pushed for freedom of choice and 15 percent from a civil liberties perspective.

A number of strategies were recommended, said Lecklitner, but the central one was political activism and participation in local and state politics.

"Our respondents suggested that coalitions will have to work together around issues of mutual concern to elect sympathetic political representatives and fashion legislative agendas supportive of their interests. The future success of the patients' rights movement will depend on the ability of the various stakeholder groups to work together.

"Litigation has mixed support from panelists," said Lecklitner. "Other strategies are faster and less expensive with better outcomes." He is quick to point out though, that litigation, consistent with the goals of protecting the availability of mental health services and public entitlements, will continue to be of great value. Recent victories in this area are the rights to due process protections in civil commitment proceedings and the right to liberty.

Other strategies are public education campaigns and "Enhancement of Relationships with Existing Private Sector Resources" (exploiting potential alternative resource providers; churches, civic organizations, business and industry private foundations).

"As mental health resources dwindle, it was suggested that such organizations may need to help subsidize mental health care and, in some instances, directly provide goods and services," wrote Lecklitner.

"Alternative Services Arrangements" were also suggested. "We are seeing the value of self-help groups and the important of networking," said Lecklitner. "Mutual self-help and self-help groups by both mental care recipients and parent/family members were often proposed."

Other strategies were fiscal ones, tax incentives, to individuals or businesses to provide housing and employment and ambitious proposals from national mental health insurance or guaranteed annual income.

A strategy particularly endorsed by former mental patients was the recommendation to increase the role of mental health consumers in treatment of decisions and policymaking.

The results of the study have been presented to the American Psychological Association and "the response was heartening; we received a lot of good response," said Lecklitner.

The results will be disseminated to interested persons and have been presented to the National Association of Rights Protection Advocates and an article on the project will appear in The Mental Disorder Law Reporter, a publication of the American Bar Association.

In his conclusion on the future of patients' rights, Lecklitner wrote, "It will be a time of rethinking priorities and perhaps of having to make some difficult and painful choices. It will be a time requiring the establishment of new partnerships, perhaps in some cases between historical enemies and competitors.

For further information on the Patient Rights Policy Research Project, contact the Human Interaction Research Institute, 10889 Wilshire Blvd., Suite 1120, Los Angeles, CA 90024; 879-1373.

RCLC

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

November 8

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

Call 960-6411 for more information.

November 10

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

Call 533-3154 for more information.

November 11

San Fernando/Antelope Valley Region RCLC will meet from 10 a.m. to noon.

Call 508-7800 for location or more information.

November 16

Central Region RCLC will meet at 7:30 p.m. at the LAC/USC Medical Center Psychiatric Hospital, room 2C18, 1934 Hospital Place, Los Angeles.

Call 226-5726 for more information.

November 17

Southeast Region RCLC will meet at 1:30 p.m. at Hubert H. Humphrey Health Center, 5850 S. Main St., Los Angeles.

Call 603-4884 for more information.

These meetings are open to the public.

November 1

San Fernando Valley Child Guidance Clinic: "Drugs and Children: New Approaches to Prevention" will be the topic of the noon Community Relations Council meeting, held at the clinic, 9650 Zelzah Ave., Northridge. Speakers will be Detective Milt Dodge, Los Angeles Police Department; Johanna Goldberg, Los Angeles Unified School District liaison for Project SMART; and Richard Embury, L.C.S.W., clinic staff. The meeting is open to professionals and the public. Lunch is available for \$3.

Call 993-9311 for more information and reservations.

November 1

Manos de Esperanza, San Fernando Valley Community Mental Health Center Inc.: A six-week Spanish-speaking parenting group will focus on improving ability to understand child behavior, undermining destructive behavior aspects and enhancing ability to communicate effectively with one's children. It will meet from 4:30 to 6 p.m. at the center, 6740 Kester Ave., Van Nuys. Fee is \$24. An initial screening interview is necessary.

Call 988-8050 for more information.

November 1, 8, 15, 22, 29

Ups and Downs: This self-help group for persons with depression or manic-depressive illness will meet every Tuesday from 7:30 to 9:30 p.m. at San Fernando Valley Community Mental Health Center Inc., 6740 Kester Ave., Van Nuys.

Call 988-8050 for more information.

November 1, 8, 15, 22, 29 November 2, 9, 16, 23, 30

Westminster Center for Personal Development: "Women in Transition," two on-going support groups, will be held at the center, 867 E. Atchison, Pasadena. One will meet on Tuesdays from 7 to 8:30 p.m.; the other will meet on Wednesdays from 7:30 to 9 p.m. Pre-registration is necessary. Fee is \$12.50 per session.

Call 798-0915 for more information.

November 2

California Hispanic Psychological Association: "Medical and Psychological Consequences of Latin-American Victims of Torture," with speaker Ana Deutsch, M.A., will be the topic of the open forum, held from 7 to 9:30 p.m. at the UCLA Neuropsychiatric Institute, sixth floor conference room, 68-236, 760 Westwood Blvd., Los Angeles.

November 2

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

CALENDAR

November 2, 16

El Centro Community Mental Health Center: Women United, a free support and education group for battered women, will meet from 10:30 a.m. to noon at the center, room 237, 972 S. Goodrich Blvd., Los Angeles.

Call 725-1337 for more information.

November 2, 9, 16, 23, 30

Manos de Esperanza, San Fernando Valley Community Mental Health Center Inc.: An on-going Spanish-speaking battered women's group to help women deal with the crisis of physical abuse and its aftermath will meet from 3:30 to 5 p.m. at the center, 6740 Kester Ave., Van Nuys. Fee is based on a sliding scale. A pre-screening interview is required.

Call 988-8050 for more information.

November 3

San Fernando Valley Child Guidance Clinic: "Hugs 'N Kids — Parenting Your Preschooler," a six-week workshop utilizing videotapes and group discussion led by a child psychologist, will be held on Thursdays (excluding Thanksgiving) from 6 to 8 p.m. at the clinic, 9650 Zelzah Ave., Northridge. Fee is \$75 for one parent, \$90 for two parents. Child care is available.

Call 993-9311 for more information.

November 3

Community Counseling Service: Robert Liberman, M.D., Brentwood Veterans Administration Medical Center Chief of Rehabilitation Services and UCLA professor of psychiatry, will speak on "Drug-Psychosocial Interactions in the Treatment of Schizophrenia" at the staff meeting, open to other professionals and the public. It will be held from noon to 1 p.m. at St. John's Episcopal Church, 514 W. Adams Blvd., Los Angeles.

Call 746-5260 for more information.

November 4-6

Southern California Psychiatric Society: "Beyond the Blues/Affective Disorders Today," the annual fall meeting, will be held at Rancho Bernardo Inn, 17550 Bernardo Oaks Drive, San Diego. It will contain lectures, discussion, speakers and dinner theater. Fee is \$125 for members, \$135 for non-members and \$75 for students.

Call 477-1041 for more information.

November 5, 12, 19, 26

Teen Talk: This Emmy-winning talk show featuring seven teen-agers and hosted by Joseph Feinstein, will air at 9 a.m. on KHJ-TV, Channel 9. Discussion topics will be "Contraception" on Nov. 5, "Drugs" on Nov. 12, "Student Body Presidents" on Nov. 19 and "Television" on Nov. 26.

November 5

Infant Development Association and High Risk Infant Coordinators: The Infant Symposium will address environmental risk factors, specific handicapping conditions and medical/biological problems. It will be held at Childrens Hospital of Los Angeles, 4650 Sunset Blvd., Los Angeles. Fee is \$15.

Call 290-2000 for more information.

November 7, 14, 21

Arcadia Mental Health Center and Alliance for the Mentally Ill — San Gabriel Valley: The "Surviving and Thriving With a Mentally Ill Relative" lecture series will continue with "Finding Buried Treasure in the Mental Health Wilderness" on Nov. 7, "Instilling Realistic Hope" on Nov. 14 and "Motivation and Rehabilitation" on Nov. 21, the final meeting date. Sessions will be held from 7 to 9 p.m. at San Marino Community Church, 1750 Virginia Road, San Marino, and will be led by Christopher Amenson, Ph.D. Donation is \$7.50 for the series.

Call 445-4350 for more information.

November 7, 14, 21, 28

Forte Foundation: A pre-post divorce group includes evaluation of relationships and clarification of issues and will meet on Mondays at 7 p.m. at 17277 Ventura Blvd., Suite 201, Encino. Fee is based on ability to pay.

Call 788-6800 for more information.

November 7, 14, 21, 28

Glendale Adventist Hospital: An eating disorders support group will meet Mondays from 7 to 8:30 p.m. at 800 S. Adams, Glendale.

Call 502-1183 for more information.

November 8

Alliance for the Mentally Ill-Norwalk: The Project Return Players will perform and Project Return director John Siegel will speak at the 7 p.m. meeting of this group of family and friends of the mentally ill, held at the Norwalk-La Mirada Unified School District administration building, 12820 S. Pioneer Blvd., Norwalk.

Call 864-4412 for more information.

November 9, 23

El Centro Community Mental Health Center: "Children's Transitions: Helping Them Cope" will be discussed at the free single parents support group meetings, held at 7 p.m. in the center's room 237, 972 S. Goodrich Blvd., Los Angeles.

Call 725-1337 for more information.

November 9

The Family Counseling And Resource Center, Dubnoff Center for Child Development and Educational Therapy: "Making the Connection: Nutrition and Your Psychological Health," a workshop with pediatrician Paul Fleiss, M.D., and psychiatrist Harvey Ross, M.D., as speakers, will be held from 7:30 to 9:30 p.m. at the center, 10526 Victory Blvd., North Hollywood. There is no charge.

Call 877-5678 for more information.

November 9

Beach Cities Alliance for the Mentally Ill: This group of family and friends of the mentally ill will meet from 10 a.m. to noon at the South Bay Office of Mental Health Social Services, 19000 Hawthorne Blvd., Suite 302, Torrance.

Call 772-2188 for more information.

November 9, 23

Augustus F. Hawkins Mental Health Center and Mental Health Association in Los Angeles County: A family and friends support group will meet at 5:30 p.m. in the center's room 1119, 1720 E. 120th St., Los Angeles.

Call 629-1527 for more information.

November 10

Project Return, Mental Health Association in Los Angeles County: Los Angeles County Supervisor Deane Dana will be keynote speaker at the annual Project Return awards luncheon, held from 11:30 a.m. to 2 p.m. at the Miramar Sheraton Hotel, Ocean and Wilshire Boulevards, Santa Monica. The event honors members, staff and friends of Project Return. Tickets are \$25.

Call 629-1527 for more information.

November 10

Southern California Psychoanalytic Institute Extension Division: The film series showing for November will be "My Dinner With Andre," followed with discussion by Barry M. Panter, M.D. and a question and answer period. The film will be shown at 7:30 p.m. at the Writers Guild Doheny Plaza Theater, 135 S. Doheny Drive, Beverly Hills. Tickets are \$6, and \$3.50 for seniors and students.

Call 276-2455 for more information.

November 10

Advocates for the Mentally Ill: California State Senator Herschel Rosenthal will speak to this relatives and friends of the mentally ill group at 7:30 p.m. at Thaliens Community Mental Health Center, 8730 Alden Drive, Los Angeles.

November 11

Alliance for the Mentally Ill-San Gabriel Valley: Pamela Klossman, client program coordinator at San Gabriel Valley Training Center, will be speaker at the 7:30 p.m. meeting of this relatives and friends of the mentally ill group, held at San Marino Community Church, 1750 Virginia Road, San Marino.

Call 797-3562 or 449-4217 for more information.

November 12

Portals House: The SOS (Social on Saturdays) Dance, open to board and care home residents and community mental health program clients, will be held from 6:30 to 9:30 p.m. at Wilshire Christian Church, 634 S. Normandie, Los Angeles. Admission is 25 cents.

Call 386-5393 for more information.

November 13

Southeast Region, Los Angeles County Department of Mental Health: "Mental Health," with discussion on good community mental health services and on family support systems, will be the topic of the "A Healthy Mind: For You and Your Family" radio call-in talk show, hosted by the region's Julius I. Fuller, M.S.W. It will air from 9 to 10 p.m. on KACE, 103.9 FM.

November 16

El Centro Community Mental Health Center: "How to Deal with a Crisis Situation" will be discussed in English and Spanish at the Family Night meeting, held from 6:30 to 8 p.m. at the center, room 237, 972 S. Goodrich Blvd., Los Angeles.

Call 725-1337 for more information.

November 17

Mental Health Advisory Board: This advisory group to the Los Angeles County Board of Supervisors will meet at noon at the Hall of Administration, room 739, 500 W. Temple St., Los Angeles.

Call 738-4772 for more information.

November 17

Mental Health Task Force: Beverly Kalasardo, Suicide Prevention Center director of crisis services, will discuss "Suicide Prevention: A Reality" at the noon meeting, held at Hamburger Home for Girls, 7357 Hollywood Blvd., Los Angeles.

Call 467-3605 for more information.

November 21

South Bay Relatives and Friends: This group will meet at 7 p.m. at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 412-2291 for more information.

November 21

Southern California Psychoanalytic Society: Topic of the monthly scientific meeting will be "Ordinary Human Unhappiness: The Reality Principles of Psychoanalysis and Zen" with speaker Harry Brickman, M.D. It will be held at 8 p.m. at 9024 Olympic Blvd., Beverly Hills.

Call 655-1634 for more information.

November 30

Anorexia Nervosa and Associated Disorders: This self-help group for people with eating disorders will meet at 8 p.m. at 18345 Ventura Blvd., Suite 414, Tarzana.

Call Suzy Green, Ph.D., at 343-9105 for more information.

Help Anorexia

The North Hollywood/San Fernando Valley self-help chapter will meet on Nov. 9 and 23 at 7:45 p.m. at 6240 Laurel Canyon Blvd., Suite 202, North Hollywood. Call 766-5663 for more information.

The South Bay self-help chapter will meet on Nov. 7, 21 and 28 at 7 p.m. at St. Margaret Mary Church, classrooms 7 and 8, 25429 Eshelman Ave., Lomita. Call 326-3763, from 6 to 8 p.m., for more information.

The monthly speaker meeting on Nov. 14 with cardiologist Dr. Mark Lurie will be held at 7 p.m. at Torrance Memorial Hospital auditorium, 3330 Lomita, Torrance. Call 326-3763, from 6 to 8 p.m., for more information.

CONNECTIONS

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