

PAS Newsletter

Parents of Adult Schizophrenics
of San Mateo County

MARCH 1982

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

Hrs 1-4 pm, Mon-Wed-Fri

Meeting Schedule

MARCH MEETING

Date: March 24, 1982
Time: 7:30 pm get acquainted
8:00 pm - speaker
Place: San Carlos City Hall - Second Floor
666 Elm St., San Carlos
Speaker: Dr. William Bewley, Director
Orthomolecular Program Napa
State Hospital

Dr. Bewley will describe the Orthomolecular treatment program at Napa State Hospital. Dr. Bewley participated in a workshop at the NAMI Conventin in August, 1981, and was quoted as saying: "The patients have been told that their problems result from family trauma, childhood problems, or society's cruelties. The real point is that real diseases are not cured by sympathy or talking. We look for a specific cause. The whole biological picture has to be re-looked. We look at the problem like the old family doctor. We assume that the patient is sick, and we look for all possible causes. This is not to negate the sociological or psychological approaches, but adds to them."

Dr. Bewley admitted that ortho-molecular treatment is "enormously controversial," particularly among psychotherapists, psychologists and social workers. "But I think we're on the right track," he said.

NAPA ORTHOMOLECULAR PROGRAM

The Governor's budget for 1982-83 has \$158,000 allotted for the Orthomolecular Program at Napa. If you wish to support this program, write to Grant Miller, Principal Consultant, Senate Committee on Finance, Rm 5056, State Capitol, Sacramento 95814. and Pam Haynes, Assembly Ways and Means Sub Committee #1, State Capitol, Sacramento 95814. They make recommendations regarding the budget, and especially this year, programs with no support are vulnerable. Write soon.

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MENTAL HEALTH ADVISORY BOARD MEETING 3/3/82

Of interest to PAS members - The Chairman of the Board will write the Board of Supervisors requesting that May be designated as Mental Health Month in San Mateo County to coincide with National Mental Health Month.

Mental Health Director's Report: Request for Proposals (RFP) for the new Cordilleras contract will be out this month and will be due in April; recommendation for provider will go to the Board of Supervisors the first week in June. With the present contract expiring June 30, there will be virtually no time for orderly transition in the event a new provider is chosen. Ms. De Luca proposed that Mental Health Management stay on for a 3-4 month "double management" transitional period. It will be costly, but this is a very important contract and a transition period is necessary, in her opinion.

Lois Turner, Board member and Chairperson of the Cordilleras Liaison Committee, objected to the idea of a double management transitional period since the problem with present management has been under surveillance for over a year; and a more advantageous time frame could and should have been scheduled.

A member of the audience commented that the "double management" transitional period could operate as a subtle advantage to Mental Health Management in the event that they submit a proposal.

The Chairman asked for volunteers from the Board to serve on an ad hoc committee to study this double management transitional period issue. Lois Turner and 2 others agreed to serve on such a committee.

Ms. De Luca said that the Coroner would like to see the public guardian's function transferred to the Department of Health. Such a proposal is being formalized.

Other Mental Health Meetings:

1st Wed. Mental Health Advisory Bd
Every Month 12:00-2:00 pm Multipurpose
Rm Hlth & Wlfr Bldg, 37th S.M.

3rd Sunday Assn for Mentally Ill Napa
Every Month State Hospital, Music Room
11:00 to 1:00 pm

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THANK YOU!

We thank those who came to our last meeting and volunteered to help. We also thank all who joined PAS.

We will be cutting back our mailing list, but if you wish to continue receiving the newsletter, and cannot afford to join PAS, let us know, we'll keep you on the list.

We will continue to exchange newsletters with other family organizations.

MHAB Continued:

The Director further stated that the Mental Health budget is now balanced, but very tight; state funding is not yet known but should be by June.

Lynn Stanton spoke on the Community Services Program of the Mental Health Department. Up to now, federal grants have funded these regional outreach progrms; and it remains to be seen what type of funding will become available under the new grant system of Reagonomics.

Sue Miller - MHAB Observer

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CORDILLERAS CENTER

A Bidders' Conference for firms interested in bidding on the contract for operation of Cordilleras Center was held March 12. Some of the interested firms present were Crestwood, Sequoia Hospital, Westwood, Peninsula Hospital, Telecare, Braswell Enterprises, and Mental Health Management. An April 30 deadline was set for submission of RFPs.

Jay Gellert, Director, San Mateo Dept. of Health, announced that there will be a \$45,000 cut per month in funding for the operation.

The highest priority will be bringing back patients from Napa State Hospital.

It was stated that rather than 3 levels of care, there could be 5 or 6.

Current census at Cordilleras is 95, 12 of these from San Francisco.

Reported by Dorothy Texier

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FUNDING CUTS

The legislature made many cuts and transfers in their attempt to balance the budget. Mental Health funding was threatened twice for some of the transfers to General Fund. Family groups, as well as other interested organizations, responded statewide with calls to local legislators, asking that mental health funding not be transferred.

PAS telephone tree has proven to be successful. Local legislators were overwhelmed with calls.

Ken Wagstaff, Director of Department of Mental Health, called yesterday to report that mental health funds remain intact.

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MATEO LODGE - DEXTER HOUSE

The program is full and going very well. The clients are doing positive things. Some of the Case Management team who work with clients have been laid off because of funding shortage.

Mateo & Dexter Continued:

Donations are needed for a firm double mattress for the counselor, towels, sheets, and a carpet approximately 20'X25'.

A donation of food was received from PAS member, Vee Latimer. Henry Sperry also visited the houses, and reported on his attendance at the Winter Conference of the California Association, Families of Mentally Disabled, at Ventura.

If you have donations, or wish to visit the houses call:

Mark or Dan at Dexter House, 365-9453
Tony or Fideline at Mateo Lodge, 365-7043

Ian Adamson, Coordinator

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CAFMD WINTER CONFERENCE

The first priority of the California Association, Families of Mentally Disabled is housing for mentally ill at all levels, with no time limits set on length of stay, and with individualized treatment program.

Phase II of the program is now being implemented. An office has been rented in Sacramento and will be in operation by April 1, with a part time office worker. More details in the next newsletter.

A detailed report on the Winter Conference appears in another part of this mailing.

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Excerpted from article in Prevention:

MENTAL SYMPTOMS FROM EXCESSIVE COFFEE INTAKE

Psychiatric patients pay a heavy penalty for excessive use of coffee, which is associated with more severe mental and emotional disturbances. They score higher on tests for anxiety and depression, and are more likely to have a disturbance diagnosed as psychotic. Latent schizophrenics pay a similar price for caffeine intake, as do manic depressives. Finally, caffeinated beverages, which include cola drinks as well as coffee, may block the actions of many prescribed drugs, for excessive caffeine may nullify or reduce the effects of many medications used in the treatment of psychiatric disorders.

It has been suggested that labels on tranquilizers and similar drugs should carry warnings against excessive caffeine intake, as they now carry similar cautions concerning use of alcohol. Hospitals should make decaffeinated coffee and tea available.

Can. Med. Assoc. J., 2-15-81

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DOGGONE!

There is a pet store in Yorktown Heights, New York called "Lick Your Chops" which specializes in the wholistic approach and they are affiliated with some veterinarians who practice wholistic medicine on pets! They also publish a newsletter on the nutritional care of pets.