

Mental health interests rally in Sacramento to no avail

MENTAL HEALTH RESOURCES CUT BY \$13.2 MILLION

INTERVIEW:

NORMAN COTTMAN JR.

Chairperson, Interagency
Committee, L.A. County



Being director of Administrative Services at Kedren Community Mental Health Center places Dr. Norman C. Cottman Jr. in the middle of the statewide battle about funding for local mental health services.

In addition, Cottman has assumed leadership of the Interagency Committee on Mental

"There are certain responsibilities which the government cannot abdicate."

Health for Los Angeles County.

As the newly elected chairperson, he will be working with representatives of the various mental health groups and the state and county Departments of Mental Health to share information and raise concerns about mental health services.

Cottman moved to the Interagency position from the

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Despite strong efforts by mental health interests from throughout the state, a vote by the Joint Conference Committee on the budget has determined that for mental health there will be no upward adjustment in the base budget to account for increased county program costs in the '82-'83 California budget. Furthermore, there will be a \$15.2 million cut for the entire state in the local assistance base.

For the Los Angeles County mental health program, no adjustment translates to a \$8.2 million reduction, and the county's portion of the local assistance base cut is approximately \$5 million. This means that the Los Angeles County mental health program faces a total budget cut of approximately \$13.2 million.

The only legislator on the conference committee objecting to the vote, taken on June 23, on both counts was Assemblyman Charles Imbrecht of Ventura. Other legislators on the committee were Assembly members John Vasconcellos, and Maxine Waters and Senators Alfred Alquist, John Garamendi and Ken Maddy. Vasconcellos was the committee chairperson.

The purpose of the Joint Conference Committee was to work out the differences between the Senate and Assembly ver-

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MHA GREAT ALASKA BIKE TREK OFF AND PEDALING

The wheels are rolling.

On June 11, 24 bicyclists, ranging in age from 15 to 70, embarked from Anchorage, Alaska, on the Great Alaska Bike Trek, a 4,400 mile fund-raising bike trip. The riders complete the trip on Aug. 30 when they arrive at the RMS Queen Mary in Long Beach for a ribbon-cutting ceremony with the mayor.

The 80-day journey benefits the Mental Health Associations (MHA) in Alaska, Washington, Oregon and California, with riders representing the various MHA chapters. The fund-raising goal of the trek is

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INSIDE:

**SHOWTIME
FOR
PLAYERS
PG. 3**

**SAN GABRIEL
AFTER-HOURS
PROGRAM
PG. 6**



Present at the dedication of the Coastal Community Mental Health Center, 747 E. 223rd St. in Carson, are Reverend David Buggs, pastor, Central Baptist Church; Dr. Milton Miller, regional director for the Coastal Region Los Angeles County Department of Mental Health; Joel Foxman, director of the center; Supervisor Kenneth Hahn, (2nd district); and Carolyn Powell, chairperson of the center's board.

CONNECTIONS

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

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CONNECTIONS WITH THE EDITOR THE LETTERS

Grand Jury

I read your lead article in the June issue "Grand Jury Review of the Mental Health Department" with great interest and serious reservations.

Since I participated in the audit, I do feel I can express some concern about the process, report and resultant information. The Grand Jury chose to interview one of the out-patient clinic sites of the agency with which I'm affiliated. I was not contacted, although I'm responsible, and the form they sent to us was for day treatment providers. Through my staff's conversations with me, I participated in the interview. The interviewer was receptive and responsive. She allowed me to share my *ideas, experiences, myths and prejudices* about the system. I think she was sufficiently open so that all persons interviewed had the same experiences. The report summarizes some of my favorite ideas and prejudices and also those of my colleagues. I find this summary interesting, but question whether the word "findings" is appropriate in the report. Comments or anecdotes would be more appropriate.

The article allegedly highlights some of the findings but does not quote the report accurately. The issue of selective admissions by contractors is mentioned by you and all categories listed. You failed to report that this quote refers to 24 hour facilities only and that all providers stated that if reimbursed adequately they would serve all persons.

In addition, the article makes reference to the fact that county clinics serve more seriously ill patients than private providers. This is a sweeping myth without any foundation in fact.

The most offensive statement in the report is repeated in your article and that is on page 6 "the potential for lower quality care among contractors." With funding and morale problems, I suggest that the potential for lower quality care exists in the entire Mental Health System. There is no basis in fact for assuming that county care is superior. The potential is there too! It is my sincere belief that Connections performed a disservice to the mental health community by highlighting this article as a lead story. The mental health community needs to work together to fight the enemies outside the system and educate the community at large about mental health needs. This article tends to encourage fighting within the system and with its mixture of anecdotes, myths, opinions and prejudices hardly serves to educate. I hope we will spend our mental health dollars more wisely in the future.

Susan Mandel, Ph.D.

SSI Dumping

I received your May 1982 issue and appreciate the important information contained. I particularly appreciated the interview with Don Richardson, particularly his third point: legislative action.

I work in a board and care home that is making at least a modest effort to provide a program and nutritional meals based around the Huxley Institute recommendations. The problem is that the funding provided by SSI (Supplemental Security Income) and DPSS (Department of Public Social Services) is inadequate to support the staffing required to provide a program in line with the current levels of scientific knowledge in the field.

At the same time, I see people being eliminated even from that meager support by an SSI following the guidelines laid down by the Reagan Administration and its cutbacks. People are thrown on the street who become victims either of their own inadequacies or of those who prey upon such helpless victims. They destroy themselves or wreak havoc upon others. What kind of "saving" is this?

The least sign that they are beginning to be able to work, to care for themselves, is used as a "reason" for dumping them from SSI. How, under such circumstances, is it possible to help them to prepare for "independent living?"

At the same time, on a national level we see the funds "saved" by cutting back on human services shifted to the military budget. Why, if we already have enough bombs to blow the world up 30 times over, is it necessary to have more? And why blow it up? Are we repeating the Hitlerian mythology?

It is my opinion that we should demand a cutback in military spending for a nuclear war that could end civilization as we know it and the diversion of these funds to human services. Such a demand should be the cutting edge of the legislative action recommended (and rightly so) by Don Richardson. If not, where are the funds to come from?

Cannot this, the wealthiest society in human history, care for its citizens? Above all, its most helpless ones. If not, then for whom do we care?

And, if MHA and its constituents do not raise this question on a local, state and national level, who will?

A.J. Lewis, Ph.D.

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.



Adel M. Martinez, M.S.W., and Vendella Barnett, M.S.W., L.C.S.W. (l-r).

NYA GETS "ACT TOGETHER"

\$150,000 GRANT FOR WORK WITH HIGH RISK YOUTH

To be one of only 13 projects in the United States chosen for funding by Act Together has the Neighborhood Youth Association (NYA) feeling as "one of the original 13 Colonies doing pioneer work," said Vendella Barnett, M.S.W., L.C.S.W., director of the model project.

The \$150,000 in funds awarded NYA will provide a comprehensive program primarily for high risk youth. NYA, a non-profit United Way agency sponsored by the Episcopal Diocese, serves low income youth in Venice, Mar Vista, Culver City, Santa Monica, Carson, Wilmington, San Pedro, Lomita and Harbor city.

Act Together, based in Washington, D.C., has channeled \$2.2 million into programs such as NYA. The funds are from the Edna McConnell Clark Foundation, Office of Juvenile Justice and Delinquency Prevention, and the U.S. Department of Labor. The purpose of the funding is to find out what is working in youth programs, identify barriers to effective youth programs and share that information so the new ideas and strategies are replicated in other communities.

NYA was chosen for the award after 500 agencies across the country submitted concept papers to Act Together.

Adel Martinez, M.S.W., executive director of NYA, said, "One of the reasons we applied for the funds and wrote the proposal is because this agency (NYA) has felt the only way to work with youth is in a comprehensive program including tutoring, recreation, employment, counseling.

"We have always worked with youth that way, but each individual counselor had to work all those elements," she explained. "This project allows a team approach. Each area has a specialist . . . that way the counselor can focus on treatment."

The program developed by NYA will be available as a model for communities nationwide, according to Barnett. As project director, she will be in Washington, D.C., in August with other project directors and youth from across the country to share the successes and difficulties involved in building the various programs. They will meet again at the end of the funding period.

A major emphasis of the project is training and employment. Job

development workshops have already begun and the first graduate was scheduled to be placed by mid-June.

A Youth Services Council has been formed to be an active advisory group. Council representation comes from the community, local industry, Los Angeles Police Department, Los Angeles Unified School District, State Employment Development Division, Probation Department, Phoenix Continuation School, West Area Opportunity Center, Department of Health Services, County Community Development Department and from the office of Pat Russell, Los Angeles City Council member.

Working along with the council is a Youth Advisory Group made up of eight young persons elected by the youth involved in the program. They provide feedback which is considered to be a critical element to the success of the project.

The project was planned to provide services to 100 high risk youths in the Venice/Mar Vista area, youths with either gang involvement, drug use, multiple family problems, teenage pregnancy and parenting, unemployment, negative police contact or limited educational achievement.

The goal is to change the potential of these youth. The project is designed to identify high risk youth; assess their ability and potential; direct them into an appropriate course of action; provide counseling, educational training, health services, recreational services and job preparation; develop on-going liaison with local industry and unions to place youths in part-time and full-time employment; provide support services; and provide follow-up and crisis services.

The project staff includes the coordinator, job developer, counselor, counselor/recreational specialist and, in addition, an educational specialist position has been funded with a grant from Mattel Foundation.

Barnett, who will direct the program, is a UCLA graduate, has been involved in juvenile diversion and tutorial programs, has worked as a trainer with the National Institute on Drug Abuse and has been a staff member at NYA since 1975.

FROM THE PIT

By Judy Cooperberg

By Julia Scalise

Judy A. Cooperberg shares some of her most personal and sometimes painful emotions in her book, "From the Pit."

The collection of poetry tells of Cooperberg's feelings while in the mental health system. Most were written while she was in a hospital; some were composed while she was in a day treatment program or various therapies. Most were written within the past three years, although some date back as far as eight years.

For Cooperberg, writing poetry was not merely an interest or a hobby. To her, it was not just an art form. For a time, writing poetry was her method of communicating, her way of talking to people.

She said that when she first started therapy, "I was so detached from my feelings that I would express them in poetry." She would write a poem and hand it to her therapist instead of talking. Also, she used poetry to tell people how she felt about them.

So, contained in the book are some of her innermost feelings and thoughts. What she has chosen to share are not shallow emotions and she does not write about them superficially. For example:

Fighting insanity
Is so lonely
Though some stand by me
As others have left
No one can fathom
The grief, the anguish
I feel.
It's so damn lonely.

Though perhaps we cannot "fathom the grief, the anguish," Cooperberg gives us an opportunity to understand. Given the purpose the poems served, Cooperberg was true to herself, and so we can gain insight into what she has gone through.

In "From the Pit," Cooperberg utilizes a variety of poetic styles, yet never is she trapped within a style at the expense of the meaning. The emotions always come through.

It must have been difficult for Cooperberg to relinquish to the public some of these extremely personal and private feelings.

But, perhaps that is evidence of other qualities Cooperberg possesses — strength and courage.

"From the Pit" is available by contacting Cooperberg at the Mental Health Association office in San Fernando Valley, 780-1931.

COTTMAN continued from page 1
Plan, Structure and Review Subcommittee.

His background has equipped him well for both positions.

Cottman holds a Ph.D. in Public Administration from USC and soon will complete a masters degree in Clinical Psychology.

He spent 13 years with the United States Army Corps. of Engineers on active duty in the United States and Far East and 12 years in active reserve, then moved to System Development Corporation in Northern California, where he designed and implemented large scale computer based systems analysis and systems design.

Cottman served as NORAD (North American Air Defense) technical representative for the air defense system before transferring to the Los Angeles area.

He has taught at Pepperdine University School of Management while working at Systems and completing his doctorate degree. While at Pepperdine, he had the opportunity to teach in Hawaii in a program for military personnel five weekends a semester for several years. He also taught Public Administration at California State University at Los Angeles along the way.

"It is incumbent upon us as professionals to heighten public awareness . . ."

In 1974 he became Executive Director of the Compton Community Development Corporation where they developed a number of projects including business enterprises and housing development. He continued to teach and provide management consulting services to school districts in the state.

Cottman is accustomed to having more than one responsibility.

"I like what I do and so it's easy to keep busy. When a job ceases to be challenging, I change," he said.

In this challenge as the elected leader of Interagency Committee, Cottman would like to see Interagency have some impact in reversing the trend of reducing mental health services to the poor and needy.

"We are responsible for those who cannot help themselves. It is incumbent upon us as professionals to heighten public awareness and bring to the forefront of the public conscience their responsibility in this regard," Cottman said.

"I basically agree the cost of government needs to be reduced but there are certain responsibilities the government cannot abdicate and health services are among these," he continued.

One focus he would like to bring to Interagency is increased membership in Interagency.

"We not only have to reach out and pull in more membership but also strengthen our ties to those who are in fields that are mental health related, not only professional groups like the Department of Public Social Services, Probation, and Criminal Justice System. Their concerns are very close to ours. We could work at reducing the inappropriate handling of people who should be in the mental health system," he said.

Cottman talked of his concern for Community Mental Health Centers. "A key issue that faces inner city mental health centers is the fact they don't have the financial base within the communities to support their operation. We all find it difficult because many of the corporations within the inner city are having a difficult time. We need a continuing support base and Block Grant funding is where we expect to find that continuing base," he said.

It appears Cottman is prepared for the funding battle ahead.



Project Return Players, an improvisational theater group.

Photos by Julia Scalise

BRAY DIRECTS IMPROV PLAYERS

Shakespeare said, "All the world's a stage. And all the men and women merely players."

The men and women in Project Return Players bring the world of mental health to the stage.

The improvisational theatre group was formed as part of Project Return's on-going program when Carrie Bray was brought in as theatre director.

Project Return is a federation of self-help clubs for recovering mentally ill adults, a program of the Mental Health Association in Los Angeles County.

Bray formed the troupe when Rhoda Zusman, director of Project Return, asked club members if they would be interested in participating with Bray.

"About a dozen people showed up at the first meeting and I said 'let's go for it,'" said Bray.

They have been meeting weekly for about eight sessions and felt polished enough to perform for the second annual Project Return conference.

"They caught on so quickly," Bray said. She expects professional standards from the players. "We do process before we do any structured kind of work like 'communication,' where we break into pairs and each one listens and then talks," she said.

"We stay away from blaming others and take responsibility for our own lives," she continued.

The program is not a substitute for therapy, she explained, but encourages persons to continue where there is on-going therapy.

"I tell them we are going to take risks. We are here to work and let's show it in the skits . . . I ask them to 'leave the stuff at the door' and 'that was yesterday; let's get on with today,'" Bray said.

Improvisational theater differs from psycho-drama, Bray said. "Psycho-drama puts you on the hot seat in life and can be very hard on the people participating," she explained.

"With 'Improv' you can bring it in . . . you can 'take on' a character. You are in a safe place to act out. It's an OK thing," she said. "I explain to them '90 percent of what you do is actor, 10 percent of it is you'."

Bray has the troupe work in four areas. All are done without preparation and there are no lines to memorize.

In "Man on the Street," the players create their own characters and in turn act with one person as the "television interviewer." The audience poses the question the interviewer is to ask each player.

In "Snap, Crackle, Pop," three actors participate in a scene each adding something. In "Collage," each actor has a character assigned by the audience and, with Bray directing, out of fragments of acting a composition results.

"Transitions" has two actors creating a scene with a third actor entering and taking the scene in a different direction.

Some of these are poignant and others are humorous.

Zusman said the players were enthusiastic about their experience with the troupe. One parent told Zusman she has seen a huge difference in her son's interaction with others since he became part of Project Return Players.

The basic show is 30-45 minutes and can be performed without a stage. Bray would like to see this troupe present Improv theater to groups throughout the county.

Bray is also interested in consulting with staff, teaching staff the skills to do Improv theater or directing groups herself.

In northern California Bray taught Psycho Drama and Improvisational theater in colleges, Mental Health Association groups, high schools, prisons and mental health facilities.

She is a member of AFTRA (American Federation of Television and Radio Artists) and has performed on weekly television programs including "Carries Corner," a puppet show for children; "Carrie and Friends" a weekly interview format program; a radio program "Women in Focus" and various educational, t.v. and video tape performances.

As an actress, Bray has appeared in productions of "Gypsy," "One Flew Over the Cuckoo's Nest," "Barefoot in the Park" and "Girl of the Golden West."

For further information about the program call Project Return at 629-1527 or Bray at 545-8134.



Director Carrie Bray taking the troupe through "Collage" where each player is given a character by the audience and by using fragments a composition results.

"Gentleman, Psychiatrist, Healer. The Mental Health Association in Los Angeles County honors Dr. Judd Marmor for a life devoted to serving the mentally ill and training those who will serve in the future."



Award recipient Dr. Judd Marmor, Dr. Katharine Marmor and their son, Dr. Michael Marmor (l-r).



MHA Vice President Jural Rhee and Mrs. Rhee.

MHA SUPPORTERS JOIN IN TRIBUTE

On Sunday, June 6, 1982, in the Grand Ballroom of the Beverly Wilshire Hotel, the second annual benefit testimonial dinner dance brought friends of Dr. Judd Marmor and of the Mental Health Association in Los Angeles County (MHA) together for an evening of dining and dancing to the music of Nelson Riddle and his orchestra.

Supervisor Deane Dana made a special presentation to Dr. Marmor from the Los Angeles County Board of Supervisors.

Abigail Van Buren ("Dear Abby") presented the MHA Award to Dr. Marmor and said

he was one of the "experts" with whom she consults on occasion when writing her column.

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

Master of Ceremonies Bill Scott paid tribute to the honoree and MHA President Bill Thomas told of the work of the Mental Health Association.

Funds from the benefit will be used to provide a level of research needed in public policy and staff support for both MHA and the Coalition of mental health groups.

MHA in Los Angeles County is a private, non-profit, volunteer organization concerned with all aspects of mental health and mental illness. It is one of 850 chapters of a nationwide organization having more than one million members.



Dr. Helen Wolff, Mental Health Advisory Board member, and Payson Wolff.



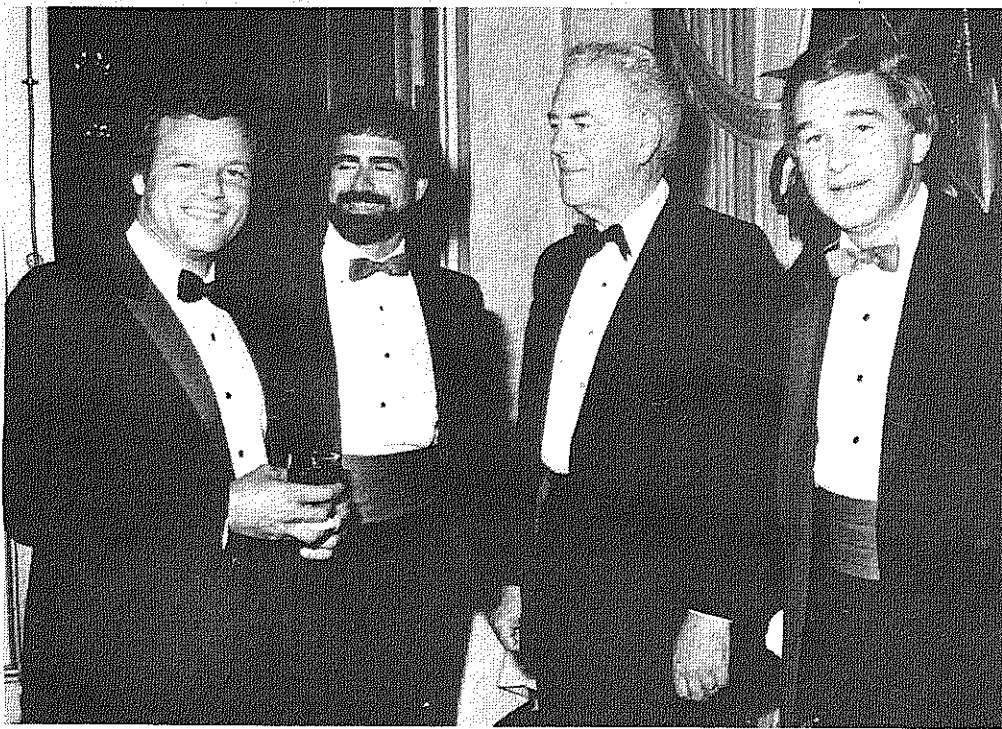
Dinner Chairperson Doris Foster.



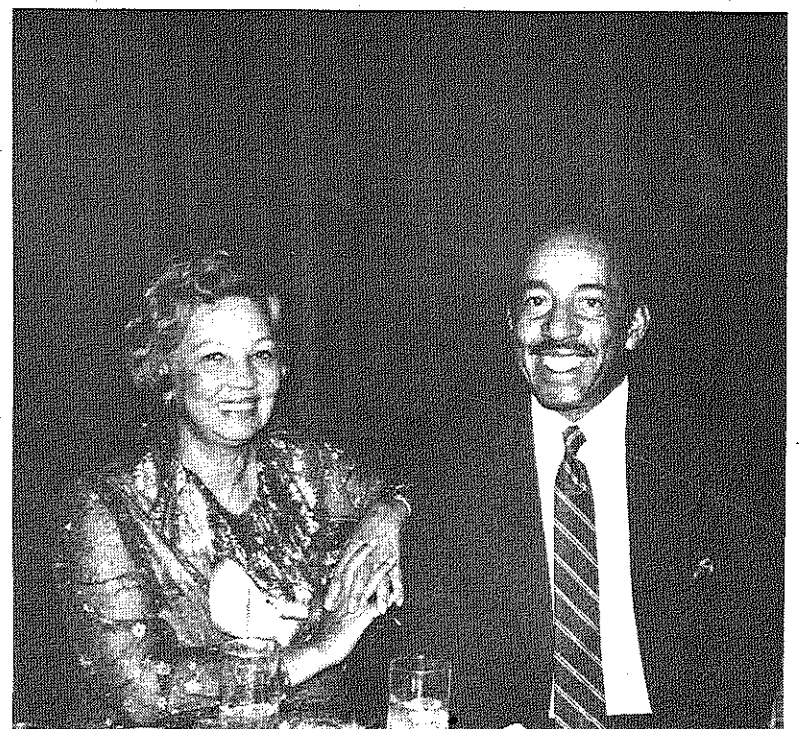
Dr. Robert Caraway, Margie Bulmer, MHA board member Bette Caraway, and Stanley Bulmer (l-r).



Don Richardson, Andrew O'Connor, Lois O'Connor and Lucille Sunde (l-r).



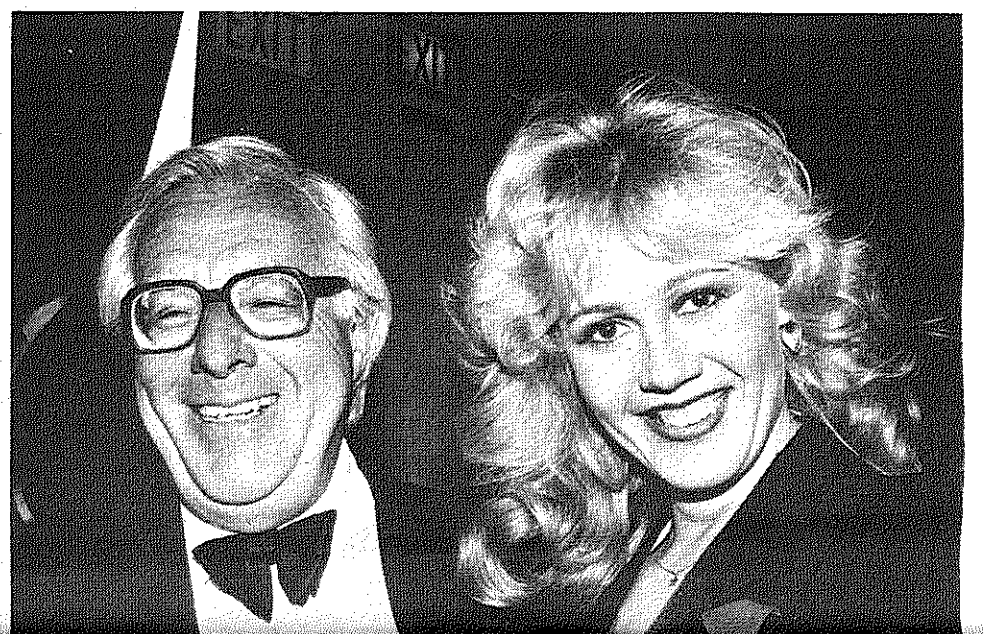
Bob Franco; Shad Meshad, MHA board member; band leader Nelson Riddle; and Mental Health Association in Los Angeles County President William Thomas (l-r)



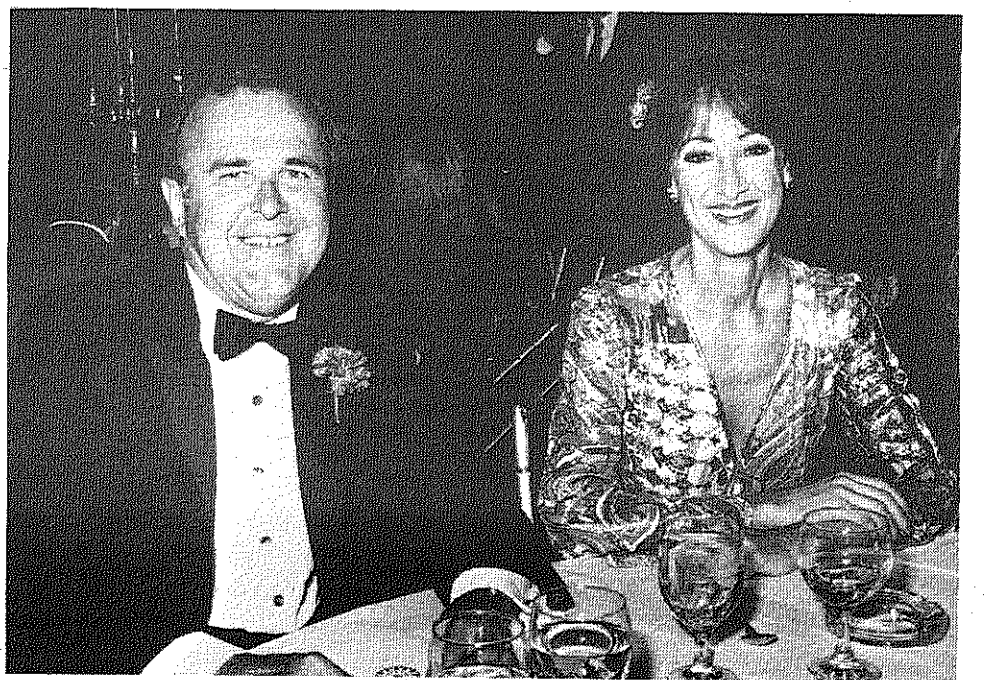
MHA Vice President James Crowder and Mrs. Crowder.



Abigail Van Buren ("Dear Abby") presents award to Dr. Marmor.



Honorary Chairperson and 1981 award recipient Ray Bradbury and actress Laura Banks, who appears in "Star Trek II: The Wrath of Khan."



Linda Price, vocalist with Nelson Riddle's orchestra, stops to talk with Supervisor Deane Dana.



Allan Rawland, Department of Mental Health San Gabriel Valley regional director, and Eileen Reeves.



Dr. J. Richard Elpers, director Los Angeles County Department of Mental Health, and Mrs. Elpers.

CONNECTIONS DRAWS CONNECTIONS SURVEY ANALYZED

by Greg Lecklitner
Connections Editorial Board Member

During the month of April we sent out a brief survey to 10 percent of our readership selected at random. The purpose of this survey was to collect reader opinion and suggestions regarding *Connections* so that future issues can be as responsive as possible to reader needs and interests. We also promised that we would share the results of the survey with the full *Connections* readership. We are pleased to take this opportunity to fulfill that promise by presenting a summary of the survey results.

More than 150 persons (representing approximately 1 percent of the *Connections* readership) completed and returned the survey. The distribution of respondents was as follows:

| | |
|-----|-----------------------------|
| 59% | Mental Health Professionals |
| 14% | Service Providers |
| 13% | Family/Friends |
| 10% | Volunteers |
| 2% | Consumers |
| 11% | Other |

(These figures total more than 100 percent because some respondents identified themselves as belonging to more than one category.)

About 75 percent of these readers reported that they shared *Connections* with one or more persons and that they regularly read all or selected articles appearing in the paper. Generalizing from these results it appears the average *Connections* reader is a mental health professional who reads the paper somewhat thoroughly and then passes it on to a friend or co-worker.

We are pleased to report that *Connections* received generally high marks from these readers. The overall quality ratings were as follows:

| | |
|-----|-----------|
| 27% | Excellent |
| 60% | Good |
| 12% | Fair |
| 1% | Poor |

More than 90 percent of those completing the survey found the paper to be of value to them. Many regarded the publication as a good source of up-to-date information relating to local mental health resources and issues. One reader, for example, reported that *Connections* "helps me focus on current issues and adds to my store of referral information. It decreases the sense of isolation and of voices crying in the wilderness." Another reader felt that the paper was "very informative about mental health programs, cutbacks, pioneer efforts and legislative matters."

We also asked readers to identify the three regular features of the publication that they generally

regarded as *most useful*. Responses on this issue broke down as follows:

| | |
|-----|---------------------------------------|
| 66% | Articles About Mental Health Programs |
| 53% | Legislative Analysis |
| 50% | Front Page News |
| 50% | Service Information |
| 39% | Calendar |
| 24% | Interviews |
| 15% | Essays |
| 9% | Letters to the Editor |

(Again, figures total more than 100 percent because readers selected more than one category.)

We learned that *Connections* does have an impact. It does appear to "make a difference." More than half of those responding to a question regarding the utility of the publication reported that it has helped them to formulate or clarify their opinions on mental health issues. Almost 30 percent indicated that they had attended an event or taken action because of something they read in *Connections*.

We received a great number of suggestions for subjects to be included in future issues. Some of those topics that seemed particularly intriguing to us included:

- Guidance for relatives of mental health care recipients
- Problems of cancer patients and their families
- Services for the elderly
- Mental health services for members of the county's Asian Pacific community
- Fundraising success stories
- New treatments for mental illness
- Identification of groups and organizations offering free or low-cost mental health care
- The consumer viewpoint
- Exploration of new ideals in human potential.

In addition to these proposals, we received a large number of very helpful ideas for ways to improve the paper. One reader, for example, suggested we "take a more investigative position" while another requested more in-depth articles. A service provider suggested that we include a job placement or classified section in *Connections*. One volunteer proposed that we incorporate more humor into the publication, adding that "mental health can be a depressing subject."

The staff and editorial board of *Connections* takes very seriously the guidance provided by this survey. We want to again express our gratitude to those who took time from their busy schedules to provide us with this information and assure all our readers that we will make every effort to be responsive to your criticisms and suggestions.

A complete copy of the Connections survey results may be viewed during business hours at the Mental Health Association in Los Angeles County office, 930 Georgia St., Los Angeles.



Allan Rawland, Los Angeles County, Department of Mental Health regional director; Herlinda Quintero-Jackson, R.N., M.P.A.; and John Key, project coordinator (l-r).

SAN GABRIEL VALLEY AFTER-HOURS PROGRAM RECEIVES LAW DAY HONOR

On May 20, 1981, the Los Angeles County Department of Mental Health San Gabriel Valley Region Mobile After-Hours Crisis Intervention Program was initiated as a six-week pilot program.

The purpose of the pilot program was to determine the feasibility of having staff on-call on weekends and between 7 p.m. and 8 a.m. on weekdays to handle calls as dispatched from the region's Crisis Evaluation Unit (CEU) at Metropolitan State Hospital.

More than a year later, the program is still in operation and recently received an award from a local San Gabriel Valley organization. It was one of the county's mental health programs submitted by the Board of Supervisors for consideration for an award from the National Association of Counties.

The San Gabriel Valley Human Relations Committee recognized the After-Hours Crisis Intervention Program as a law enforcement assistance program during its Law Day ceremonies on May 7. It was honored "in appreciation for exemplifying the highest standards of law enforcement and unselfish dedication to community service." The Human Relations Committee's recognition of the county program was the only award made to a program rather than an individual.

The program was submitted to the committee for consideration by Herlinda Quintero-Jackson, R.N., M.P.A. Until July 1, Quintero-Jackson was the project coordinator of the after-hours program.

"Obviously, I was proud (of the program)," she said. "I felt it was time it was highlighted."

As of July 1, John Key, Arcadia Mental Health District coordinator to the program, assumed the responsibility of project coordinator. Quintero-Jackson will remain involved in administrative and consulting capacities.

Regional staff belonging to the project are on-call for \$1 an hour on a rotating basis "to be dispatched from the Metro CEU to cases that need crisis intervention," said Allan Rawland, M.S.W., regional director. "We felt that if we could intervene in the field, we could avoid inappropriate hospitalization and inappropriate incarceration, and also do crisis intervention."

The project staff work in teams of two. The CEU, after receiving a call, contacts those on call, who first respond with a phone call and then go the scene when necessary. When on the scene, they provide crisis inter-

vention and evaluation. The majority of the calls received by the CEU are from law enforcement agencies and hospital emergency rooms.

This type of service was seen as a priority by the community during the 1980-81 planning process. Prior to implementation of the program, persons with psychiatric emergencies after-hours had to be brought to the CEU at Metropolitan State Hospital in Norwalk.

In addition to meeting a community need, the project also has fostered the relationship between law enforcement and the region.

"I think what's been established is more liaison. In the interfacing, there has been more collaboration," said Quintero-Jackson. "The field teams are working with the officers."

The teams made themselves available last fall to the Highway Patrol following the shooting of two officers on the San Bernardino Freeway, where one officer was killed. The mobile team was on stand-by to be called to the hospital to provide crisis intervention to the family or hospital staff, to provide consultation to the Highway Patrol as necessary and to provide services for officers who were reacting to the incident, according to Quintero-Jackson. Additionally, the staff attended the shift briefings at the Alhambra Police Department to discuss the after-hours program.

They were involved in consulting with a police officer during a suicide attempt last February. Key has consulted with hostage negotiation teams in hostage situations. The team also is available to the Red Cross in case of disaster.

Team members need to have knowledge of what alternative resources are available at night.

"During the day it's easier to get a hold of alternatives," said Quintero-Jackson. At night, there are not these lines. They (team members) use their own resources and contacts."

Team members are from all three districts in the San Gabriel Valley Region and one from Hollywood Mental Health. They are Chris Steinbaugh, David Romo, David Leslie, Tom Selby, Rick Sparks, Tom Bickal, Pamela Jones, Gloria Lara, Alfredo Larios, Joe Reiser, Ron Ramos, Melagras Dias and Max Nunez. Key is the Arcadia District coordinator, Bickal is the El Camino District coordinator and Larios is the coordinator of the La Puente District.

Rawland referred to the team members as "behavioral paramedics," and spoke of the commitment of the team members to the program.

"There's really not a lot of monetary incentive," he said. "There has to be a commitment."

For information, John Key, project coordinator, can be reached at Arcadia Mental Health, 445-4350.

BIKE TREK continued from page 1
\$100,000, and each rider expects to raise \$2,000-\$3,000 in pledges.

Nancy Baker represents the MHA in Los Angeles County. The 27-year-old Long Beach resident said that she is both "excited and scared" about the trek.

Baker described herself as having a "Pippin complex." She described the miscal character Pippin as someone who "likes to be different and do out of the ordinary things," words she said applied to herself as well.

Baker has never ridden in a bike trip of this length before, which is what she considered the "scary" part of the trek. Previously, her longest trip was from Los Angeles to San Francisco and back.

She is an experienced rider. She said she enjoys touring, which is where the riders carry their equipment in packs with them on trips.

"There's a difference between racing, touring and riding a bicycle on a Sunday afternoon," she said. "What I like to do is put my packs on and just go, for a weekend, a month or 80 days."

Among the other riders on the trip is a 15-year-old who is totally blind and is sharing a tandem bike with other riders.

For 1,200 miles of the trek, the bicyclists will be riding on dirt and gravel roads. They expect to encounter moose, grizzlies, black bears and other wildlife.

Interested persons in Los Angeles County may sponsor Baker. To do so, or to participate in the bike trip in other ways, contact the MHA Long Beach office at 591-7530.

BUDGET

continued from page 1
sions of the budget. The committee's decision goes back to both houses for the approval of the Assembly and Senate.

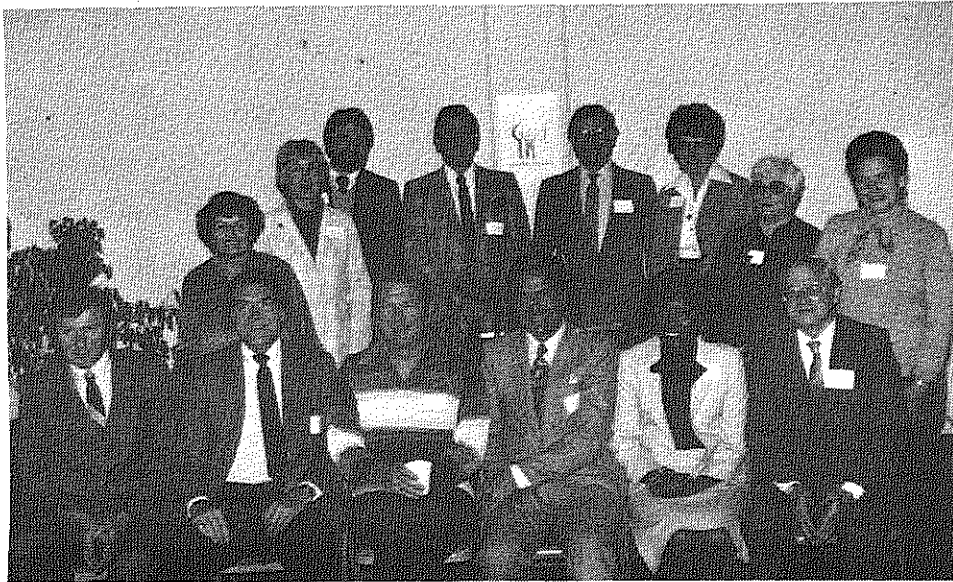
"We fought a good battle. We lost, and we in the Los Angeles County Department of Mental Health will do our utmost to make the most of what's left, recognizing that our services will be drastically reduced over the next year. We also have to figure out how to serve the mentally ill, medically indigent adults who are being transferred to county services with only 70 percent of the funds that were available for their treatment in the private sector," said Dr. J. R. Elpers, director of the Los Angeles County Department of Mental Health.

In the days preceding the committee vote, representatives from numerous mental health organizations and agencies waged a vigorous campaign to attain a fair share of the budget for mental health concerns. Members from the California Conference of Local Mental Health Directors; California Association, Families of the Mentally Disabled; Mental Health Association; Council of Community Mental Health Centers; Citizens Advisory Council; Organization of Mental Health Advisory Boards; and the Mental Health Coalition in Los Angeles County were in Sacramento contacting legislators in person.

Additionally, groups sent telegrams or mailgrams and contacted legislators by phone. Parents' organizations and their individual members, for example, sent more than 500 telegrams to Sacramento.

"It is extremely frustrating to walk the halls and talk with members of the legislature, to sense in the process that people understand the extreme plight of the mentally ill, and then when it comes to the vote, the mentally ill are in the same terrible last place they've always been," said Richard Van Horn, executive director of the Mental Health Association in Los Angeles County. "It seems the people that do care cannot break the leadership's efforts to cut."

The conference committee's action was scheduled to be voted upon by the legislature within a few days.



Officers of the Verdugo Mental Health Center Community Advisory Groups, along with board of directors President Gordon Yanz (seated, far left) and administrators of the center.

PEOPLE CONNECTION

CITIZENS WITH CLOUT HELP VERDUGO

Executive Director Wayne P. Jones, M.S.W., called them "ambassadors for mental health in their community."

Assistant Executive Director in charge of Volunteerism Karl E. Kniseley, D.D., spoke of them as "guardian angels who have stepped forward to be identified as willing to support mental health needs."

Both were speaking about the members of Verdugo Mental Health Center Citizens' Advisory Board (CAB), composed of five Community Advisory Groups (CAG). The members of these groups are community leaders who "advocate in the political arena" on behalf of the center, according to Jones.

"We want them to act as an advisory board to this center, to help us deal with issues of mental health service needs as we interrelate to the political process," said Jones. "We need people who are listened to in the community to help us."

"We ask them to talk to their legislators," he continued. "We want them to be communicators about mental health needs."

Because of the diversity of the area served by the mental health center, the CAB is made up of five advisory groups: Atwater, Burbank, Eagle Rock, Glendale and Foothills Advisory Groups. A total of 11 communities are represented in the five groups, with more than 100 persons serving in the groups. All have an interest in mental health.

"We serve three distinct communities — Burbank, Glendale and La Canada," Jones said. Atwater and Eagle Rock are part of Los Angeles, but they have a "long term community identity," said Jones.

According to its by-laws, the board meets twice a year. The Community Advisory Groups meet individually as well. They

also meet "on call around an issue that we bring to them," according to Jones.

Impetus for the advisory board came from the center's board of directors during a brain storming session where they focused on the continued funding reductions faced by the mental health system.

"The system we're talking about is a tax-based system. Tax dollars are voted upon by the assembly and senate," said Jones. "For the ultimate safety of the services we're lamenting, it has to boil down to the political process. Therefore, we wanted to see in place a system that can deal with the political process."

Once the need was identified, the next step was to "go to some of the most powerful people in town and talk about it," said Jones. They had four meetings with various leaders and influential persons in the community. The center's administrators found these persons to be receptive to this idea.

"What we found is that we've been keeping mental health in the closet," said Kniseley. "We got to know our leaders in the community."

According to Jones, the groups have "energized" the center.

"You feel sort of defeated and you go out to talk to these groups. They have different ways of looking at things," he said. "They know what they want in their community, and they will work for that. Thanks to the groups, we don't feel psychologically beaten down."

Formerly Glendale Guidance Clinic, Verdugo Mental Health Center has been in operation since 1957. It is a non-profit agency, a United Way member and receives Short-Doyle funds. Jones has been its executive director for 10 years.

CAFMD HOLDS BRIDGES OF HOPE CONFERENCE IN ANAHEIM

"Building Bridges of Hope" is the theme of the California Association, Families of the Mentally Disabled (CAFMD) summer conference.

Sponsored by the Friends and Relatives of Mentally Disabled of Orange County (FARMDOC), the conference opens Friday afternoon, July 16, and continues with an all-day session on Saturday, July 17. Conference location is the Quality Inn, 616 W. Convention Way, Anaheim.

"These conferences of CAFMD are our opportunity to gather new hope and strength from each other, and we plan that everyone will go home with a renewal of spirit," said FARMDOC's June Peterson, conference chairperson.

Friday's agenda includes workshops, a banquet and an open forum. A new group made up of siblings of mentally disabled persons is conducting one of the workshops. This group grew out of the April Advocates for the Mentally Ill (AMI) parents group meeting, where the topic of having a mentally ill brother or sister was discussed by a panel of siblings. C. Allen Braswell of Braswell Industries of Pomona is leading a workshop on assaultive behavior management.

Scheduled for Saturday is a panel discussion led by Susan Moushka of the California Department of Mental Health on the pilot program of the California Community Support System. This pilot program is a training program to involve the community in mental health and is funded through a National Institute of Mental Health grant. Panelists are representatives from the four counties involved in the program.

Speaking on Saturday are Lawrence D. Sporty, department of psychiatry vice-chairperson at the University of California, Irvine, School of Medicine and Larry Plon, M.D., pharmacist specialist in psychiatry.

Also appearing are the Riverside Client Players, an improvisational theater group from We-CAN (Client Advocacy Now) in Riverside.

CAFMD is an association of 42 affiliate groups from throughout California and has approximately 3,500 members. It is part of the National Alliance for the Mentally Ill (NAMI).

In Los Angeles County, the CAFMD affiliates are: AMI; Westside and Coastal Friends; Friends and Relatives, Redondo Beach; Families and Friends, San Fernando Valley; Relatives and Friends of the Mentally Disabled, Long Beach; Relatives and Friends of the Mentally Disabled, Norwalk; Relatives and Friends of the Mentally Disabled, San Gabriel Valley; Relatives and Friends of the Mentally Disabled, Montebello; and South Bay Relatives and Friends.

According to CAFMD by-laws, three conferences are held each year, with location alternating in the northern, central and southern parts of the state. The CAFMD winter conference was held in February in Ventura.

The fall conference is scheduled for October in Sacramento. Originally, the Anaheim conference was set for October, but the dates were changed to allow the organization to meet in Sacramento when the legislature is in session.

Preregistration for the summer conference is necessary. To register or for additional information about the conference, call Peterson at (714) 545-9078 or Marie Cummins at (714) 535-1897.

CALENDAR

RCLC

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

July 9

San Fernando/Antelope Valley Region RCLC meets at 10 a.m. at regional headquarters, 5077 Lankershim Blvd., Suite 400, North Hollywood.

Call 508-7800 for more information.

July 13

San Gabriel Valley Region RCLC meets at 7 p.m. at El Camino Mental Health Center, 11721 Telegraph Road, Santa Fe Springs.

Call 960-6411 for more information.

July 14

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

Call 533-3120 for more information.

July 15

Southeast Region RCLC meets at 1:30 p.m. at Compton Mental Health Center, 1600 E. Compton Blvd., Compton.

Call 603-7061 for more information.

July 21

Central Region RCLC meets at 7 p.m. at LAC/USC Medical Center Psychiatric Hospital, room 2C18, 1934 Hospital Place, Los Angeles.

Call 226-6424 for more information.

These meetings are open to the public.

July 2

Project Return: An Independence Day Pot Luck Dance Party for members of Project Return clubs will be held at 7 p.m. at Hollywood Mental Health Center, 4759 Hollywood Blvd., Hollywood. The party will feature a dance contest and refreshments provided by each club. Other interested persons are welcome to attend.

Project Return is a Mental Health Association in Los Angeles County federation of self-help clubs for recovering mentally ill adults.

Call 629-1527 for more information.

July 5, 19, 26

Help Anorexia: A self-help group for individuals with eating disorders will meet at 7 p.m. at the Federal Building, room 10124, 11000 Wilshire Blvd., Los Angeles. Family members are welcome to attend.

Call 558-0444 for more information.

July 6, 13, 20, 27

Forté Foundation: A free support group for victims of rape and attempted rape will meet every Tuesday at 7 p.m. at 17277 Ventura Blvd., Suite 201, Encino.

Call 788-6800 for more information.

July 6

Pasadena Counseling Group: A 12-week Women's Support Group will meet on Tuesdays, 1:30-3 p.m., at 711 E. Walnut St., Pasadena. Preregistration is required.

Call 795-7722 for more information.

July 6

San Fernando Valley Child Guidance Clinic: "Self-Esteem for Mothers," a 10-week workshop to help mothers develop self-esteem in themselves and their children, will be held 9:30-11 a.m. at the clinic, 9650 Zelzah Ave., Northridge. Fee is \$50.

Call 993-9311 for more information.

July 7

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

July 8

San Fernando Valley Child Guidance Clinic: An eight-week workshop on Confident Parenting, designed to teach parents with children between the ages of two and 10 parenting skills and techniques will be held at the clinic, 9650 Zelzah Ave., Northridge. Fee is \$40.

Call 993-9311 for more information.

July 8

Mental Health Association in Los Angeles County Children and Youth Committee: The committee will meet at noon at Para Los Niños, 845 E. Sixth St., Los Angeles. Topic of the meeting is "Skid Row Children." Tanya Tull will speak on the mental health needs of children in Skid Row and on services at Para Los Niños. All interested persons are invited to attend.

Call 629-1527 for more information.

July 9

Relatives and Friends of the Mentally Disabled in San Gabriel Valley: "Loneliness Can Be Hazardous to Your Health" will be the topic of the 7 p.m. meeting, during which a film about developing friendships and human relationships will be shown by Lucie James, San Gabriel Valley regional director of the Mental Health Association in Los Angeles County. It will be held at San Marino Community Church, 1750 Virginia Rd., San Marino. The group was formerly the Pasadena group.

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

July 10

Pasadena Counseling Group: A six-week Assertion Training Class for Women will be offered on Saturdays, 1-2:30 p.m., at 711 E. Walnut St., Pasadena. Preregistration is necessary.

Call 795-7722 for more information.

July 12

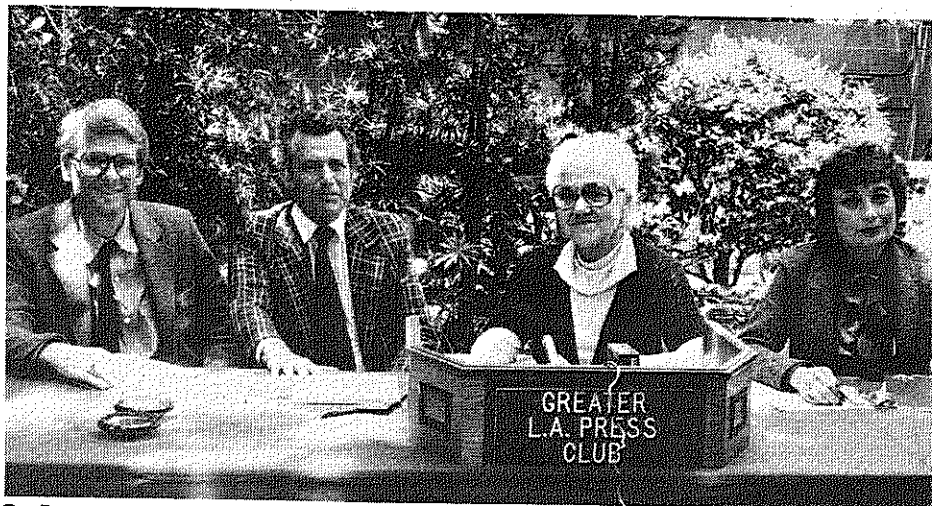
Help Anorexia: Becky Thom, M.F.C.C. will speak on "Dealing with Anger Constructively" at the family support group meeting, held at the Federal Building, room 10124, 11000 Wilshire Blvd., Los Angeles. The family support group will meet once a month.

Call 558-0444 for more information.

July 12

South Bay Board and Care Operators Group: The group will hold its third meeting at 7 p.m. at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 518-6873 for more information.



On June 3, the California State Psychological Association Task Force of Psychologists for Social Responsibility held a press conference on Nuclear Arms Escalation and Psychological Health, where participants read statements on the threat of nuclear war. At the press conference were Dr. Alan Malyon, who read the statement of Dr. Philip G. Zimbardo, president of the Western Psychological Association, who could not attend; Dr. Seymour Feshbach, chairperson of the UCLA Psychology Department; Dr. Bernice Zahm, chairperson of the Southern California chapter of the task force; and Dr. Mae Ziskin, association president, who spoke and read the statement of Dr. Jerry Clark, association president-elect, who also could not attend (l-r).

July 13

Relatives and Friends of the Mentally Disabled in Norwalk: Claudia Allen, occupational therapist at USC, will speak on "Limitations of Schizophrenics" at the 7 p.m. meeting, held at the Norwalk-La Mirada Unified School District administration building, 12820 S. Pioneer Blvd., Norwalk.

Call 864-4412 for more information.

July 15

Hollywood Human Services Project Mental Health Task Force: The topic of the noon task force meeting will be alcoholism: identifying general patterns of behavior. It will be held at Behavioral Health Services, 6753 Hollywood Blvd., #510, Hollywood.

Call 467-3605 for more information.

July 16-18

Southern California Psychoanalytic Society and Loyola Marymount University: "Loss, Mourning and Restitution," a three-day conference, will be held at Loyola Marymount University, Loyola Boulevard at West 80th St., Los Angeles.

Call 642-2757 for more information.

July 17

Alcoholism Center for Women: A "Monte Carlo Night" to benefit the center will begin at 7:30 p.m. at 1147 S. Alvarado St., Los Angeles.

Call 381-7805 for more information.

July 19

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

Call 518-6873 for more information.

July 21

Association for Mental Health Affiliation with Israel: The AMHAI Southern California chapter will present "Religion and Science as Important Themes in the Process of Psychotherapy," with speaker William Baumzweiger, M.D., and discussant Donald H. Naftulin, M.D. It will be held at 7 p.m. at Thaliens Community Mental Health Center, 8730 Alden Drive, Los Angeles. Continuing education credit is available, and RSVP is requested.

Call 769-4551 for more information.

July 22

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

July 23

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

Call 576-0784 for more information.

July 25

Parents Sharing Custody Inc.: Linda Berstein, M.F.C.C., will speak on "Exploring Joint Custody Lifestyles," at the 7 p.m. meeting, held at the Westwood Hills Congregational Church, 1989 Westwood Blvd., Westwood.

Call 345-4715 for more information.

July 28

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

Call Suzy Green, M.F.C.C., at 343-9105 for more information.

July 28

A Touch of Care Inc.: A free monthly Parents Skills Training Group, facilitated by Richard B. Cohen, M.F.C.C., will meet at 7 p.m. at 11552 W. Pico Blvd., West Los Angeles.

Call 473-6525 for more information.

July 31

UCLA Extension Department of Human Development: "Family Album: Young and Adult Children of Alcoholics," a workshop with instructor Claudia Black, M.S.W., will be held at Dodd Hall, UCLA. Preregistration is required.

Call 825-6701 for more information.

CONNECTIONS

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Executive Director: Richard Van Horn

"Include me in the fight against mental illness!"

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My special interest is: _____

My special skills are: _____

Mental Health action and effectiveness happens in direct proportion to your participation.

Name _____ Telephone—Work _____

—Home _____

Address _____

City _____ ZIP _____

TEAR OFF THIS PORTION AND MAIL TO:
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