

# CONNECTIONS

THE PUBLICATION OF THE MENTAL HEALTH ASSOCIATION IN LOS ANGELES COUNTY

FEBRUARY 1984

## *Proposed plan would repeal Short-Doyle Act, causes concern about standards of care*

### MENTAL HEALTH A TOP PRIORITY SAYS GOVERNOR

#### INTERVIEW:

#### **TOM ROSSEBO** Residential Care Facility Operator



"I think we've taken a bad rap; it's hard for people to understand the money, staff and overhead we deal with," says Tom Rossebo, director of Rossebo's Residential Care Home in Long Beach.

Now in his eighth year as director, Rossebo is naturally

*"Running a board and care is a matter of having your fingers in the dike all the time. Sometimes you don't have enough fingers."*

sensitive to the reports, many from the Little Hoover Commission report, of poorly run board and care homes. "It does happen; but you don't hear of the people we keep in our facilities pending SSI hearings (to prove eligibility for federal funding) or

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Governor George Deukmejian's proposed budget for 1984-85 outlined in a Jan. 10 address to a joint session of the legislature included a \$35 million increase in funding for local mental health needs and a major shift of control for program from the state to the counties.

In his state of the state address, Deukmejian set his priorities to include making California's mental hospitals number one in the nation with a five year program to improve the physical plant and a three year program to increase hospital staff by 632 positions. The hospitals, when accredited, should bring \$14.5 million additional Federal dollars to the General Fund.

The \$35 million increase in program money to the counties would be in the form of "Local Program Grants" (i.e. Block Grants) and would not require the current 10 percent match by counties.

It is the elimination of this 10 percent match of funds by counties that has the potential of wiping out any real dollar increase to programs if local boards of supervisors vote not to continue the 10 percent match.

While disappointed with parts of the administration's proposal, the Coalition has gone on record as wanting to help the governor achieve the goal of making California's mental health system number one in the nation. The Coalition has representatives from the various professional and constituency groups involved in mental health in Los Angeles County.

Because the proposed changes would repeal the Short-Doyle law, Assemblywoman Sunny Mojonier (R - San Diego) has introduced legislation to carry out the governor's plan. AB 2381 will substantially modify program requirements. It is in this arena the various constituency groups, including the Coalition hope to be heard.

For the Coalition, an area of concern is the fact that the Governor's plan shows no indication of a long range planning mandate for the state, with the exception of three- and five-year plans for state hospitals.

Richard Van Horn, Coalition

chairperson and executive director of the Mental Health Association in Los Angeles County (MHA), said, "We appreciate that the Governor has responded with a serious effort to build a decent, humane, mental health system. The problem is the state needs to give direction to the system. If the state turns over to the individual counties a creaking, injured, gapped system, I fear that it will be perpetuated," he said.

"The most encouraging thing that could happen is if proposed changes were to be taken into the Assembly Select Committee as a bipartisan legislative committee and integrate that work in an intentional way. It is a bipartisan issue," Van Horn said.

Other constituency groups expressing similar concerns are the California Mental Health Association Public Policy Committee, The Mental Health Contractors Association of Los Angeles County and parent groups.

The Conference of Local Mental Health Directors as a group is unlikely to take a position because the members report directly to local boards of supervisors.

Dr. Susan Mandel, president of the Mental Health Contractors Association of Los Angeles County and executive director of Pasadena Guidance Clinic, said of the plan, "We recognize and appreciate what the Governor has done in his budget to add \$35 million to

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**DIAL  
A CLASS  
PG. 2**

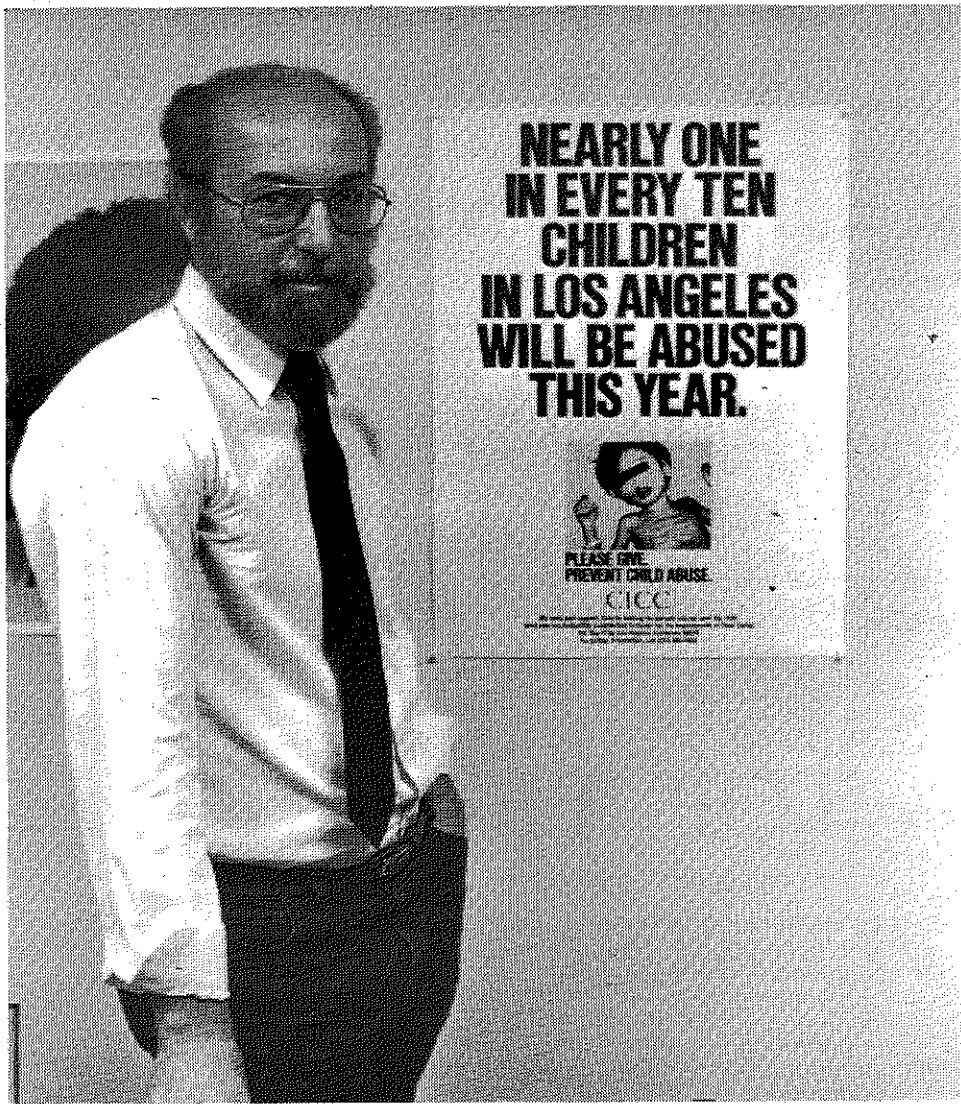
**A PLACE  
TO GO  
PG. 4-5**

**HOME  
AT LAST  
PG. 7**

**MHAC Benefit  
honoring Dr. Jerry Buss  
Feb. 23, 8 p.m.  
Beverly Hilton Hotel  
Grand Ballroom  
Tickets: \$250  
Call (213) 629-1527  
(See story page 3)**

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CICC executive director Kerby Alvy, Ph.D.

## BEST WAY TO HELP KIDS IS HELP PARENTS

Parent education classes are a key component of a community child abuse prevention program, according to child psychologist Kerby T. Alvy, Ph.D.

Additionally, Alvy said, parent education is considered by the National Institute of Mental Health to be the number one service to promote the healthy development of children.

"You want to educate the public about the benefits of this highly valued service. Then you want to make it easy to connect people to parenting classes in their community," Alvy said.

Alvy is founder and executive director of the Center for the Improvement of Child Caring, Inc. (CICC), a non-profit service, training and research organization. Late last October CICC initiated Parenting Info Service, a central source for information and referrals for all parenting classes in Los Angeles County. It is "designed to serve as a link between those who are looking for parenting classes and the agencies and individuals who sponsor and conduct the classes."

The Parenting Info Service has three components. In addition to providing information on parenting classes, it furnishes information on child abuse treatment programs to court referrals and also on child care resource centers.

Agencies and organizations listing classes with CICC must complete the detailed information form, containing information such as geographic area, time and days, bilingual capability, fees, instructor qualifications, and class and participant characteristics.

A brief phone interview is conducted with persons calling for classes to match them with classes meeting their needs and in their area. There is no fee for this service.

Nor is there now a fee for agencies and organizations listing classes. The CICC board has determined that private practitioners wishing to list classes will undergo some credential review and pay a listing fee.

The service now contains more than 250 classes, and "in about three months' time, as we get more connected with agencies, hospitals and school districts, we'll have twice as many," Alvy said. "What we want them to do when they're thinking about putting on a class is to send us the information." He said that a lot of classes "are going underutilized because people don't know about them."

Accompanying the introduction of this service is a media campaign, because "this is a service that can be conceived of as a child abuse prevention service, but you don't want to project this to the public," because of a reluctance to admit to a problem with child abuse, Alvy said. "We want to encourage people to call, and it

would discourage them if they associated this with having to do with child abuse."

"We want people to call us before things are in really bad shape with their kids," he said. One of the media spots carries the theme, "before little problems become big problems."

Alvy said the service's overall goals of "a reduction of the abuse and neglect of children, an increase in the enjoyment of family life and a healthier next generation" exemplify the goals of CICC, founded 10 years ago by Alvy.

"The mental health field has mainly been a reactive movement. You do something after people need it," said Alvy. "What I decided a decade ago was that some institution must have as its purpose the prevention of human suffering. Prevention is too important to be a secondary concept."

"We made a decision that the best way to help kids is to focus on the people who take care of them. Let's focus on the care givers and provide them with the best education, training and support that is possible," Alvy said. CICC believes this is "the best way to prevent child abuse and neglect and to promote the healthy development of children."

CICC's definition of "care giver" is broad and encompasses not only parents, but also teachers, child care workers, professionals, family law attorney, judges and school boards.

The organization has parenting classes of its own, and in one year presented 30 different programs throughout the county. Classes are offered three ways: as fee-for-program classes, by contracting with an organization to present a program for its employees, or when classes are underwritten by a foundation or corporation. These "are the ones we put on in poverty communities," Alvy said.

CICC developed an Instructor Training Program, an NIMH-funded national model for training mental health, social services and education personnel to deliver parent training services. Through this program, 150 people from more than 100 different agencies were trained.

Being evaluated by the center is an experimental Parent as a Teacher program, done with Lennox Schools. For newly immigrated Hispanic parents, the program "focuses on positive approaches to discipline and how to focus on education development in school," according to Alvy.

Alvy described CICC's main value: "Children are human beings and as human beings they have rights." Second, he said, "People who care for children have the right to receive the best education, care and support." This is CICC's mandate.

CICC's Parenting Info Service number for persons looking for classes and for organizations with classes to list is (818) 980-0903.

## NATIONAL SYMPOSIA SERIES COVERS FINANCING MENTAL HEALTH SERVICES

"The Financing of Mental Health Services: Public and Private Sector Perspectives" is a series of symposia on the most efficient and effective ways for financing mental health services to be presented in various locations across the country from February through May.

Locally, the symposium will be held April 16 to 17 at the Sheraton Anaheim, Anaheim.

Each program will contain core topics with additional topics chosen by each regional planning committee. Core topics include "Trends in Health Care Financing and Their Implications for Mental Health," "Reaching Consensus: The Problems of Public, Private and Organizational Relationships," "Government Funding Programs: Where Are They Going?" and "Searching for the Common Ground Among Provider Groups."

Sponsoring the symposia are the Office of State and Community Liaison—National Institute of Mental

Health and the Association of Mental Health Administrators.

Co-sponsors are the American Association on Mental Deficiency, American Nurses' Association, American Psychiatric Association, American Psychological Association, National Alliance for the Mentally Ill, National Association of Counties, National Association of Private Psychiatric Hospitals, National Association of Social Workers, National Association of State Mental Health Program Directors, National Council of Community Mental Health Centers and National Mental Health Association. Management and coordination is by Southwest Associates.

Registration fees are \$85 or \$50 for AMHA members and \$60 for members of co-sponsoring organizations.

For registration and information, write to Southwest Associates, 155 E. Broad St., Columbus, OH 43215 or call (614) 224-2022.

## PUERTO ESPERANZA CRISIS PROGRAM ENCOURAGES SELF-RESPONSIBILITY

Puerto Esperanza, a six-bed residential crisis program in Highland Park, has changed from a crisis transitional service with a 60-day length of stay to an acute crisis program with a 14-day length of stay.

The new acute crisis program at Puerto Esperanza (port of hope) "will provide a structured in-house treatment program with an emphasis on psychiatric stabilization and early discharge planning to the next level of care," said Cecil Hoffman, director of Community Counseling Service (CCS), which operates the program.

CCS's two residential programs (the other is the 10-bed Compass House) are funded by the county Department of Mental Health and state Short-Doyle monies.

Says Hoffman, "They operate under the psychosocial rehabilitation model of small, structured therapeutic environments where clients can learn by interaction with one another, with staff and with the surrounding community."

In this "more normal" setting clients are encouraged to exercise self-

responsibility and move toward independence. "The emphasis is on high support, high expectation, low dependency and minimal reliance on medications," says Hoffman.

Clients help plan their treatment program at Puerto Esperanza and take responsibility for the running of the house. Families or friends of clients also join in the treatment program and consult with the counselor and client. The staff is bilingual.

Says Hoffman, "Treatment once given only in large hospitals can be provided at approximately half the cost in a smaller, community-based setting. And there is increased evidence that this alternative is less costly but more effective."

CCS is a private, non-profit, state-licensed community mental health agency near USC. It offers psychological and social rehabilitation services in central Los Angeles, with special focus on the south central area.

For further information on CCS's crisis houses contact Community Counseling Service, 817 W. 34th Street, Los Angeles, CA 90007, (213) 746-5260.

## PRIVATE CONTRACTORS WILL MEET, DISCUSS ISSUES, OFFER WORKSHOPS

Private contractors from throughout the state will meet on Friday, March 2, from 10 a.m. to 4 p.m. at Holiday Inn Embarcadero Hotel in San Diego.

The Mental Health Contractors Association of Los Angeles County is sponsoring this conference for non-profit, private providers of mental health services to counties.

"There is no comparable voice in the state organized for mental health service providers," said Dr. Susan Mandel, chairperson of the Los Angeles County group and executive director of Pasadena Guidance Clinics.

The conference will offer workshops and technical assistance and will cover many issues concern-

ing cash flow problems, rate caps and collateral services, among others.

The Mental Health Contractors Association of Los Angeles County has 27 member agencies, all having contracts with Los Angeles County Department of Mental Health to provide services. The group meets monthly, on the second Wednesday, at 9:30 a.m. at Childrens Home Society, Fourth and Bixel, Los Angeles.

The group works on community mental health issues, including block grants, and it has an active children and youth committee.

For more information about the San Diego conference, call Mandel at (818) 795-8471.

## CONNECTIONS THANKS YOU

Through many generous contributions to Connections; the membership campaign of the Mental Health Association in Los Angeles County; and grants from United Way, ARCO and Bullocks, Connections will continue to publish. We thank all who offered

their donations to MHA and to Connections. We regret that due to space limitations, we are unable to list our donors. Again, we appreciate your support. Connections has almost reached its goal. We couldn't have done it without you.



Anne S. Murphy and Barbara Prober (l-r), MHAC benefit working chairpersons representing Los Angeles County.

## MHAC BENEFIT HONORS JERRY BUSS FOR HIS 'HUMANITARIAN SPIRIT'

Dr. Jerry Buss will be honored this month by the Mental Health Association in California (MHAC) at a benefit dinner on Feb. 23.

The black-tie event will begin at 8 p.m. in the Beverly Hilton Hotel's Grand Ballroom. Table hosts and a guest will be invited to a private pre-dinner reception at Pickfair.

Honorary chairpersons for the dinner are President Gerald and Betty Ford. Author Ray Bradbury will be master of ceremonies. Bradbury received the Mental Health Association in Los Angeles County award at a testimonial dinner in 1981.

Millionaire real-estate businessman Buss is owner of the Los Angeles Lakers basketball team and Los Angeles Kings hockey team. He owns the Forum sports arena in Inglewood and Pickfair, the home built by and named for film stars Mary Pickford and Douglas Fairbanks. Buss has a doctorate degree in chemistry from the University of Southern California.

"We are honoring Jerry Buss for his numerous charitable acts that have never been brought to public attention and for his humanitarian spirit as it relates to community needs," said Bill Thomas, MHAC president.

Buss has supported programs such as the Big Brothers and Big Sisters organizations, the United Negro College Fund, "Save our Sports" high school athletic fund-raising campaign, and neighborhood health clinics and services. He has endowed a fellowship in chemistry at USC in the name of his doctoral professor, Dr. Sidney Benson. He has offered the use of the Forum to MHAC for a fund-raising event.

As part of the benefit's ceremonies, Buss will be presented with a bronze bust of himself. Singer Joyce Vincent Wilson and illusionist Pendragon will provide entertainment. Among those paying tribute to Buss will be his USC doctoral professor. A special drawing conducted by Playboy bunnies will include prizes of a trip to China and one to Acapulco.

Chairpersons are Mr. and Mrs. Robert H. Waterman Jr. Robert Waterman is the author of the best selling book, *In Search of Excellence*.

MHA in Los Angeles County board members Barbara Prober and Anne Murphy are working chairpersons representing the Los Angeles County chapter. Sally Mishkind, MHAC past-

president, is statewide working chairperson.

Dinner committee members include Frank Mariani, Buss' business partner; William Kieschnick, Atlantic Richfield Co. president; Stephen Dart, Dart Industries; Jerry Long, Ogden Foods; Hershey and Nan Gold; Vince Cannon, personal manager; Morgan Mason, Rogers and Cowan vice presi-



Dr. Jerry Buss

dent; Jerry and Anne Murphy, Early California Industries; and Dallas Talley, Quantel Computers.

This is MHAC's first benefit dinner. Last year, MHA in Los Angeles County honored philanthropist Seniel Ostrow, and psychiatrist Judd Marmor, M.D., was recognized in 1982. Bradbury was the first person honored by the local chapter.

Mental Health Association in California is a statewide organization with 23 chapters, including MHA in Los Angeles County. Nationally, there are more than 850 chapters of the National Mental Health Association.

The goals of the Mental Health Association are to promote mental health, prevent mental illness and work for the improved care and treatment of persons suffering from mental illness.

Proceeds from the dinner will benefit MHAC. Tickets for the event are \$250 or \$2500 for a table. For additional information, call (213) 629-1527.

## CENTRAL CITY CONTINUES SERVICES UNDER CHAPTER 11 REORGANIZATION

Central City Community Mental Health Center is continuing to provide services in South Central Los Angeles.

Last October, the center filed to reorganize under Chapter 11 of the United States Bankruptcy Code.

In December, the Los Angeles County Board of Supervisors decided to keep funding five Central City contracts for satellite programs the board had been planning to discontinue. As of January, these are funded on a month-to-month basis, with review by an auditor, "since the issues are now almost predominantly fiscal rather than programmatic," according to Central City's new executive director, James Bush, D.S.W.

"We appeared before the board and presented information we thought they did not have and got a set of statements from the auditor about what they wanted done," Bush said. Also delivered to the board was a petition containing 7,000 signatures in support of the center and for continued county funding.

"The county has listed out a series of nine items they wish us to correct. Almost all of those are fiscal. With completion of those and reorganization, I think month-to-month (funding) should dissipate," said Bush. The center then hopes to return to a regular funding basis.

Central City, the nation's largest Black owned, interracial operated mental health facility, currently is funded primarily through state and county contracts. The center is also a United Way agency and has been on contingency status with United Way, pending certain changes.

Filing for reorganization "brought us under the jurisdiction and protection of the federal courts. It simply ensures that you can continue operation and gives you a temporary reprieve from paying outstanding obligations for which you don't have money and prevents you from being sued for those monies," said Bush. "All you have to do is maintain ongoing obligations while reorganizing and develop a plan to repay in the future based on the ability to do so. The court monitors you in terms of expenditures."

When Central City filed Chapter 11, it had debts of \$2 million. Fiscal books had not been kept current, which "we've adjusted and balanced," said Bush.

The center has been beset with accusations of fraud, yet none of the audits conducted "have turned up fraud or malfeasance," said Bush.

The center has had to combat "widespread misunderstanding of the difference in Chapter 11 and Chapters 7 and 13 (of the Bankruptcy Code). It's insolvency vs. reorganization. Everybody's talking insolvency; we're talking reorganization. Chapter 11 is predicated on the fact that you can continue if some protection is offered to you in the interim," said Bush.

Reorganization has included the hiring of Bush as the agency's permanent director. He is the fifth director, permanent or interim, in three years. Bush, who joined Central City the last

week of September, is a former county employee with 24 years service, primarily with the Departments of Public Social Service and Mental Health. He started with Central City as a volunteer when the center was forming.

The Central City board of directors is also being reorganized. The budget has been balanced, "so we don't spend more than we take in," said Bush.

"We have begun to increase the agency's income through fundraising and we are meeting all contract conditions and are in the process now of developing a plan of repaying all obligations that have been given a reprieve," said Bush.

The Central City staff has been reduced. About 50 persons were laid off at all levels, about 90 percent in support services, rather than direct services. All middle management was eliminated.

According to Bush, "probably our most unaffected area has been our service delivery."

Central City's mental health services are child and adult outpatient treatment, child and adult acute inpatient hospitalization, adult day treatment, adult socialization, adult transitional services, alcoholism services, drug abuse services, treatment of youthful offenders and community consultation and education. Its health and health-related services are perinatal support project, high-risk infant follow-up, family planning, teen advocacy and adolescent pregnancy prevention.

"We are the only place in the region where you can get all those services. We have probably the most comprehensive mental health service there is," Bush said.

"The only other inpatient service in the region is Augustus Hawkins (Mental Health Center). After that it is Metropolitan (State Hospital) and Camarillo (State Hospital), but that is really far away," he said.

"We are strongly dependent on Central City for children's inpatient services and adult inpatient services. The region needs those services," said Gloria Nabrit, executive director of Kedren Community Mental Health Center, another private mental health center in the Southeast Region.

"It has one of the largest and most successful substance abuse programs in the country, and there is always a waiting list," she said. "The service has a low recidivism rate."

"There is also a need for its transitional house. There is one in Central Region funded by Southeast Region, but we need the one located in the Southeast Region."

"It is critical that we have mental health services in that part of the region," said Dr. J.R. Elpers, Los Angeles County Department of Mental Health director, "and should Central City not be able to survive, those services will remain, either through (private) contract or doing it ourselves. I'm concerned that we keep services in the area."

## '1984: HEALTH CARE IN CRISIS' THEME AS PSYCHOLOGIST MEET

"Health care delivery is in a state of crisis, and mental health care delivery is in perilous straits," said new California State Psychological Association (CSPA) President Rogers Wright, Ph.D.

"1984: Health Care in Crisis" is the theme for the CSPA's annual convention, to be held from Thursday, Feb. 23, through Sunday, Feb. 26, at the Registry Hotel, 18800 MacArthur Blvd., Irvine.

The convention will address economic, legislative and judicial factors of the "crisis," Wright said.

State Assembly Speaker Willie Brown will be the keynote speaker at Saturday's luncheon. The convention will include presentations on the latest innovations in health care delivery, workshops, symposia, job placement and discussion of professional concerns.

Persons interested in attending the conference may obtain registration information by contacting CSPA at (213) 478-5039. On-site registration is also available.



Susan Ronec and John Siegel

## STAFF PHILOSOPHY IS SELF HELP

When the Project Return Center opens in Santa Monica this year, two Mental Health Association (MHA) staff members will be in charge of its programs and services.

The duo charged with designing and carrying out the programs, which will include a product line business and vocational training, is John Siegel, director of community support services and Susan Ronec Dempsay, program director.

Both have worked extensively with the mentally ill, through experiences with their own families, with other families of the mentally ill and with the Project Return program.

Siegel, with a master's degree in rehabilitation counseling, was introduced to the MHA by Rhoda Zusman who convinced Siegel to attend an MHA Westside District Counsel meeting. The two later co-founded Project Return.

"That council's purpose was to plan a psychosocial rehabilitation center, modeled after Fountain House in New York City," said Siegel.

Nearly eight years since the initial planning the center is becoming a reality with major parent group support from the Westside and Coastal Friends and the Alliance for the Mentally Ill—Los Angeles.

"We are trying to bridge the difference between the various needs of professionals, members and families. We want to find a common base to work from to build a support system that offers each group enough of the things they need," said Siegel.

"From its inception, family members have been seen as a necessary partner in forming a permanent base for Project Return in the community," said Siegel. "The idea of having parents integrally involved in planning and development of the center has been a founding principle. Therefore it is a natural progression to have Susan become program director."

Ronec-Dempsay has been active in parent support groups for about four years, since her son was diagnosed as schizophrenic. "In my search for answers to many questions I found family support groups, the Mental Health Association, the county Department of Mental Health and literature a beginning, but certainly not the answer," she said.

"I have accepted the challenge to devote my energies to helping improve the quality of life for those suffering from schizophrenia and manic depression," said Ronec-Dempsay. She holds a bachelor's degree in psychology from Antioch University and is working on a master's program in social welfare.

Said Siegel, "The idea is to take what members are doing in the clubs (there are currently 36 clubs with an emphasis on planning activities rather than discussing problems) and expand

it so it's done on a daily basis rather than weekly.

"For a majority of members, working fulltime is difficult, but working part time is not. Many now in Project Return volunteer and are paid for the work they do," he said.

Ronec-Dempsay sees the center as "a new beginning and home; a safe supportive environment that will allow each member to progress at his or her own speed."

"We will offer socialization, education and vocational training that can prepare each participant to re-enter society as contributing, productive individuals," she said.

According to Siegel, the emphasis however is not on training members and pushing them out into the competitive work force.

"Getting people back to work is a myth we've sold ourselves—that everyone can or must be independent. We can't make people go through the mental health system independently and cure mental illness. I don't see that as a reality," he said.

"We have people who are searching for stability in their lives," he said. "Who cares if they cannot handle full-time work? We can encourage other areas that make life worthwhile."

Besides offering education and "a place to go", the Project Return Center will also work to improve the quality of life for members who use it.

"Those who have suffered serious emotional problems have had their lives set back dramatically. Society's ignorance in understanding mental illness makes them fearful of interacting with this population," she said.

A former member of the MHA board of directors, Ronec-Dempsay served on the executive committee and the Community Support Services Program (CSSP) for Los Angeles. She is also active in the Alliance for the Mentally Ill (AMI), a countywide coalition of family support groups, and serves as president of Westside and Coastal Friends.

"I am looking forward to the challenge of the Project Return Center," said Ronec-Dempsay. "There is a tremendous lack of community services for the recovering client and this has caused a great deal of anger and frustration among both clients and families."

"I believe we can redirect our unproductive energy to making the center a viable, important vehicle for raising the quality of life for all those currently suffering from emotional problems that effect their daily lives," she said.

Said Siegel, "It is the Project Return philosophy to involve members in all aspects of the program; now, with the addition of family members with professionals, we feel that the program developed can meet the needs of the people it is designed to serve."

## 'PEOPLE HELPING PEOPLE' TO BE

Funds from Times Mirror Corporation and continued contributions from parents groups, along with private donations, will enable Mental Health Association in Los Angeles County (MHA) to open Project Return Center.

Designed after the Fountain House model, Project Return Center will combine vocational, educational and socialization programs and will be open to members seven days a week.

Proposed site for the center, pending signing of a lease and city approval of plans, will be a large, five-year-old building located at 1328 Second St., Santa Monica. The center has a planned opening date of June 1984.

Project Return is an MHA program of 36 self-help clubs throughout Los Angeles County for recovering mentally ill adults.

"One of the things the center will do will be to provide opportunities to some of the severely mentally ill who are not presently able to take advantage of what few other facilities or opportunities are available. The center will actively reach out to them. They will participate in a program at their own level where they won't feel threatened," said Don Carlisle, member of the Project Return organizing committee and founder and past president of Westside and Coastal Friends parents group. Carlisle is a UCLA professor of geology and a long time Santa Monica resident.

"We think the center will have a strong rehabilitation and education orientation," said Carlisle. "The rehabilitation process is in itself an established mode of treatment. In rehabilitation, the members are actually doing things. It builds self-esteem

and allows them to socialize."

According to Carlisle, the center will have minimal paid staff, with Program Director Susan Ronec-Dempsay and MHA Director of Community Support Services John Siegel. The center will have graduate students interns from the University of California at Los Angeles and California State University, Long Beach and also volunteers from parents groups and from the community.

There will be part-time positions for members, "encouraging them to sharpen their skills in the safe, supportive environment of the center and then branching out to return to the community," said Ronec-Dempsay.

Initial plans for the center include the development of two businesses, possibly a clothing boutique, along with a thrift shop for members, and a food establishment. Such businesses will provide job training for the members, a focus of the center. This was, in fact, a major consideration in the selection of the site. It is close to public transportation, next to a movie theater and in Santa Monica's business district.

Scheduled for the second phase is major renovation of the building. This will add a kitchen and dining area, a lounge, and meeting and class space. Also planned are a job club and transitional employment program.

"The members are excited about the center because they see it as an opportunity for jobs," Siegel said. "A lot of parents are interested because they see it as an opportunity for their family member."

Also interested in the center, Siegel said, are residential care facility operators in Santa Monica, "because

### WHAT IS MHA

The Mental Health Association in Los Angeles County (MHA), is a non-profit United Way health partner, the umbrella for the diverse interests in the mental health field. MHA links parents and friends of the mentally ill, other citizen advocates, public employees and the private sector, patients and thousands of professionals.

MHA is one of 850 chapters of the National Mental Health Association. In addition to Project Return, MHA programs are:

Connections: the only newspaper in Los Angeles County devoted to mental health issues and concerns reaches 18,000 people.

Advocacy: as citizen volunteers MHA monitors legislative issues in Sacramento on behalf of those who cannot always fight on their own behalf.

Youth Award Project: provides participation in mental health education and prevention programs for adolescents in school districts across Los Angeles County.

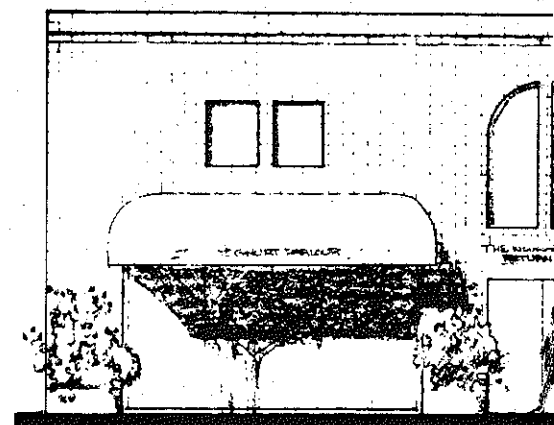
Residential Care Project: MHA volunteers work directly with residents of board and care facilities, helping them build a bridge back to the community.

Gifts for Giving Program: collects donated gifts for residents of hospitals and local board and care facilities and their families at holiday time.

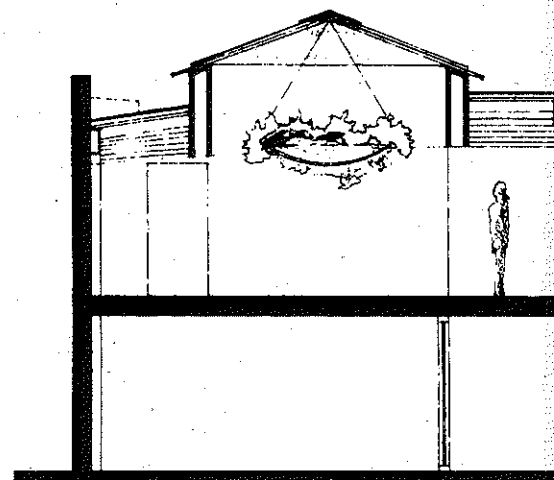
Hospital Visitation Program: MHA volunteer teams monitor local, state and county psychiatric facilities, assessing patient care, physical environment and programs.

MHA has staff and regional offices in the San Gabriel Valley Region, San Fernando Valley Region, Coastal Region and Central/Southeast Region in order to serve the entire county.

MHA's central office is located at 930 Georgia St., Los Angeles, CA 90015. Its phone number is (213) 629-1527.



### FRONT ELEVATION



Rendering of the proposed Project Return Center, Horn, MHA executive director, said, "We are excited working hard to sign a lease that will gain city approval. We will still open a center in Santa Monica. The

# IN MHA PROJECT RETURN CENTER

they see this as an activity center where they can bring their residents to enrich their lives."

Another of the center's programs will be an outreach program to help families with a mental health crisis by providing referrals about community resources and the center's services.

Social activities and classes will be offered at the center, with members taking part in all decision making, according to Ronec-Dempsay.

"The individuals themselves will create the program by choosing the types of classes and activities that fit their needs," she said. "There will be support and supervision, but the important thing is this will be their center."

The center will serve as a meeting place for Project Return clubs; the Federation, with representatives from each club; and the Project Return Players improvisational theater group.

It is estimated that between 25 and 50 members will be involved at the center each day. The program will be "open-ended—no time limit—with a few rules and regulations as possible, but with structure and choices," said Ronec-Dempsay.

"It will be a supportive environment, allowing members to develop at their own pace, moving in and out of the program as their needs dictate," she said.

"The only requirements for entrance," she said, "will be they need to be presentable, and we'll help them with that, and they will have to be willing to give some effort to change their situation."

"There won't be forms to fill out. One reason we're doing this through private donations is so we can keep

paper work down to a minimum. Because of this, we need all the support we can get—money and volunteers."

Primary funding for the center is \$150,000 from Times Mirror Corporation; \$50,000 from Westside and Coastal Friends and Alliance for the Mentally Ill-Los Angeles parent groups and \$26,000 from one family.

The parents groups have long supported this project, beginning with a \$2,000 check from one parent. In addition to contributions and pledges, the groups have put on fundraising activities such as a rummage sale, fashion show and theater nights.

The idea for this type of center on the Westside pre-exists Project Return. Project Return co-founders Siegel and Rhoda Zusman originally wanted to start a center, but resources were not available.

"After Project Return was started, there still was a lot missing," Siegel said. "With clubs meeting once a week, members still didn't have a place to go every day."

The local volunteer organizing committee was assembled in 1982. In addition to Carlisle, volunteer members are Kay Bowen, Betty Klein, Maurice Kravitz, Anne S. Murphy, Don Richardson, Ronec-Dempsay, Julie Siegel, Vania Tomeoni, Virginia Wardwell, Dan and Elaine Weisburd, Joanne Wexler and Phillip L. Williams, along with the Project Return Federation president and vice president and MHA staff Richard Van Horn and Siegel.

Siegel said it is the hope of Project Return to replicate the center in all regions of the county. To this effort, an organizing committee has been formed in the Long Beach area.

## WHAT IS FOUNTAIN HOUSE

The phrase "Fountain House model" has evolved into a definitive term in the self-help movement.

Fountain House is a recognized forerunner in psychosocial rehabilitation. Since it first opened its doors in New York City in 1948, Fountain House has been used as a pattern for more than 100 centers across the country, including Portals House in Los Angeles.

Fountain House is a non-profit psychiatric rehabilitation center. It is self-described as a "homelike clubhouse setting....attended each month by 1,000 individuals who, as members of a club, not as patients, participate in a comprehensive program of social and vocational rehabilitation."

A new addition to the list of programs utilizing the Fountain House model will be the Project Return Center in Santa Monica. John Siegel, director of community support services for Mental Health Association in Los Angeles County, discussed the Fountain House formula for success.

"It is a center where recovering mentally ill people can support, begin to get involved and re-enter the community," Siegel said.

Programs presented at Fountain House "offer opportunities people need to stay in the community," said Siegel. These include an apartment program, where members share an apartment while participating in Fountain House programs; a transitional employment program with commerce and industry; and a member-to-member tutoring program.

Fountain House is open every day of the year, and its hours extend into the evening. Individuals have life memberships; it is not a time-limited program.

As Siegel said, "They get the sense it's theirs, and we plan to create the same atmosphere at the Project Return Center in Santa Monica."



Project Return members Gail Greene, Ron Marshall, Ro Duron and Terry Parkhurst.

## MEMBERS MAKE CLUBS A SUCCESS

With its motto of "People Helping People Help Themselves," Project Return, now a federation of 36 self-help clubs in Los Angeles County, is a success because of its members.

In its four years of existence, Project Return has grown from an idea between two people to a network of support for the recovering mentally ill.

Members run the clubs on both the local and federation level and plan all the activities. These range from club pizza parties to last year's highly successful Walk-A-Thon through Santa Monica.

Larry Brownstein served as Project Return president for two years. "The organization has helped me with my character and it kept me busy. It was a great thrill to be president for two years and to accomplish the things we did while I was in office—especially the Walk-A-Thon," he said.

Mark Karmatz is the current president, the third since the program was founded. He is a member of the Beverlywood Club, Project Return's first club, at Beverlywood Aftercare Center.

"Project Return has gotten me busy; I'm in over my head. Being president is like having a full-time job," says Karmatz. "But I need the activity. Project Return gives me something to work with."

"I'm one who likes to fight for causes and Project Return gives me a vehicle that I can use to say that people who have been through the mental health system are just like everybody else."

"Sometimes I think we have a sensitivity that other people don't have," says Karmatz. "Maybe we need to awaken the public to some of the issues of people who have been through the mental health system."

The most visible and successful tool Project Return uses to teach the public about mental illness is the Project Return Players. Lead by actress and director Carrie Bray, the improvisational theater group has performed all over the state for a variety of groups.

A member of the performing troupe, Karmatz defines the experience as "a chance for members to express what it is like to live in mental hospitals, halfway houses and board and care homes. It is a way to teach the public."

Diana Wong is a member of the Blue Diamond Club that meets at the Asian Pacific Counseling Center. Project Return has been her "rehabilitation."

"I serve as a volunteer (in the Mental Health Association Los Angeles office) to keep my head together through difficult times," says Wong.

"Project Return has been my lifesaver in many ways and allowed me space to find myself. My mother said she's seen a person emerge in me and it's because of people helping each other. Before, I was heavily medicated and there was no chance

for me," she says.

When she was in the hospital the last time, her entire club called one evening to check her condition. "It made me so happy and grateful to belong. That belonging has really strengthened me. Reinforcement from each other is what Project Return offers," says Wong.

Others like Jean Dassance, also of the Beverlywood Club, have joined Project Return for other opportunities. She wanted a volunteer job.

"A friend suggested I talk with Andy Posner (first federation president) and he arranged a job for me," says Dassance. She worked at the Veterans Administration, typing, filing, collating and stuffing mail. She is now looking for part-time work as a file clerk.

"Project Return is different from other organizations I've been part of," says Dassance. "Maybe it's because we are doing the things ourselves."

"The activities are fun and planning them makes me feel independent. Being in Project Return makes me feel like I did before my breakdown, almost 'normal' if that's the right word."

Dassance also contributed a poem about the film character "E.T." to the Project Return Newsletter. The monthly newsletter is produced by members for members.

Each year an annual awards luncheon honors members and club facilitators who have served Project Return. The first luncheon was to alert the professional community that Project Return was starting and to launch a systematic campaign to begin as many clubs as possible.

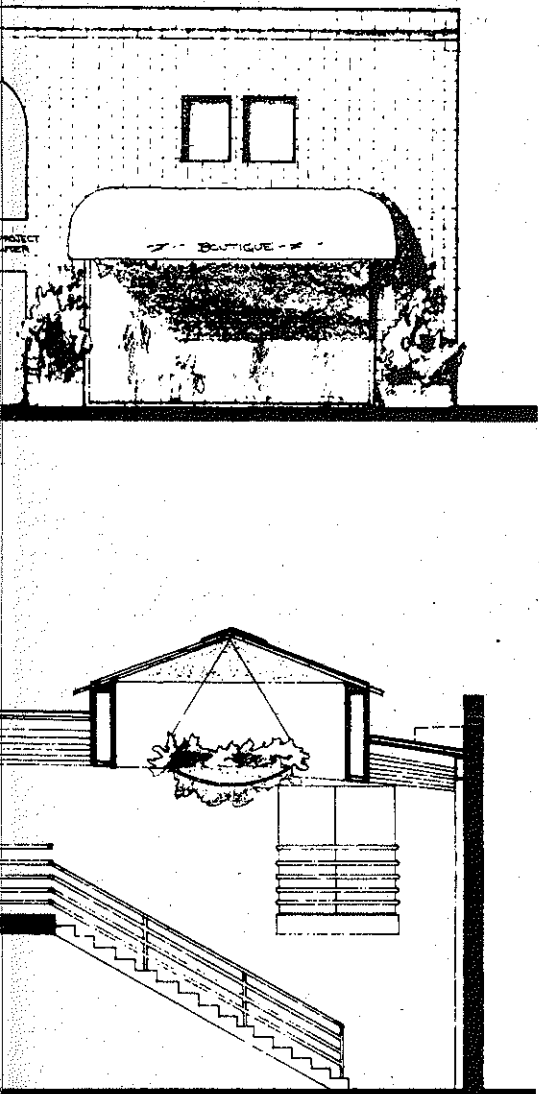
Eleanor Alpert, current vice president, sees her involvement as "a chance to express myself, to be real with other people and share creativity. It's also a social outlet where it's easy to talk with people and be myself."

She hopes the center will be a place where "people can go each day if they have nowhere else to go. I hope it will be a nice place to be during the day where we can get to know and help each other. I also hope people will come and teach what they know; that it will be a versatile place."

For Diana Wong, the very idea of the center is different from mental health treatment she's used to; "they used to always tell us what to do."

"We do have responsible people in Project Return and the center can be something that gives us pride as well as being lucrative. (Members will operate two businesses.) The center can be something substantial if members bring ideas as to what they want," she says.

"The drive to make the center work is going to have to come from the members. It's got to be from within; we want this center because we're proud of ourselves."



Designed by Kamnitzer and Cotton. Richard Van Horned about the possibilities for the center. We are in approval, but if it isn't at the Second Street site, need, support and enthusiasm are there."



Receiving perpetual awards at the Department of Mental Health 1983 charitable giving recognition presentation were Patti Amesbury of the Children and Youth Services Bureau and Donald T. Lee, A.C.S.W., of Adult Program Services (l-r). The perpetual awards in the United Way and Brotherhood Crusade campaign are given to the department or region with the most overall employee participation and with the greatest percentage of increase of the previous year.

## BUDGET CONTINUED FROM PAGE ONE

help the mentally ill, but will the counties provide the match?

"The difficulty is some of the match would have to go to provide contingency funds because of the possible overuse of state hospital beds," said Mandel.

While the governor's plan excuses counties from the 10 percent match for community based programs, it requires that counties continue to pay a 15 percent match on state hospital beds used. If there is not enough money for community-based care, the state hospital beds will be overused. "In the plan there is not much incentive for community-based care—the most stable plan you see is that for state hospitals in the three-and five-year plans," she said.

"As private contractors we also see an unfortunate omission concerning private contractors in this proposal," she said.

The Mojonnier bill AB 2381 omits many requirements of the Short-Doyle Act including reference to

requirements which the counties must provide include: 1. administration, 2. 24-hour services, 3. day treatment services, 4. outpatient services, 5. continuing care, 6. outreach (which may include mental health promotion and community client services).

According to the Governor's plan, there would be a division of general responsibilities between the state and counties.

The state would be responsible to: 1. provide treatment and care for the mentally ill in state hospitals under LPS and for judicially committed persons; 2. provide treatment and care in the community for judicially committed persons; 3. assure the individual rights of all mentally disordered persons; 4. establish, monitor, and evaluate statewide research and prevention projects; and 5. assure that county programs meet the specified minimum program requirements.

The counties would be responsible to: 1. establish and maintain a

**... "One way for the Governor to guarantee mental health is number one would be to encourage two persons from his staff to work with the Select Committee before any changes are made,"**

private contractors and quality assurance.

The plan would also include the elimination of 116 state Department of Mental Health staff positions and a mandatory transfer of the office of Mental Health Social Services (OMHSS) to the counties with a budget cut of \$1.6 million.

It would require the transfer of state employees to the counties with seniority intact.

The Short-Doyle/Medical would continue as currently structured.

The specified minimum program

community based mental health system; 2. meet the specified minimum program requirements; 3. assure the quality of services; and 4. assure the individual rights of all mentally disordered persons.

"One way for the Governor to guarantee mental health is number one would be to encourage two persons from his staff to work with the Select Committee before any changes are made," said Van Horn.

"More study, more input from constituency groups and observers of the system would help."

## ROSSEBO

### CONTINUED FROM PAGE ONE

the physical costs of maintaining a facility."

At one time, says Rossebo, he was "carrying" 18 people—"I think I collected for eight of them, the rest were lost in the shuffle." During one belt-tightening time a man released from the home jumped on a freeway to commit suicide the next week. "It takes a toll on you," says Rossebo.

He does believe though that the board and care situation can be an unhealthy one. "We provide services and do things for the residents when what we really need to do is motivate them. There can be a conflict between patients' rights and running a good facility. Are we denying residents' rights by involving them in programs?"

"We do things the resident could do and there is a conflict," says Rossebo.

"We do housekeeping and laundry, things residents are able to do that licensing wants us to do. So we disable people step by step and make them more dependent on the system.

"Are we going to have a therapeutic environment or just meet basic needs? To give the mentally ill a chance of getting better we must build self-esteem," says Rossebo.

Vocational rehabilitation is a big emphasis at Rossebo's. "We want people to do something to build self-worth." Goodwill Industries volunteer Ann Wilson works with the residents and a social worker runs rehabilitation. Thursday evenings residents gather to talk and share experiences. "The sessions help residents overcome problems at work, school and day treatment programs they attend and help give them a better shot at making it," says Rossebo.

In the work of running the home, Rossebo seeks to treat each case individually. "If the person is 65 years old and has been in the home for 20 years how can you push the person out on the street? All you can do is make the person comfortable.

"It's the younger, higher-functioning people that I hate to see come in," says Rossebo. "This way of life makes them dependent; you can't push and motivate all the time—it's easy for them to get stuck.

"The work is challenging but sometimes we get the super stroke of seeing someone make it," says Rossebo. "There is nothing like saying good-bye and feeling comfortable about the person leaving, with job training and their medication in control or in check. There is nothing better than that feeling; it's better than a paycheck."

To help improve the board and care system, Rossebo is active in the California Association of Residential Care Homes, Inc. (CARCH), having served as treasurer and currently as vice president. "Our major efforts are in legislation and education, to keep up on laws that will effect us and to better this industry," says Rossebo.

CARCH has staff lobbyists and actively supports or opposes relevant legislation. A current state Senate bill of interest to CARCH members calls for "a level of care and services in the community equal to or better than that provided by state hospitals." Says Rossebo, "We have \$15 a day to provide for residents compared to \$230 to \$280 in state hospitals."

Says Rossebo, "Funding is completely inadequate for the services we provide. We provide all we do for \$15 a day. Residents can pay \$15 at the flophouse motel down the street and just get a bed. It is almost criminal that the level of funding should be where it is and be allowed to stay there."

Rossebo points out that even the Little Hoover Commission (a legislative commission that investigated conditions in board and care homes) has said that funding for board and care homes is inadequate. The report reads in part, "On \$540 per resident per month (\$18 per day), it is unrealistic

to expect facility administrators to hire professionally-trained therapists."

Rossebo chairs the mentally disabled conference of CARCH; others are developmentally disabled and geriatrics, and he says "each is sophisticated in its own right. But the others seem to get fairer compensation; the system for the mentally disabled suffers more criticism and suffers from unacceptability of the disease.

"Funding is simply a matter of our survival," says Rossebo. "I don't think any of us believe this is the best of all systems. There must be levels of care, spelled out. (SB-3951 approved in 1979, established levels of care in community care facilities." ("Money never went with the bill; funding was inadequate," says Rossebo.)

Rossebo has learned the ropes of operating a board and care home through experience and circumstance. His parents operated a board and care near the 72-bed facility he now operates. "Seeing my parents work was my first exposure to board and care homes."

Says Rossebo, "Running a board and care is a matter of having your finger in the dike all the time and sometimes you don't have enough fingers. Dealing with the Social Security system is frustrating and sometimes it seems as if everyone turns on you—you have troubles with the city inspectors, licensing, neighbors and the residents have the flu.

"But every once in a while good things happen. There is a man who works for the Department of Public Social Services (DPSS) who helps with issuing Medical cards. He takes time after work to help get people to the hospital and has even met me there late at night. There are good people in the system, people who care."

Rossebo himself took "every psychology course the city college offered" after his discharge from the Marines. He has also taken classes at USC and UCLA. He is, he says, self-educated at "everything from arts and crafts to abnormal psychology—whatever it takes to deal with the problems that arise and help in understanding people.

"Being in the Marines was my own touch of craziness but it helps me in dealing with veterans. When they start rattling on, I can relate to them and that helps," says Rossebo.

"A lot of people who come here are my own age," says Rossebo, "and I have hope for them. Much of his encouragement comes from the support the California Alliance for the Mentally Ill (CAMI) gives the home and residents.

"CAMI involvement is helping a lot," says Rossebo. A meeting for families of residents drew 50 persons. "I was overwhelmed, they came out and talked and became involved. Mental health has not been a priority but it is becoming acceptable. Things are going to come around—we have to be optimistic."

In Long Beach, eight home operators gather together weekly with Veteran's Administration, Office of Mental Health Social Services (OMHSS), the city of Long Beach recreation department and Mental Health Association representatives to plan activities for home residents. The group has meet for 10 years.

"In the Long Beach area there is a world of cooperation and good spirit, and it's unique to see Feds, providers, the city and others working together. But with this growing together we can move forward and insure better mental health care for all," says Rossebo.

Despite the findings of poorly run board and care homes by the Little Hoover Commission, Rossebo still believes: "I can't see why anyone would be in this business if they didn't have any honest, caring feelings."

# INDEPENDENT LIVING CENTERS DENT 'TREMENDOUS HOUSING NEED'

## EL CENTRO FULFILLS TWO YEAR DREAM

To help alleviate the tremendous need for housing for the chronically mentally ill, El Centro Community Mental Health Center has opened an Independent Living Center (ILC) in East Los Angeles, with a loan from the United States Department of Housing and Urban Development (HUD).

El Centro Human Services Corporation's ILC is a ten-unit apartment complex for chronically mentally disabled adults located on Soto Street in Boyle Heights.

"It is part of El Centro's efforts to develop residential alternatives for the chronically mentally disabled," said Rosalinda Villalobos, administrative assistant in charge of running the center.

"The apartment is designed to enhance the tenant's ability to function independently in the community," she said.

Said El Centro president Claude Martinez, "This housing project is a response to the need for residential alternatives to psychiatric hospitalization, particularly for Spanish-speaking persons.

"With a growing emphasis on the



Rosalinda Villalobos

deinstitutionalization of the mentally ill and with the increasing cut-backs in mental health programs, many individuals are left with nowhere to turn," he said.

A committee of administrators and clinicians, including Villalobos, is now interviewing prospective tenants. "The center is not geared to just the Hispanic population," said Villalobos, and packets with applications were sent to several community agencies, hospitals and even the media.

Prospective tenants are interviewed for the ability to live with another person. "It's like being college roommates or being married without the license," said Villalobos. "We try to look for individuals who would benefit from living at the center, those who would feel comfortable sharing an apartment (two members of the same sex will live in each apartment).

"I have received many applications," said Villalobos (the complex is now about half full). "Many people have been ready to move in, and then they come up with excuses for not moving in at the last minute. Many people have fears of being on their own," said Villalobos.

The project has been in the planning stages for more than two years, from initial proposal submission to construction. The \$500,000 housing complex was financed by a low-interest loan from HUD, which has made

funds available to mental health facilities for such housing projects.

Each of the ILC units will have two tenants, and two of the units are designed for the physically handicapped. All apartment units have a living room, two bedrooms, a kitchen and a bath. The complex also has an activity room and coin-operated washer and dryer.

The center will be "self-sustaining," says Villalobos, "because it has been assured HUD Section 8 housing funds for rental costs for eligible clients."

To qualify for residency, an applicant must be 18 or older, chronically mentally disabled, have an income under \$15,350 and be able to care for his or herself.

The amount of rent a tenant pays, 30 percent of his or her income, is set forth in HUD Section 8 regulations. For most tenants the money comes from the public assistance (SSI or general relief) they receive. Tenants sign a one-year, renewable lease.

"This is an in-between program," said Villalobos. "People will live independently, with minimal supervision. And we want them to continue treatment at a mental health agency." As part of the lease agreement, tenants sign a statement that they will continue therapy.

If a tenant is in a program at El Centro, Villalobos can check with the therapist to make sure that tenant is continuing treatment. If the person is in a program at another center, Villalobos seeks to develop a relationship with the person's therapist.

Although a resident manager may be on the site in the future, Villalobos adds, "People are not locked up." Some of the residents have jobs and others attend classes.

An El Centro clinician leads a movement and recreation therapy session at the center each week. "It helps tenants keep in touch with each other and lets them know that we are available," said Villalobos.

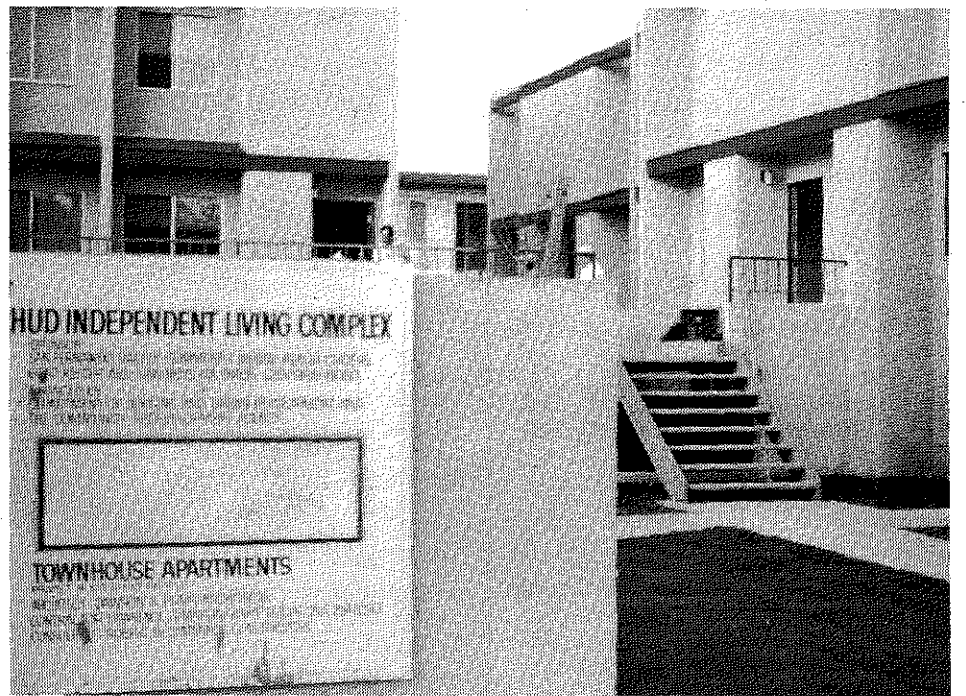
"This project is designed for only 20 people," she said. "We know that there is a great need for more housing like this that offers individuals a structured alternative living arrangement to help them rejoin society and return to the community.

"Moving to the center is a step forward and a point of growth, not only for the tenants who move into the center, but also for El Centro," said Villalobos.

The success of the Independent Living Center has encouraged El Centro to explore development of the model in larger versions and possibly for other populations, such as the elderly.

"But we know there is a special need for housing for the chronically mentally ill," she said.

For further information on the Independent Living Center contact Rosalinda Villalobos, El Centro Human Services Corporation, 972 S. Goodrich Blvd., Los Angeles, CA; (213) 725-1337.



## OPEN HOUSE CEREMONY INAUGURATES APARTMENTS FOR THE MENTALLY DISABLED

On February 24, The San Fernando Valley Community Mental Health Center will officially open its Department of Housing and Urban Development (HUD)-built Independent Living Complex (ILC) for the mentally disabled.

"This facility represents an expansion of our Satellite Housing Program, designed to offer the mentally disabled housing alternatives for semi-supervised living," said Clyde Reynolds, director of Community Support Services.

The facility, termed a HUD 2028 "Demonstration Project for the Chronically Mentally Ill," is a unit of 10, two-bedroom townhouse apartments to accommodate 20 residents.

The center began planning for the complex in 1979, said Reynolds, when it learned that money was available. "There is a tremendous need for Satellite housing and this was our chance to construct and operate low-income, decent housing, though I never thought we'd be landlords."

The complex was financed with \$740,000 in HUD money and \$70,000 from the Community Redevelopment Agency. Tenants rents are subsidized by HUD's Section 8 Housing Assistance Payments so eligible residents will pay 30 percent of their adjusted annual income, which must be under \$15,350.

"There has been a lot of interest and people have applied just from seeing the sign," said Kim Zalin, mental health counselor who will direct the ILC. She has been sending out applications and interviewing prospective tenants.

To qualify a resident must be 18 or older, have a psychiatric handicap, be able to function with minimal supervision, have a stable source of income and be able to live and cooperate with

others.

Residents are also required to attend monthly tenant association meetings, bi-monthly meetings with staff and "maintain involvement in meaningful activities for at least 20 to 25 hours a week," said Zalin.

"There are no staff members on the site," added Zalin, "so each resident must stay in regular contact with his or her case worker. We want each resident to know that we are accessible," said Zalin, and staff contact will be available 24-hours a day.

An added benefit of living in the complex will be learning how to get along with and live with others. "There will be no way to avoid developing social skills," said Zalin. "Residents quickly have to learn problem-solving and conflict resolution."

San Fernando Valley Community Mental Health Center also operates Friar House, a more supervised facility of two furnished, three-bedroom homes.

"For many, there is no transition from a more supervised setting to being completely independent," said Reynolds. "It is a big step to be on your own and this complex can help."

For further information on the Independent Living Complex, contact the San Fernando Valley Community Mental Health Center, 6740 Kester Ave., Van Nuys, CA; (818) 988-8050.

**A grand opening and ribbon-cutting ceremony for the Independent Living Center will be held from 2 to 5 p.m., Friday, Feb. 24, at the complex, 1403-7 Friar St. in Van Nuys.**

**In attendance at the ceremony will be a Supervisor Edmund Edelman, Senator Alan Robbins, Congressman Howard Berman, Councilman Ernani Bernardi and Assemblyman Richard Katz. The Los Angeles Children's Choir will perform at 3 p.m.**

## NAMI WANTS CHANGES IN PROPOSED HUD REGULATIONS TO INCLUDE HOMES FOR SERIOUSLY MENTALLY ILL

"The National Alliance of the Mentally Ill (NAMI) is supporting additions to proposed federal legislation for incorporating a mandatory set-aside of a fixed percentage of new, renovated or public housing for the mentally ill," said Leo O'Hearn, attorney and member of the Alliance for the Mentally Ill—Los Angeles.

"The regulations as proposed mandate not less than five percent for the physically handicapped and two percent for persons with vision and hearing impairments but no provisions for the mentally ill," O'Hearn said. "HUD is not as considerate for the mentally ill as it is for other handicapped persons."

"This is a proposed regulation that sort of leaves our people out in the cold and

even places further roadblocks in our way."

As a result, NAMI, a national organization of relatives and friends of the mentally ill, is advocating for changes in the proposed regulations.

According to NAMI, "there is evidence of further discrimination and other unequal treatment of the seriously mentally ill when listing eligibility requirements, including a person's obligations to conduct oneself in a manner that will not disturb neighbors' peaceful enjoyment of the housing accommodations.

"The example cited does not refer to any handicapped person, but singles out the mentally ill as the offender. It states, 'For example, a chronically mentally ill person whose condition poses a significant risk of substantial interference with the safety or

enjoyment of others or his own health and safety may not be qualified in the absence of necessary supportive services.'

"There is a bias in assuming the seriously mentally ill are a great risk. Evidence shows that persons with no mental illness often are guilty of interfering with the rights of others.

"In HUD's qualifications for housing, the mentally ill person has the burden of not only meeting essential requirements, but additional ones as well, such as 'if supportive services are provided.' The HUD document does not spell out what the supportive services are or assure funding for such services, another roadblock given the financial constraints from state mental health departments today."

# CALENDAR

## February 1

**Countywide Interagency Committee on Mental Health:** This 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.

## February 1, 8, 15, 22, 29

**Forte Foundation:** "Batterers Anonymous," a support group for men, and "Women Who Are Victims of Violence," a continuing group, will both meet at 7:30 p.m. at 17277 Ventura Blvd., Suite 201, Encino. Call (818) 788-6800 for information.

## February 1, 8, 15, 22, 29

**Anorexia and Related Eating Disorders:** This self-help group will meet at 7:30 p.m. at Las Encinas Hospital, 2900 E. Del Mar, Pasadena. A separate support group for family members will meet on Feb. 1 and 15 at the same time and location. Call (818) 795-9901 for information.

## February 1

**The Counseling Center:** The four-session "Enhancing Retirement" workshop will address transitions to a new lifestyle, feelings about change and loss, and the impact of retirement on relationships with spouse and children. It will be held from 2 to 3:30 p.m. at 10497 Wilshire Blvd., Los Angeles. Fee is \$40 per person or \$60 per couple. Call (213) 474-3501 for information.

## February 2, 9, 16, 23

**San Fernando Valley Child Guidance Clinic:** The clinic has established a Parents Anonymous chapter, which meets every Thursday from 6 to 7:30 p.m. at 9650 Zelzah Ave., Northridge. This continuing self-help support group is free, and parents may enter at any time. Call (818) 993-9311 for information.

## February 2, 9, 16, 23

**Rio Hondo Mental Health Services:** A relatives of the mentally ill group will meet from 6 to 7:30 p.m. at the clinic, 12000 E. Firestone, Norwalk. Call (213) 864-2751 for information.

## February 4, 11, 18, 25

**Teen Talk:** Hosted by educator and counselor Joseph N. Feinstein, this talk show featuring seven teen-agers will air at 9 a.m. on KHJ-TV, Channel 9. Topics will be "Children of Holocaust" on Feb. 4, "Foreign Exchange Students" on Feb. 11, "Phobias" on Feb. 18 and "Teens on Parole" on Feb. 25. These programs will be repeated at 6 a.m. on the Saturday following air date.

## February 7

**Hillview Mental Health Center:** "Depression and Anxiety: How to Find the Ways Out," a free education program on understanding and dealing with anxiety and depression, will be offered at 7 p.m. at 11600 Eldridge Ave., Lake View Terrace. Reservations are required. Call (818) 896-1161 for information.

## February 7, 14, 21, 28

**Ups and Downs:** This self-help group for persons with depression or manic-depressive illness will meet from 7:30 to 9:30 p.m. at San Fernando Valley Community Mental Health Center, 6740 Kester Ave., Van Nuys. Call (818) 988-8050 for information.

## February 7, 21

**Center for The Study of Young People in Groups, Thaliens Community Mental Health Center:** An adolescent treatment consultation group for mental health professionals is designed to increase clinical skills and for case discussion. It will meet from 6:30 to 8:30 p.m. at 8730 Alden Drive, Los Angeles. Fee is \$50 per month; enrollment is limited. Call (213) 825-3575 for information.

## February 8, 22

**Augustus F. Hawkins Mental Health Center:** A family and friends support group will meet at 5:30 p.m. at the center, room 1119, 1720 E. 120th St., Los Angeles. Call (213) 603-8162 for information.

## February 8, 22

**El Centro Community Mental Health Center:** "Positive Male Role Models for Children" will be discussed at the Single Parents Support Group meetings, held at 7 p.m. at the center, room 237, 972 S. Goodrich Blvd., Los Angeles. Call (213) 725-1337 for information.

## February 8

**Beach Cities Alliance for the Mentally Ill:** This support group for relatives 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 (213) 772-2188 for information.

## February 8

**Huntington Memorial Hospital:** "Depression: An Overview," with Bruce Kahl, M.D., and Laurance Reid, M.D., will be the topic of the free community health forum, presented at 7:30 p.m. in the hospital's East Room, 100 Congress St., Pasadena. Call (818) 440-5464 for information.

## RCLC

The Regional Community Liaison Committees (RCLC's), citizen advisory groups to the Los Angeles County Department of Mental Health at the regional level, will meet as follows:

## February 3

**San Fernando / Antelope Valley Region RCLC** will meet from 10 a.m. to noon at region headquarters, 5077 Lankershim, Suite 400, North Hollywood. Call (818) 508-7800 for information.

## February 9

**Coastal Region RCLC** will meet at 6:45 p.m. at Harbor-UCLA Medical Center, conference room eight-east, 1000 W. Carson St., Torrance. Call (213) 533-3154 for information.

## February 14

**San Gabriel Valley Region RCLC** will meet at 5:30 p.m. at Arcadia Mental Health Center, 330 E. Live Oak, Arcadia. Call (818) 960-6411 for information.

## February 15

**Central Region RCLC** will meet at 7:30 p.m. at LAC-USC Medical Center Psychiatric Hospital, room 2C18, 1934 Hospital Place, Los Angeles. Call (213) 226-5726 for information.

## February 16

**Southeast Region RCLC** will meet at 1:30 p.m. at Augustus F. Hawkins Mental Health Center, room 1169, 1720 E. 120th St., Los Angeles. Call (213) 603-4884 for information.

RCLC meetings are open to the public.

## February 9

**Alliance for the Mentally Ill—Los Angeles:** "The Future of the Family Support Groups in California," with representatives from the state and local family organizations, will be the topic of the 7:30 p.m. meeting, held at Thaliens Community Mental Health Center, 8730 Alden Drive, Los Angeles.

## February 9

**Southern California Psychoanalytic Institute:** The series of films of psychological interest will continue with "Table for Five," followed by discussion on the film led by Arnold L. Gilberg, M.D. The screening will be held at 7:30 p.m. at Writers Guild Doheny Plaza Theater, 135 S. Doheny Drive, Beverly Hills. Admission is \$6 and \$3.50 for seniors and students. Call (213) 276-2455 for information.

## February 10, 24

**El Centro Community Mental Health Center:** A Pre-Marital Education Program meeting court requirements for pre-marital counseling for minors will be offered from noon to 6 p.m. at 972 S. Goodrich Blvd., Los Angeles. The Feb. 10 program will be conducted in English, the Feb. 24 session in Spanish. Fee is \$30; pre-registration is recommended. Call (213) 725-1337 for information.

## February 10

**Alliance for the Mentally Ill—San Gabriel Valley:** George Wolkon, Ph.D., new San Gabriel Valley regional director for Los Angeles County Department of Mental Health, will address this group of relatives and friends of the mentally ill at 7:30 p.m. at San Marino Community Church, 1750 Virginia Rd., San Marino. Call (818) 797-3562 for information.

## February 11

**Portals House:** The Social on Saturdays dance will be held from 6:30 to 9:30 p.m. at Wilshire Christian Church, 634 S. Normandie, Los Angeles. It is open to community mental health program clients and broad and care home residents. Admission is 25 cents. Call (213) 386-5393 for information.

## February 12

**Southeast Mental Health Region, Los Angeles County Department of Mental Health:** "Alcoholism and Drug Addiction" will be discussed on the "A Healthy Mind: For You and Your Family" radio call-in talk show. Hosted by Julius I. Fuller, M.S.W., the show will air from 9 to 10 p.m. on KACE, 103.9 FM. The number to call in during the program is (213) 671-7639.

## February 13

**Southern California Psychoanalytic Society:** "Object Relations in a New Key," presented by Mardi Horowitz, M.D., with discussants Dr. Jack Gaines and Dr. Alexander Rogawski, will be held at the UCLA Neuropsychiatric Institute auditorium, 760 Westwood Blvd., Los Angeles. Call (213) 655-1634 for information.

## February 13

**Senior Health and Peer Counseling Center:** A six-week public speaking workshop will meet from 7:30 to 9:30 p.m. at 1215 Arizona Ave., Santa Monica. Fee is \$35, and proceeds will benefit the center. Advance registration is required. Call (213) 829-4715 for information.

## February 13, 20

**Manos de Esperanza:** The in-service training programs, open to all mental health professionals, will be held from 10 a.m. to noon at 6740 Kester Ave., Van Nuys. "La Mujer, El Amor y El Miedo" ("The Woman, Love and Fear"), a film about battered women in Spanish with English subtitles, will be presented on Feb. 13, followed by discussion. "Cognitive Behavioral Dynamic Family Therapy," will be the topic of the Feb. 20 program. Call (213) 988-8050 for information.

## February 14

**Alliance for the Mentally Ill—Norwalk:** "The Proposed Mental Health Budget, How It Will Affect Our Relatives and What We Can Do About It" will be discussed at the 7:30 p.m. meeting, held at the Norwalk-La Mirada Unified School district administration building, 12820 S. Pioneer Blvd., Norwalk. Call (213) 864-4412 for information.

## February 16

**San Fernando Valley Child Abuse Council:** Esther Gillies and parents from Parents United will present an update on the work of Parents United at the noon council meeting, held at Sizzler restaurant, Van Nuys and Nordhoff Boulevards, Panorama City. Call Melba Bouquet at (818) 886-8781 for information.

## February 16

**Orange County Community Support Systems:** "Mental Illness—It's A Community Concern," a conference including a screening of the film, "We're on Our Way," will be presented from 8 a.m. to 4:30 p.m. at the Crystal Cathedral, 12141 Lewis St, Garden Grove. Featured speakers will be Don Richardson, Alliance for the Mentally Ill-Los Angeles president; D. Michael O'Connor, M.D., state Department of Mental Health director; and Roger Farr, M.D., Los Angeles County Department of Mental Health Adult Psychiatric Consultation Services chief. Fee is \$20 and \$25 after Feb. 10. Continuing education credit is available for nurses and physicians; fee is \$5. Call (714) 544-8488 for information.

## February 16

**Hollywood Human Services Project Mental Health Task Force:** "Coping with Alzheimer's Disease" will be the topic of the task force meeting, held from noon to 1:30 p.m. at the Westside Office of Mental Health Social Services, 6565 Sunset Blvd., Los Angeles. Call Wendy Somerfield at (213) 467-3605 for information.

## February 23

**Alliance for the Mentally Ill—East San Gabriel Valley:** A new relatives and friends support group will meet at 7:30 p.m. at Queen of the Valley Hospital, 1115 S. Sunset Ave., West Covina, in the trailer near the north parking lot. Call (818) 337-7439 for information.

## February 23-26

**California State Psychological Association:** The 1984 annual convention, with the theme "1984—Health Care in Crisis," will include workshops, symposia, paper presentations, job placement and discussion of professional concerns. It will be held at the Registry Hotel, 18800 MacArthur Blvd., Irvine. Call (213) 478-5039 for information.

## February 23

**Mental Health Advisory Board:** This advisory group to the Board of Supervisors will meet at noon at the Hall of Administration, room 739, 500 W. Temple St., Los Angeles. Call (213) 738-4772 for information.

## February 25-26

**UCLA Extension Mental Health Program:** "The Many Phases of Eve: Beyond Psychoanalytic and Feminist Stereotypes," a weekend conference with specialists discussing the latest data on the psychology of women, will be held at 2160 Dickson Auditorium, UCLA. Fee is \$160 for professionals and \$115 for students. Call (213) 825-6701 for information.

## February 26

**Los Angeles Commission on Assaults Against Women:** A workshop preparing women to deal with sexual assault both psychologically and physically will meet from 1 to 5 p.m. at the YWCA, 574 Hilgard Ave., Westwood. Fee is \$15, based on a sliding scale; pre-registration is necessary. Call (213) 651-3147 for information.

## February 27

**South Bay Alliance for the Mentally Ill:** This group for relatives and friends of the mentally ill will meet at 7 p.m. at Torrance First Christian Church, 2930 El Dorado, Torrance. Call (213) 412-2291 for information.

## February 29

**Anorexia Nervosa and Associated Disorders:** This self-help group for persons with eating disorders will meet at 8 p.m. at 18345 Ventura Blvd., Suite 414, Tarzana. Call Suzy Green, Ph.D., (818) 343-9105 for information.

## Help Anorexia

**The South Bay self-help chapter** will meet on Feb. 6, 20 and 27 at 7:30 p.m. at St. Margaret Mary Church, classrooms 5 and 6, 25429 Eshelman St., Lomita. The monthly speaker meeting will be held on Feb. 13 at 7 p.m. in the Torrance Memorial Hospital auditorium, 3330 Lomita, Torrance. Call (213) 326-3763, from 6 to 8 p.m., for information.

**The North Hollywood-San Fernando Valley self-help chapter** will meet on Feb. 1, 15 and 29 at 7:45 p.m. at 6240 Laurel Canyon Blvd., Suite 202, North Hollywood. Call (818) 766-5663 for information.

## CONNECTIONS

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