

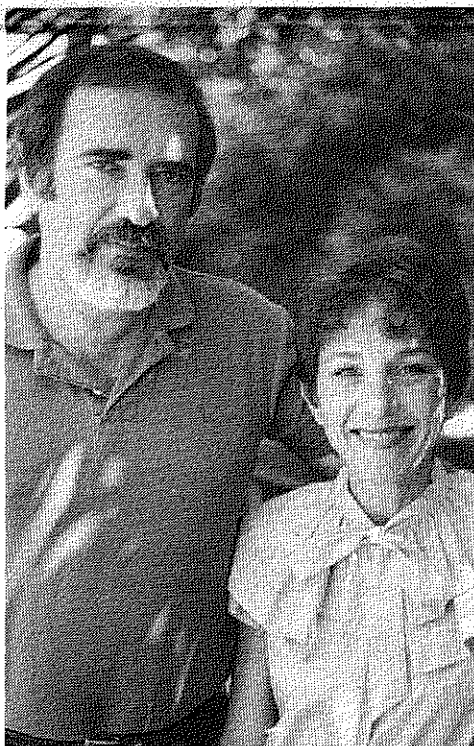
*Committee's report could have far-reaching effects,  
"even a comprehensive redesign of the system"*

## WILLIE BROWN AGREES TO APPOINT MENTAL HEALTH SELECT COMMITTEE

### INTERVIEW:

**ELAINE & DAN  
WEISBURD**

**ELDAN PRODUCTIONS**



As communicators, Dan and Elaine Weisburd are compelled to get their message across.

Right now their message is mental health; understanding of it, reducing the stigma attached to it, and most importantly, the need for community support services.

Eldan Company, the Weisburds' 10-year filmmaking partnership, has

*"We want people to feel with the person going through the obscenity of mental illness."*

completed filming on its latest project, a 28-minute film on community support services.

The ideas for this film began when Elaine attended the Project Return awards banquet at the Ambassador Hotel and saw the Project Return Players.

"I came home and told Dan I had seen the most marvelous group,"

continued on page 6

Assembly Speaker Willie Brown agreed on May 23 to appoint an Assembly Select Committee on mental health.

According to Sylvia Cherny, the committee's final report could have a far-reaching effect, "even a comprehensive redesign of the public mental health system."

The Select Committee will have staff and a budget to complete a study and make recommendations to the Assembly.

Cherny, as Public Affairs chairperson of the Mental Health Association in Los Angeles County, met with the Speaker on May 23 along with other citizen representatives.

She reported that Assembly Speaker Brown recognized the need for a fresh look at the entire system.

The new committee will be assigned the task of a complete review of policy, goals, programs, organization, administration and funding of the public mental health system in California.

Brown has the power, with the concurrence of the Rules Committee, to appoint the Select Committee. He is expected to do so after June 30 when the budget process is completed.

Brown has indicated a special interest in the inter-relationship of state,

continued on page 2

### MENTAL HEALTH TO BE DELETED FROM AB 2100

The mental health portions of AB 2100 are in the process of being deleted from the bill.

AB 2100, introduced by Assembly member Sam Farr (D-Monterey), is a fiscal and government bill, proposing redistribution of funding, program and administrative responsibility over human services programs between the state and each county. The mental health sections would have restructured the entire Short-Doyle mental health system.

Sections on drug and alcohol abuse programs will also be deleted.

Some mental health constituency groups were opposed to the sections, "and did voice their concerns to the author (Farr), and he decided to take them out. Others (mental health groups) liked what we were doing," said Jim Connor of the Assembly Office of Research. Connor wrote the bill.

"Mental health, because of the number of sections, was a large part of the bill but represented only 10 percent of the fiscal impact," said Connor. Mental health and drug and alcohol programs sections represent \$62 million of the \$622 million bill, he said.

Among other provisions, the sections would have removed statewide standards for county mental health services. This was among the fears of the groups opposing the sections.

"There need to be state standards and a certain amount of control exercised by the state to ensure standards of care for chronically mentally ill," said California Alliance for the Mentally Ill Legislative Representative Tony Hoffman.

"All mental health constituents were together," Hoffman continued. "That's why we were successful."

### INSIDE:

**BALLOONS  
AND BLIMP  
PG. 2**

**CITIZENS'  
SAY  
PG. 4-5**

**BOMBS  
AWAY  
PG. 7**

**The Mental Health Association  
will honor  
philanthropist Seniel Ostrow  
with its third annual award  
presented by actor Ed Asner  
Saturday, June 4 at 8 p.m.  
at the Beverly Wilshire Hotel.  
For ticket information  
call 476-9661**

# CELEBRATING MENTAL HEALTH MONTH WITH BALLOONS AND A BLIMP



At the San Gabriel Valley Region kick-off breakfast for Mental Health Month were Melinda Ramirez, Los Angeles County Mental Health Department; Lois O'Connor, Alliance for the Mentally Ill - San Gabriel Valley; and Phyllis Key, Transitional Residential Care (above, l to r). Below, Mental Health Association Executive Director Richard Van Horn led a cheer for mental health at the breakfast. Fifteen San Gabriel Valley cities proclaimed May as Mental Health Month, and the region had 25 open houses during the month.



Volunteers for kitchen duty at the San Gabriel Valley Region kick-off breakfast were Betty Edgerly, Diana Dykes, Carol Richmond, Lyn Caulfield, Debbie Hamilton, Frank Amash, Stu Kingsley and Sharon Fransen (l to r).

**"PEOPLE  
DO MAKE  
A DIFFERENCE"**



The Goodyear blimp flew over Los Angeles County in early May in recognition of Mental Health Month. At the Goodyear airfield are Royal Morales, M.S.W., Mental Health Advisory Board vice-chairperson; Dr. J.R. Elpers, Los Angeles County Department of Mental Health director; Allan; Bob Urhausen of Goodyear; Bette Caraway, Mental Health director; and Maureen Beltran and Craig Fenner, the county's San Gabriel Valley Region director for the event with Goodyear.



Winners Linda Kurpgold, Robin Ahmed and first place winner Greg Arbata in the "Expressing Feelings Through Art" contest, sponsored by the CCACN's Citizens Advisory Council (CCAC), are congratulated by LaRue Wright, CCAC chairperson, and Anita Gallegos, Mental Health Advisory Board liaison to the county Children and Youth Bureau (l to r).

## WILLIE BROWN

**CONTINUED FROM PAGE ONE**

county and private providers.

The meeting with the Speaker came about through the efforts of Cherny and her representative in the Assembly, Tom Bane (D-Van Nuys).

Also at the meeting were Brown's Chief of Staff Steve Thompson; Lila Berman, chairperson, Citizens Advisory Council; Sally Mishkind, president, Mental Health Association (MHA) in California; Lynn Zender, chairperson, Public Affairs, MHA in California; Hank Basayne, executive director, MHA in California; Val Barna, staff Legislative Representative, MHA in California; and Richard Van Horn, executive director, Mental Health Association in Los Angeles County.

According to Van Horn, the MHA; Citizen Advisory Council; County Mental Health Advisory Boards; and California Alliance for the Mentally Ill (CAMI), parents groups, have committed their energies as citizen volunteers to make this review of the mental health system reflect current inadequate conditions and make recommendations to improve the care and treatment of the mentally ill.



The Project Return walk-a-thon on May 21 attracted 160 walkers, members and volunteers (above), as well as skaters and riders. Above left are Steve Olsen, Vietnam veteran (front), Dr. Jim Kelly and consultant Sally Friedlob, accompanied by Activities Director Mark Karmatz (back, l to r). At left, Project Return president Larry Brownstein receives a proclamation on behalf of the federation from Santa Monica Mayor Ken Edwards (l to r). The walk-a-thon began at the Federal Building in Westwood and ended at Palisades Park in Santa Monica.



Actor Telly Savalas has filmed a public service promotion for the Mental Health Association to be televised across the country. The 30-second film deals with the elimination of stigma attached to mental illness. Pictured (left to right) are: Bill Thomas, MHA in California vice president and past president, MHA Los Angeles County; Helen Smoot, president of the MHA in Kern County; Savalas; Susan Johnson, executive director, MHA in Kern County; and Sally Mishkind, president of the California MHA.

## BAR HOLDS DEPARTMENT 95 SEMINAR

A mock writ of habeas corpus hearing will be part of a seminar on "Representation of Mentally and Developmentally Disabled Persons in Department 95 of Los Angeles County Superior Court."

Presented by the Los Angeles County Bar Association Barristers, the seminar will be held from 6 to 9 p.m. on Wednesday, June 8, at the

## CSPA OFFERS WORKSHOPS

The California State Psychological Association (CSPA) will hold two workshops on Sunday, June 5, presented by its continuing education committee.

The workshops will be held from 9 a.m. to 5:30 p.m. at the Davidson Conference Center, University of Southern California.

Workshop A, "Assessment of Violence Potential: Concepts and Cases," will be directed to controversial issues of assessing and predicting violent behavior. It will include lecture, discussion and case presentation and will be taught by Michael P. Maloney, Ph.D., associate professor of psychiatry and behavioral sciences at the USC School of Medicine.

"DSM III: An Introduction to the New Diagnostic Nomenclature," workshop B, is designed to familiarize participants with multiaxial diagnosis, the new format of the DSM III and new terminology. Faculty will be William G. Cray, Ph.D., adult inpatient services head psychologist at LAC-USC Medical Center and associate professor of psychiatry and behavioral sciences at the USC Medical School.

Each workshop is approved for seven contact hours of continuing education credit for psychologists, social workers and nurses. Fee is \$95 for CSPA members and \$105 for non-members.

For registration information, call Linda Bear at 478-5039.

## CONFERENCE VIEWS FOUR TRADITIONS

The Programs in World Cultures and Religions of Claremont Graduate School will hold a conference on "Concepts of the 'Person' in Eastern and Western Psychology," Friday through Sunday, June 10-12.

Huston Smith, Thomas J. Watson Professor of Religion and Distinguished Adjunct Professor of Philosophy at Syracuse University, will give the keynote address, "Selfless Selves: East-West Psychology as Binocular Vision," Friday at 8 p.m.

Representatives of four psychotherapeutic traditions will lecture Saturday, June 11.

Saturday's program will feature lectures by Harry R. Brickman, clinical

court, 1150 N. San Fernando Road, Los Angeles.

Department 95 is the largest and busiest court hearing mental health cases in California.

Topics include involuntary treatment under the Lanterman-Petris-Short Act, conservatorships, laws affecting developmentally disabled persons, ethical considerations and confidentiality in representing disabled clients, advocacy techniques and Department 95 Court rules and practice.

Taking part in the seminar will be David Guthman, of the District Attorneys at Department 95; David Meyer, of the Public Defenders at Department 95; Judge Michael Pirosh and Commissioner David Ziskrout.

The seminar will be geared to practicing attorneys, but is open to anyone. Cost is \$10.

For more information, call Mental Health Advocacy Services at 623-1419.

## PREVENTION TO BE DISCUSSED

"Stepping into the Future: Tools for Change," a conference on prevention, will be held July 14-15 at California State University, Northridge.

Cosponsored by the California Primary Prevention Network and Focus Center for Education, the conference has as a goal to develop skills needed to plan deliberately for prevention services in the future.

Highlights will include a message on prevention from Gov. George Deukmejian, delivered by Chauncey Veach III, State Department of Alcohol and Drug Programs director, and a multidisciplinary panel of county administrators from drug abuse, mental health, education and criminal justice planning.

Preregistration deadline is July 1. For more information, call Miriam Black at 989-4175.

professor of psychology at the UCLA Medical School; Jungian analyst June Singer, faculty member of the California Institute of Transpersonal Psychology; Swami Swahananda, minister and teacher of the Vendanta Society of Southern California; and Frances Vaughn and Roger Walsh. Vaughn is a psychotherapist and professor of psychology at the Institute of Transpersonal Psychology, and Walsh is a faculty member of the department of psychiatry at the University of California, Irvine.

Sunday will be devoted to workshops by six of the speakers.

For registration information and reservations, call (714) 621-8194.

## CAMI HIGHLIGHTS TEAM APPROACH

VAN DE KAMP, KEITH, DANA, ELPERS WILL SPEAK TO PARENTS

No group can improve the mental health system unilaterally. What is necessary is a team approach, according to Don Richardson.

Richardson was describing the premise behind the emphasis for the California Alliance for the Mentally Ill (CAMI) summer conference, "Design for Mental Health: A Team Effort." The conference will be from Friday, July 15 through Sunday, July 17 at the Sportsmen's Lodge, 12825 Ventura Blvd., Studio City.

CAMI is a statewide organization of 50 affiliate groups of relatives and friends of the mentally ill and has 6,000 members. Its president is Helen Teisher. This summer conference is hosted by the Los Angeles County Alliance for the Mentally Ill, made up of the eight CAMI affiliates in the county.

"We're trying to highlight the need for a team effort," said Richardson, conference chairperson. "CAMI does have as a major goal a team approach to improving the mental health system."

He identified the members of the "team" as the "six Ps": parents, providers, professionals, patients, public and politicians. The conference program will include persons from these various groups.

Attorney General John Van de Kamp will be the keynote speaker on the opening evening of the conference. Keynote speaker on Saturday will be Dr. Samuel Keith, director of schizophrenia research, National Institute of Mental Health.

Giving the welcoming messages will be J. Richard Elpers, M.D., director of the Los Angeles County Department of Mental Health, on Friday; Los Angeles County Supervisor Deane Dana, chairperson of the Mental Health Department, on Saturday; and the Rev. Roland Brammiere, coordinator of the Tucson, Ariz., Metropolitan Ministry, on Sunday.

Each of the three days of the conference has a different "design," focusing on a specific area.

The emphasis on Friday will be on "Designing the Effort," developing the team concept with ideas and suggestions, according to Richardson. This will include a panel discussion on "A Team Effort to Improve the Mental Health System . . . What Can We Do

to Activate Change?" with legislative response from Assembly member Burt Margolin, a member of the Assembly Health Committee. There also will be four workshops.

Scheduled for Friday evening is a premiere of a film on the need for community support services. It features the Project Return Players improvisational theater group.

"Designing the Plans" with two sessions of workshops is the focus of Saturday's section, with the workshops ranging from political action to street people to combining drug and social therapy.

On Saturday night, the Young Researcher Award will be presented for the first time. The award is "to recognize a young professional who has developed research that is promising in improving the mentally ill or developing treatment resources," said Richardson. Keith will make the presentation.

In "Designing the Spirit" on the last day of the conference, the emphasis will be on reducing stigma. The Project Return Players will perform. A panel discussion will be on "Reducing the Stigma of Mental Illness — How Can the Religious Sector Help?"

Parents from all over the state are expected to attend, as well as representatives from the other members of the "team." Due to space limitations, enrollment in the complete-conference will be limited, and preregistration is strongly recommended. Continuing education credit is available.

CAMI holds three conferences a year, one each in spring, summer and fall. They are to encourage families from all over the state to come together to share ideas, hear of education and improvements and to develop a strong advocacy constituency, according to Richardson.

The eight affiliate groups sponsoring the conference are Advocates for the Mentally Ill, Alliance for the Mentally Ill — Long Beach, Alliance for the Mentally Ill — Norwalk, Alliance for the Mentally Ill — San Gabriel Valley, Relatives and Friends of the Mentally Disabled — Redondo Beach, South Bay Relatives and Friends, San Fernando Valley Families and Friends, and Westside and Coastal Friends.

For more information on the conference, call 738-4961.

### CAMI CONFERENCE REGISTRATION FORM

To guarantee space, please return this form immediately with your payment. Use a separate registration form for each registrant. Make check payable to CAMI.

Mail to: Bill Wardin, CAMI Conference Treasurer  
4800 Woodley, Apt. 37, Encino, CA 91436

Complete Conference (2 days: 2 dinners, 1 lunch, coffee, snack)	\$47
Friday only (coffee, dinner)	\$22
Saturday only (coffee, 2 meals)	\$29
Sunday only (roll, coffee)	\$10

Total Amount Enclosed \_\_\_\_\_

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Home Address \_\_\_\_\_ Zip \_\_\_\_\_

WORKSHOP CHOICES: Indicate your first and second preference for each of the following groups of workshops.

#### Friday, July 15 — 3 p.m.

- A. CAMI — Orientation and Objectives  
 B. Developing Leadership for CAMI and Its Affiliates  
 C. How to Reduce Stress  
 D. Is Deinstitutionalization Working?

#### Saturday, July 16 — 11 a.m.

- E. Early Detection and Intervention in Mental Illness  
 F. The Patients' Platform  
 G. Volunteers for the Mentally Ill  
 H. Nutrition and Vitamin Therapy  
 I. Conservatorships, Wills and Trusts  
 J. The Street People Who Are Chronically Mentally Ill  
 K. Political Action: An Essential Skill for Survival  
 L. Surviving and Thriving

#### Saturday, July 16 — 2:30 p.m.

- M. Job Club  
 N. SILS: Social and Independent Living Skills  
 O. Combining Drugs and Social Therapy  
 P. New Psychosocial Models for Community Living  
 Q. Patients' Rights and Advocacy  
 R. It Pays to Advertise: Media Power

I am interested in receiving Loyola Marymount University Continuing Credit. **3**

# LOS ANGELES COUNTY MENTAL HEALTH ADVISORY BOARD

On the fourth Thursday of each month, a group of citizens and professionals come together to address the mental health issues and concerns of Los Angeles County. These people are the Los Angeles County Mental Health Advisory Board (MHAB).

Each of the 58 counties in the state has an MHAB. They are advisory groups to and are appointed by the county Board of Supervisors. They are mandated by state law (Short-Doyle Act).

The major responsibility of the MHAB is to review and approve the county Plan for delivery of mental health services.

The board also has the duties of reviewing and evaluating the mental health needs, services, facilities and special problems; and with advising the Board of Supervisors and local mental health director on any aspect of the local mental health program.

It also reviews procedures for insuring citizen and professional involvement in all stages of the planning process, makes recommendations regarding the appointment of the mental health director and submits an annual report to the supervisors.

There currently is one vacancy on the 17-member MHAB, to be filled by Supervisor Ed Edelman. Members are appointed to three-year terms and may be reappointed.

The MHAB must, according to law, include community and mental health representatives, and board composition should reflect the minority population of the county.

Regular board meetings are open to the public, and citizens may address the board for up to three minutes.

Citizens also participate in the mental health system on a regional level in the Regional Community Liaison Committees (RCLCs). RCLC members assess their community's needs, make suggestions for meeting these needs and participate in development of priorities. They provide input in the planning process and review the regional Plan drafts.



Marion Rubenstein, Dr. Alex Aloia, Anita Gallegos (l to r).

## DR. ALEX ALOIA

Chairperson Alex Aloia, Ph.D., who says he "would like to be known as one who serves the community," has 30 years of community involvement.

He has served on the United Way corporation committee and its Region 4 board of directors. He was chairperson of the Economic and Youth Opportunity Agency and for three years was president of the Federation of the Community Coordinating Councils, an organization with which he is still active.

Aloia represents the public interest on the MHAB and was appointed to his third term in January by Supervisor Kenneth Hahn. As chairperson, he is ex officio to all MHAB committees, and he also chairs the Medi-Cal Consolidation task force and is on the Planning and RCLC Committees.

He says his interest is "global" and he is "concerned with solid responsible programs that meet all needs."

Aloia is professor of education and psychology and dean of the division of continuing education and industrial relations at Loyola Marymount University. He has been with the university for 29 years.

## ROYAL MORALES, M.S.W.

Serving his second term on the MHAB is vice-chairperson Royal Morales, appointed by Supervisor Ed Edelman and representing social workers. He is a member of the MHAB Planning Committee.

Morales is program director for the Pacific Asian Alcoholism Program and is the former director of Asian American Community Mental Health Training Center.

In addition to his MHAB position, Morales is a member of the Citizens Advisory Council (CAC) to the State Department of Mental Health. He was appointed by Gov. Edmund G. Brown Jr. last year.

He also is a member of the Asian Pacific Planning Council Mental Health Task Force, and he participates with the Mental Health Council of the National Association of Social Workers California Chapter. At the present time, he is president of SIPA (Search to Involve Pilipino Americans), a youth-oriented organization.

## VICTORIA SOFRO

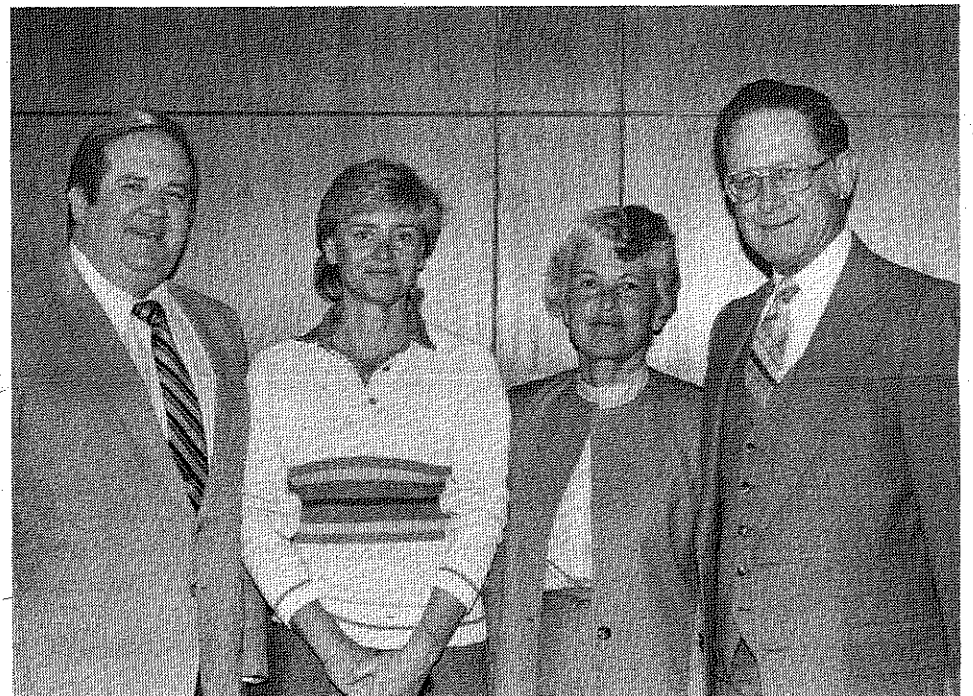
MHAB secretary Victoria Sofro's involvement with mental health extends beyond her position with the MHAB and includes direct service, fundraising and board positions.

She began 12 years ago with the Friendship Clubs, volunteer groups in a social setting, and she has been active with the Verdugo Mental Health Center in Glendale for eight years. She is past president of its board and was named its woman of

the year last year.

Sofro now conducts three workshop with clients — two at Arden House, Verdugo's day treatment center, and one at Alma Lodge, a board and care home — to which she brings her interest in art. The clients make and sell stitchery pieces.

"I'm able to apply something I care about personally with these clients



Richard Paul, Victoria Sofro, Dr. Helen Wolff, Don Richardson (l to r).

and get them enthused," she says, "and they find the satisfaction of accomplishing something and really learning a skill."

Sofro was appointed to the MHAB five years ago and was reappointed by Supervisor Mike Antonovich. She represents the public interest.

## ANITA GALLEGOS

"I am concerned with the mental health of young children and teen-age mothers," says Anita Gallegos, appointed to the board by Supervisor Peter Schabarum and representing public interest.

Her concern is evidenced by her role on the MHAB, her professional work and her community involvement.

On the MHAB, she is chair of the Children and Youth Committee and serves as liaison between the board and the Children and Youth Services Bureau of the Department of Mental Health. She is a member of the Children's Citizens Advisory Council (CCAC) to the Children and Youth Services Bureau.

On a professional level, she is the associate executive director of the March of Dimes, Los Angeles County Chapter. As such, she is responsible for programs and grants from the agency to local facilities.

Among her community work, she is on the board of directors of the National Organization on Adolescent Pregnancy and Parenting and part of

the California Alliance Concerned with School Age Parents.

Gallegos says she is "pleased at MHAB meetings to see citizen participation, and I'm always pleased at the Children and Youth Bureau to see the level of volunteer participation."

The CCAC, a volunteer group, recently sponsored the "Expressing Feelings Through Art" exhibit. Gallegos says to the project, "If we can get youngsters to be aware of mental health before they need services, then they can be advocates too."

## KEITH VAN VLIET

MHAB Executive Committee member Keith Van Vliet has a "long-term interest in mental health," part of a "basic philosophy of the human condition."

Van Vliet is chairperson of the MHAB Planning Committee and is serving his third term on the board. He was appointed by Supervisor Peter Schabarum and represents hospital administration. He is on the board of the Foothill Health and Education Foundation in Glendora.

He has an interest in humanistic psychology and is a longtime member of the Association for Humanistic Psychology. Van Vliet, who describes himself as a "writer, poet, photographer," does programs on a freelance basis based on humanistic concepts and uses photos in the program.

Van Vliet says he is "proud of our

professional staff (Department of Mental Health) doing the best they can with resources available."

Van Vliet is a building contractor/developer in Glendora.

## DON RICHARDSON

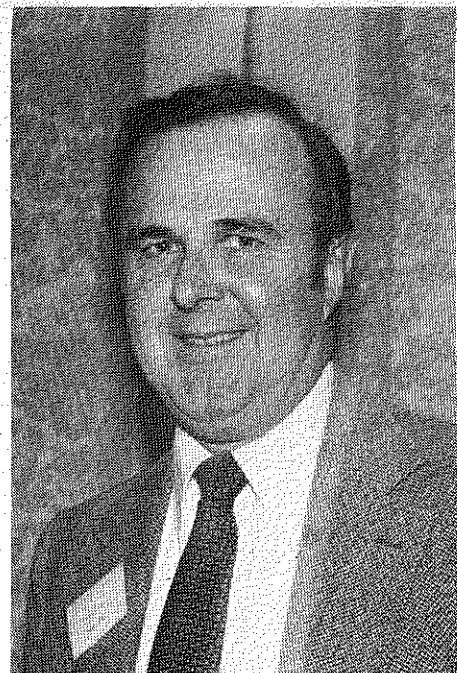
A consumer representative on the board, Don Richardson is the parent of a mentally ill son. Richardson was appointed in 1982 by Supervisor Deane Dana.

Legislation and advocacy are areas of major emphasis for Richardson. He is chairperson of the MHAB Legislation Committee and co-chair, with wife Peggy, of the Legislative Action Committee of the California Alliance for the Mentally Ill (CAMI), a statewide organization of parents groups.

Richardson is active with parents groups locally. He is president of Advocates for the Mentally Ill.

According to Richardson, "at the present time, our MHAB is out of compliance with the law. The Welfare and Institutions Code says 51 percent of the Advisory Board must be general public and 51 percent of that must be consumers. That translates to about five who must be family members or former patients," which the board does not have.

He says this "has been brought to the Supervisors' attention. The MHAB has been told that every effort will be made to fill the vacancy (on the board) with one of the underrepresented categories (consumer or minority representative)."



Supervisor Deane Dana

## SUPERVISOR DEANE DANA

According to the Welfare and Institutions Code, one member of the MHAB is the Board of Supervisors chairperson or a person designated by the chairperson. As chairperson of the Mental Health Department, Supervisor Deane Dana is the member of the MHAB.

Dana was elected to the Board of Supervisors in November 1980 and was elected chairperson pro-tem by the other supervisors in December 1982.

A registered engineer with the state of California, Dana was a marketing and engineering executive with Pacific Telephone Co. for 28 years.

In addition to the Mental Health Department, Dana is also chairperson of the county Auditor-Controller, Beaches and Harbors, Civil Service Commission, County Engineer-Facilities, Forester and Fire Warden, Probation, Registrar-Recorder, Senior Citizen Affairs and Sheriff Departments.

# ADVISORY BOARD: CITIZENS' SAY IN THE SYSTEM



Linda Heinz-Hawkins; Maricarmen Conte-Porras; Dr. Jacqueline Bouhoutsos (l to r).

## DR. HELEN WOLFF

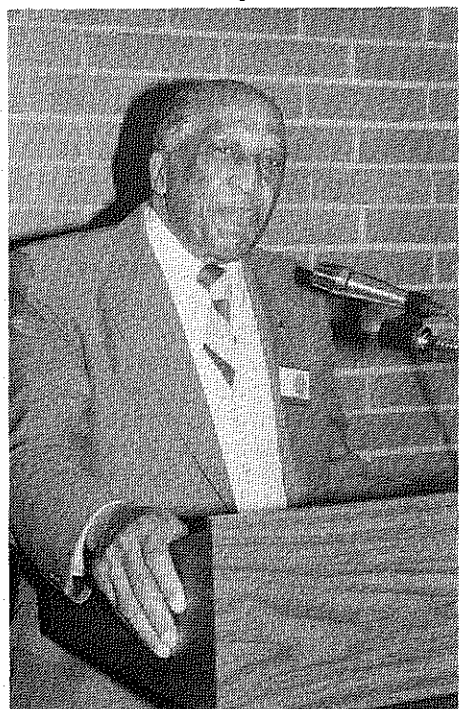
Representation by two physicians, one specializing in psychiatry, on the board is required. Helen Wolff, M.D., the psychiatrist on the board, is serving her third term and was reappointed by Supervisor Mike Antonovich.

Wolff is a psychoanalyst in full-time private practice. She also is associate clinical professor at the USC School of Medicine, where she supervises residents, and is senior attending staff at Cedars-Sinai Medical Center, where she also supervises residents and works with adolescents. Additionally, she is on the board of the Graduate Center of Child Development and Psychotherapy.

She is active in professional organizations. She is a councilor and a member of the Ethics Committee for the Southern California Psychiatric Society and on the board of the Southern California Psychoanalytic Society.

## MARION RUBENSTEIN

"One important function of boards like ours is to let the community know of problems and get feedback from the community," says Marion Rubenstein. "They (community persons) can be effective by letting their legislators know of the problems and how they feel about them. I think they have to let their legislators know we



Dr. Leroy Weekes

need funding to have a healthy mental health community."

Appointed by Supervisor Ed Edelman in August 1982, Rubenstein is on the MHAB Legislation and Nominating Committees and represents the public interest.

She says she has "always been a strong supporter of mental health, in no particular organization but as a general philosophy" and is involved in community life. She says she has a concern for "the betterment of community lifestyle."

As a volunteer, she has served on

the boards of the Hollywood Arts Council and as a member of the Northridge and North Valley Coordinating Councils. She was on the founding committee of the Youth Employment Services and is a former PTA president.

## MARY ELLEN CASSMAN

"Community support is needed, and what we need to do is educate the community about mental health. There are so many fears and misconceptions that it is difficult to get community support," says Mary Ellen Cassman, who started her second term on the board this year. She is a public interest representative last appointed by Supervisor Deane Dana.

She says with education, "serious problems can be prevented and we have to convince people of that. Early intervention with young people and the families of young people is of special interest" to her.

Cassman is the executive director of Airport Marina Counseling Service, a private, non-profit, outpatient mental health clinic, but she was involved with the clinic long before she became its administrator in 1974. As a volunteer, she helped to organize the agency in 1961 as part of a Westchester Coordinating Council project.

## DR. LEROY WEEKES

Senior member of the board is Leroy Weekes, M.D., representing physicians. He was appointed by Supervisor Kenneth Hahn.

Weekes is on staff at a number of hospitals, including Queen of Angels and Temple Hospitals, both where he was the first Black obstetrician/gynecologist on staff.

He is one of the founders, a member of the board of trustees and on staff at Western Park Hospital. He was the first Black physician on staff at Cedars-Sinai Hospital. He is still on staff there, as he is at Martin Luther King Jr. General Hospital.

Weekes is professor of obstetrics/gynecology at Charles R. Drew Post-Graduate School and at USC, where he became professor emeritus last year.

Among his community involvements, he is on the board of the American Cancer Society Los Angeles Chapter. He is a member of the Los Angeles Urban League and has life membership in the NAACP, which honored Weekes as its citizen of the year two years ago.

With an undergraduate degree in psychology, Weekes says "mental health is a deep interest of mine."

## JOHN J. McDONOUGH, D.B.A.

John J. McDonough, D.B.A., was MHAB chairperson at the time the board worked for a separate department for mental health.

"The board led the successful fight (for the separate department) and also got the Board of Supervisors to commit to search for a nationally promi-

nent psychiatrist (to head the department)," he says.

McDonough was MHAB chairperson for three and a half years, after serving as vice chair. He is in his eighth year on the board and was last reappointed by Supervisor Deane Dana. McDonough is a public interest representative. He has an interest in mental health because of his father, who was in a state mental hospital in Massachusetts.

McDonough also was the founding chairperson of the Organization of Mental Health Advisory Boards (OMHAB), made up of representatives from the 58 MHABs in the state. He served as chair for three years.

McDonough says he spends his "energies and efforts in mental health in trying to carry the mental health story to decision-makers."

McDonough is a professor of management at UCLA.

## DR. JACQUELINE BOUHOUTSOS

Dr. Jacqueline Bouhoutsos, a Supervisor Kenneth Hahn appointee representing psychologists on the board, is "specifically interested in the role media can play in prevention.

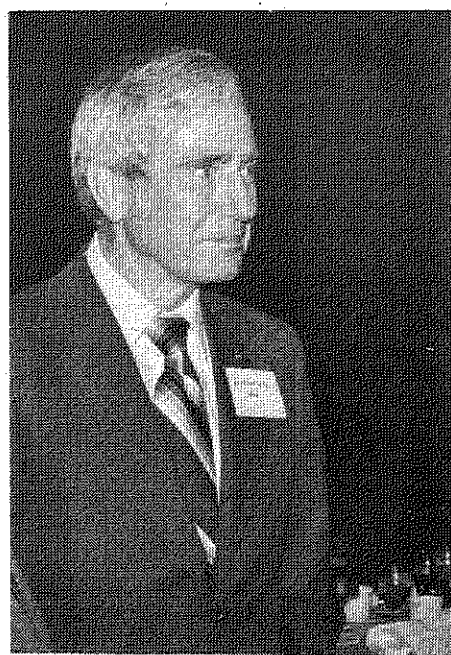
"People who wouldn't be looking for therapy or can't afford it can be



John J. McDonough, D.B.A.; Mary Ellen Cassman; Royal Morales (l to r).

reached through the media," she says.

Media and psychology is of special interest to Bouhoutsos. She is founder and president of the Association for Media Psychology and is on the California State Psychological Association



Kieth Van Vliet

(CSPA) board of directors, representing division six, media psychology.

Bouhoutsos says the Legislature has to recognize there is a need to help persons who can't help themselves.

"We are our brother's keeper," she says. "We have a responsibility to look after people who can't look after themselves."

## LINDA HEINZ-HAWKINS, R.N.

"My whole professional career has been devoted to working in the community mental health and public health areas," says Linda Heinz-Hawkins, R.N., representing the

nursing discipline on the board. She was appointed to her second term in January by Supervisor Mike Antonovich.

She is a nursing researcher at the Sepulveda Veterans Administration Medical Center and has a master's degree in psychiatric nursing. She is a doctoral candidate and will receive her Ph.D. this month from the UCLA Public Health Behavioral Sciences division. Prior to her work in nursing, she was a clinical specialist in community mental health.

On the MHAB, she is chair of the RCLC Committee and liaison to the San Fernando/Antelope Valley RCLC.

## MARICARMEN CONTE-PORRAS

Maricarmen Conte-Porras calls her dedication to people her "weakness."

Because of this "weakness," she devotes a lot of time to community work.

She was appointed to the MHAB last year by Supervisor Mike Antonovich as a public interest representative. She also is a board member of Verdugo Mental Health Center.

Conte-Porras is involved with many Spanish-speaking programs. A volunteer with the Red Cross since 1973, she is chair of special projects,

dealing with the Hispanic community. She was the sole instructor of the first Glendale Red Cross first aid/disaster/CPR class taught entirely in Spanish.

Conte-Porras, who first came to the United States from Panama in 1954 and has lived here permanently since 1961, says, "Being a minority person, the time of adjustment at the beginning (after entering the country) was difficult. It was hard for me. You have to recognize it is almost a trauma for some people," she says.

"I know there is a need for someone to help those people when they come here and they are so lost and isolated."

## RICHARD PAUL

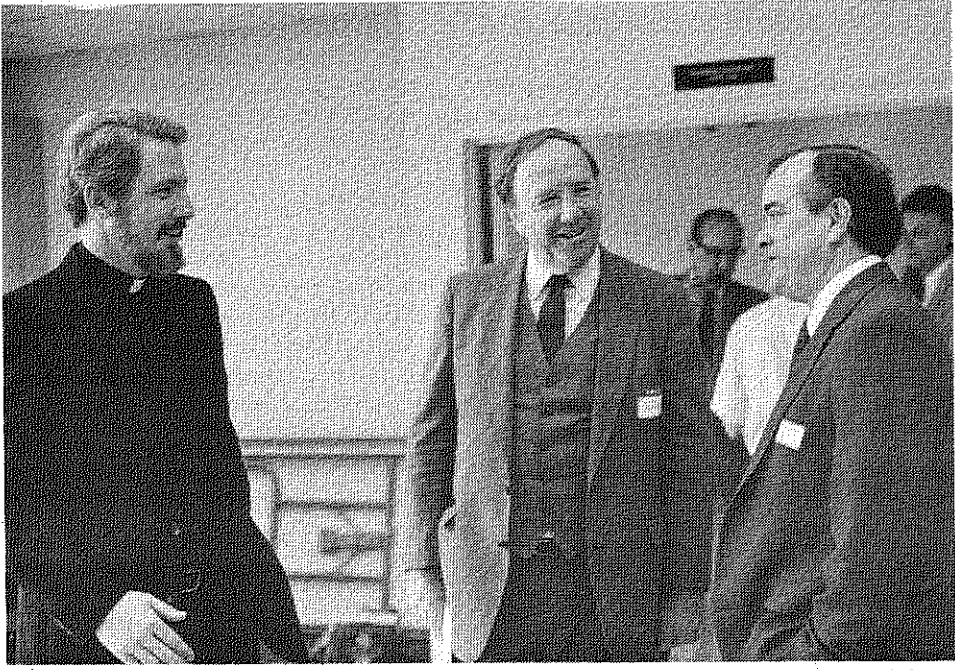
Newcomer to the MHAB is actor Richard Paul, one of the stars of the "Carter Country" television program, who attended his first meeting in April. He was appointed by Supervisor Peter Schabarum and represents the public interest. He also is a licensed marriage and family therapist.

"Show business is a 'me' profession. I wanted to be on the board because I also like to be of service to my fellow man. Otherwise, a person's life is out of balance," he says.

"I know what the needs are. As a citizen, I want to do what I can to get the right services to the right person," he says.

Paul believes that "there really is a stigma, and we need more public information to say many of us need help at some during our life and the smart thing to do is to get treatment. I would like to be involved some way with media to help dispel the myths of mental illness, because you want people not to be afraid to get the services they need."

# RCLCs SPEAK TO LEGISLATORS



The Rev. Tom Rush, San Fernando/Antelope Valley Regional Community Liaison Committee (RCLC) co-chairperson; U.S. Congressman Carlos Moorhead; and Richard Van Horn, Mental Health Association executive director, at the region's Legislative Reception (l to r).



San Fernando/Antelope Valley Region Director Roberto Quiroz, M.S.W.; with RCLC member Olive Ruby and RCLC co-chairperson Joan Lebo (l to r), at the region's Legislative Reception.



Ruth Robinson, Senior Health and Peer Counseling Center; Dr. J.R. Elpers, Los Angeles County Department of Mental Health director; Barbara Ambruster, Coastal RCLC chairperson; and Ralph Mays, Ad Hoc Legislative Reception Committee chairperson, at the Coastal Region Legislative Reception.



Dr. Milton Miller, director, Los Angeles County Department of Mental Health Coastal Region with Morgan Miller (no relation), Mental Health Association staff, and Dr. Harold Mavritte, the county's assistant director, programs, at the Coastal RCLC reception for legislators.



Listening to Bunny Wasser, field deputy for Assemblyman Burt Margolin, at the Central Region RCLC breakfast are (back l to r) Dr. Rudolfo Garcia, Central Region director, Department of Mental Health (DMH); Dr. J.R. Elpers, Los Angeles County DMH director, and Norman Cottman of Kedren CMHC.



Dr. Kevin Flynn of the county Department of Mental Health explains his work on Skid Row at the Central Region RCLC Legislative Breakfast.



James Walker, Southeast RCLC chairperson, presented awards at the Second Annual Legislative Luncheon. Accepting for Assemblywoman Maxine Waters was Field Deputy Kerman Maddes (l. to r.).



Joan Freeman, member Southeast RCLC and director, American Indian Clinic speaks at the Southeast Legislative Luncheon.

## WEISBURDS

**CONTINUED FROM PAGE ONE**

says Elaine. "I told him we should film the experience to help people understand the stigma of mental illness."

When Jo Weber, M.P.H., of the Community Support System Project (CSSP) heard of the possibility of a film on the subject she suggested it to the Weisburds, who submitted a proposal.

"We discussed the idea," says Dan, "and decided the Players film and CSSP could be combined. It wouldn't be the same film, but the ultimate result would accomplish the same things."

"The change meant a chance to explore the subject from a national perspective with a larger constituency base. We had to look at the vast array of community support services," says Dan Weisburd.

Eldan (a combination of both first names) won a \$70,000 contract with the Center for Rehabilitation Research and Training in Mental Health at Boston University to produce the film from a field of 200 proposals.

Boston University has a contract with the U.S. Office of Education and the National Institute of Mental Health which includes funding for the film.

Before it goes to national distribution, the film will have its initial showing at Boston University, July 31.

The Weisburds make a fine creative team with Elaine as a composer and creative consultant and Dan as director and producer. Alone he produced "The Way Out of the Wilderness," about institutionalized mentally retarded children, which was nominated for the Oscar in 1969 and "A Sense of Hearing," a film about the Osaka World Expo.

Together they created "The Most Important Person," a series of 50, three-minute musical animated shorts, shown on "Captain Kangaroo." "They were positive pieces, dealing with feelings," says Elaine.

"This is the most difficult film I've attempted," says Dan. "Once we found a person and a place we had no guarantee that the person and the circumstances wouldn't change before we got back. Filming required a high degree of flexibility and stamina on the part of the crew."

Says Dan, "The most cooperative people were the acute patients at Camarillo. They understood the nature of the release forms they had to sign, listened well, and in the scene we constructed they participated beautifully, with humor and insight."

The film uses the Players, both in rehearsal and their daily lives, to show how a strong community support system can benefit both the mentally ill and the entire community.

"We want to show how important it is to develop a network of service," says Elaine. "A strong network is beginning to form to help people get on with the business of life; jobs, housing and emotional and social support."

Also featured in the film are such agencies as I-CAN, Somos Amigos, Portals House and projects in job

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# WEISBURDS

## CONTINUED FROM PAGE 6

placement, client advocacy and family and peer support groups.

"More programs need to be cloned all over," says Elaine. "Right now they can only service a handful; we need them spread out. There are good ideas in several places. We must draw them together to create networking; a flow and a continuum.

"Many professionals are making valiant efforts to network with other professionals," says Dan. "There are some beautiful individual networks, yet with all our degrees, we are totally without appropriate guidance to find any intervention for a mentally ill person's spiral down.

"In our case, we've resorted to the yellow pages and driving up and down the street looking for signs of a place that could help."

Continues Dan, "There is a need to inform community professionals about things they don't know about. I had a doctor panic because he'd never hospitalized anyone before.

"In our own personal lives (the Weisburds have a mentally ill son)," says Dan, "the best information and strength has come from other family and support groups." The Weisburds are active in parent groups AMI and Westside Friends, besides strong supporters of Project Return.

It is these groups that both Dan and Elaine believe will bring about change. "There is a tremendous groundswell of parents and others, family members and support groups who are hungry to find a voice and take action," says Elaine.

"We are fortunate that many wonderful people are working for mental health. A revolution is going to happen with forward thinking people with new attitudes. It's exciting to work with these people and be a part of the excitement."

Both are deeply attached to the film and what they hope audiences will learn from it. "I'm a better person for having done the film," says Elaine. "Being close to the mentally ill allows you to touch the beauty of the human spirit and discover a compassion you never knew you had."

"We want people to become aware that mental illness knows no age, sex, economic or social barriers," says Dan. "It can or has affected all of us. We want people to feel at one with the person going through the obscenity of mental illness."

Adds Elaine, "We want audiences to feel the 'essential humanness' of the people."

"The issues are personal," says Dan, "We have to throw away the stigma and get away from the 'locked-away' school of thinking. We must face the problem and do something for better awareness that can affect legislators, professionals and consumers.

"People are not getting what they need. They don't know where to turn and lose what benefits they get from SSI or time-limited programs."

"They are turned out. There is no network of service and there needs to be one to keep people from falling through."

One thing the film does not do is criticize or fault the current system and its workers. Says Dan, "There are not assaults to say providers are wretched. Those looking for a swipe at the system will be disappointed.

"We are looking at efforts by disciplines which create a network to rehabilitate and inform people of their rights, to help them regain strength and to improve communication with families and the community at large.

"Mentally ill people are not individuals who fall out of the needs we all have for housing, food, friendship and a job that proves you can carry your load and feel good about your abilities. They need what we all need. We all walk on delicate ground."



Pauline Saxon, Dr. Richard Saxon and Diane Hara

*"There is a psychological side... Statistics are heavy that children are adversely affected by the nuclear threat. Several papers on the subject reveal that all children surveyed believed they would die in a nuclear holocaust."*

## DOCTORS WORK TO END NUCLEAR WAR

"If a nuclear bomb was dropped, there would be no real way organized medicine could help," says Dr. Richard G. Saxon, president of the Los Angeles Chapter of Physicians for Social Responsibility (PSR).

"Treating the hundreds of thousands of burn victims would be beyond the capacity of all the world's health organizations," says Saxon. "The marked increase in cancer due to radiation would be another horrendous consequence."

With one goal — the elimination of nuclear weapons — PSR is a national non-profit organization of doctors, dentists and the public, dedicated to professional and public education on the medical hazards of nuclear weapons and nuclear war.

The Los Angeles Chapter is one of the fastest growing and among the top five in the nation. With 1,200 members, it also has the largest percentage of doctors as members.

PSR has received recent media attention for its endorsement of a bilateral weapons freeze as a first step in worldwide weapons reduction.

PSR's strength, says Saxon, is that its members are physicians — (he is an orthopedic surgeon) respected members of society.

"People seek advice of doctors," says Saxon. "If we have an area of

"For more than 30 years we have lived under the nuclear threat without anything happening — to a deadening of our awareness. Denial is also supported by the belief that something cannot happen simply because it is too unreasonable.

"People try to insure themselves against anything and everything, worrying more about wholesome nutrition, body weight, stocks and bonds and fashion, to the exclusion of a healthy concern for public health of the community and world.

"Denial is particularly maladaptive," says Hayes, "because in the case of the nuclear arms race, it is possible for the people to effect nuclear disarmament in the world community."

Dr. Bernard Lown of the Harvard School of Public Health and an initiator of International Physicians for the Prevent of Nuclear War (both Saxon and Hayes are members) appeared on an Italian prime-time television show with a Russian cardiologist to discuss the arms race.

"The Italian president called and congratulated Dr. Lown," said Saxon, "and he also met with cardinal Casaroli, the Vatican secretary of state. The physician was not politically prominent but he affected world

*"People try to insure themselves against anything and everything, worrying more about wholesome nutrition, body weight, stocks and bonds, and fashion, to the exclusion of a healthy concern for public health of the community and world."*

concern, that brings credibility, just by our speaking out. People have confidence in physicians, especially on health care issues and I hope they realize we are not speaking out of any self-interest."

Besides the obvious health hazards posed by nuclear war, there is also a psychological side. "Statistics are heavy that children are adversely affected by the nuclear threat," says Saxon. "Several papers of the subject reveal that all children surveyed believed they would die in a nuclear holocaust."

Psychiatrist Timothy J. Hayes, PSR executive board member, has worked extensively studying the psychological effect of living under the threat of nuclear war.

He points to a survey of children and adolescents that indicated the threat of nuclear development has penetrated deeply into their consciousness. "Their comments to questions reveal experiences of fear, menace, cynicism, sadness and a sense of helplessness."

A major psychological effect is denial. Says Hayes, "Nuclear weapons have effects that are humanly unimaginable. Our language cannot communicate the effects, and emotionally it's impossible to grasp what the holocaust would result in.

leaders, both secular and religious."

According to Hayes, there is a growing interest among IPPNW members in the psychiatric community to explore how children at an early age are conditioned to perceive east or west as the enemy.

Hayes, assistant clinical professor of psychiatry, UCLA School of Medicine, is a student of Horst Everhard Richter, who contends a large segment of the population lives in a psychic condition he terms "collective paranoia."

Richter describes this "disease" as: 1) a belief that all measures taken by one's opponent are essentially aggressive in nature, 2) this image of the enemy cannot be corrected; no signal can be acknowledged that might contradict the idea of the totally evil persecutor, 3) whenever opposition arises in one camp it will automatically be blamed on the dark, sinister machinations of the enemy and, 4) one is just as uncritical in idealizing whatever one's own side does.

"There can be no doubt that one's own side represents goodness, justice and humanity," says Hayes. "The imperialistic and aggressive actions of one's own political system can no longer be perceived. The sense of persecution absorbs one's concentration so much that one is blind to the way in

which one can be endangered by precautions taken against the other side."

Says Hayes, "The paradox in which we live is that we are taught that peace is threatened by the outbreak of a peaceloving attitude. Only a suspicious, hostile attitude can guarantee our security.

"As this happens, on both sides we assume, it is barely imaginable how the escalation of the deadly risks can ever be halted unless people one day release themselves enmass from this induced paranoia."

A solution for this paranoia and denial, suggests Hayes is "presenting manifestations and effects of nuclear war as vividly as possible" to overcome the "refusal to know. If something is to have consequence within us we must think about it every day."

Besides its four general meetings a year, the PSR has a speaker's bureau and prints a quarterly newsletter, "Prescription for Survival." On June 5 the group is sponsoring an appearance at UCLA of Bishop Thomas J. Grumbleton, Auxillary Bishop of Detroit. He is one of the five authors of the Bishop Pastoral Letter on Nuclear Weapons.

The group also produced the educational documentary "Race to Oblivion," hosted by Burt Lancaster and featuring Hiroshima survivor Shegeko Sasamori. A radio program, also called "Prescription for Survival" is aired on KPFK (90.7 FM) the second and fourth Tuesday of every month.

PSR was formed in 1961 by a group of physicians in Boston, who were troubled by the health implications of nuclear weapons testing.

"The Vietnam War took away some of the steam," says Saxon, "but the organization was revived in 1979, largely through the efforts of Helen Caldicott, current national president.

"Many people," says Hayes, "have been initially alerted by Caldicott and moved to research the problem and properly see it as a medical one, requiring public health attention on a public scale.

"By clearly explaining the effects of bombs exploding over their hometown and forcing people to look honestly at the situation, we can show that there is no realistic medical response to a nuclear war and rehabilitate people who practice heavy denial."

Says Saxon, "We spend 50 percent of our budget on the war industry. We used to be a producer nation but we've lost our edge. We take half of our designers and engineers and put them to work on war.

"We have too many problems to solve, and they cannot be solved with war."

For further information on Physicians for Social Responsibility write, P.O. Box 35385, Los Angeles, CA, 90035 or call 938-3837. Membership in the PSR is \$40 for physicians, \$15 for students and \$30 for the general public.

## CONNECTIONS

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Editorial Board: Dr. Charles Ansell, George Hamilton, Al Greenstein, Greg Lecklitner, Gloria Nabrit, Roberto Quiroz.

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Executive Director: Richard Van Horn 7

## RCLC

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

### June 7

**San Gabriel Valley Region RCLC** will have a potluck dinner meeting at 6 p.m. in the San Marino Community Church volunteer room, 1750 Virginia Road, San Marino.

Call 960-6411 for more information.

### June 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 533-3154 for more information.

### June 10

**San Fernando/Antelope Valley Region RCLC** will meet from 10 a.m. to noon at regional headquarters, 5077 Lankershim Blvd., suite 400, North Hollywood.

Call 508-7800 for more information.

### June 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 226-6424 for more information.

### June 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 603-4873 for more information.

These meetings are open to the public.

### June 1

**California Hispanic Psychological Association:** "Treatment of Sexual Abuse with Latino Patients," presented by Aurea Hernández, Ph.D., and Gloria de la Cruz, L.C.S.W., will be the topic of the open forum, held from 7 to 9 p.m. at the UCLA Neuropsychiatric Institute, sixth floor conference room, 760 Westwood Blvd., Los Angeles.

### June 1, 8, 15, 22, 29

**East Compton Park:** A family outreach program will meet at 1 p.m. at the park, 5116 S. Atlantic Blvd., Compton.

Call Barbara Taylor at 639-4080 for more information.

### June 1

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

### June 1

**San Fernando Child Guidance Clinic:** "Hugs 'n' Kids — Parenting Your Preschooler," a six-week workshop utilizing videotapes to help parents cope with "typical" preschool behaviors, will be offered from 6 to 8 p.m. at 9650 Zelzah Ave., Northridge. Cost is \$70 for one parent and \$85 for two parents.

Call 993-9311 for more information.

### June 2

**Committee on Emerging Groups, Los Angeles County Human Relations Commission:** "Immigration and the New Americans in Hollywood," with two panels, "Our New Americans" and "The Simpson-Mazzoli Bill," will be held from 8 a.m. to 12:30 p.m. at Plummer Park, 7377 Santa Monica Blvd., Hollywood.

Call Paul Louie at 974-7654 for more information.

### June 3-4

**UCLA Extension's Department of Continuing in Health Sciences and UCLA Human Sexuality Program:** "Common Sexual Dysfunctions: Diagnosis and Treatment," a 10-hour program examining common myths, unrealistic expectations and misinformation on human sexual functioning, will be held from 7 to 10 p.m. on June 3 and 9 a.m. to 5 p.m. on June 4, at 147 Dowd Hall, UCLA. It is designed to meet licensure requirements for M.F.C.C.s, L.C.S.W.s and psychologists.

Call 825-6701 for more information.

# CALENDAR

## June 4

**Mental Health Association in Los Angeles County:** A benefit dinner honoring philanthropist Seniel Ostrow will be held at 8 p.m. at the Beverly Wilshire Hotel, 9500 Wilshire Blvd., Beverly Hills. Cost is \$125.

Call 476-9661 for more information.

## June 4, 10, 11

**Los Angeles Commission on Assaults Against Women:** A free self-defense workshop will be held from 10 a.m. to 2 p.m. at Antioch University, room four, 300 Rose Ave., Venice, on June 4; from 9 a.m. to 1 p.m. at the Women's Center at Council House auditorium, 543 N. Fairfax Ave., Los Angeles, on June 10; and from 8 a.m. to noon at Los Angeles Trade Technical College, room J212, physical education building, 400 W. Washington Blvd., Los Angeles. The workshop is designed to prepare women to deal with sexual assault both physically and psychologically.

Call 651-3147 for more information.

## June 4

**Pasadena Guidance Clinics:** The "Big Apple" community support committee will present "Big Apple Hits the High Seas," a benefit with a tropical theme to benefit the clinic's new Comprehensive Mental Health Center. It will be held at 6:30 p.m. at Castle Green 99 S. Raymond Ave., Pasadena. Tickets are \$75.

Call 795-8471, ext. 108, for more information or reservations.

## June 5

**California State Psychological Association:** Two workshops, "Assessment of Violence Potential: Concepts and Cases" and "DSM III: An Introduction to the New Nomenclature," will be presented by the Continuing Education Committee from 9 a.m. to 5:30 p.m. at the Davidson Conference Center, University of Southern California, Jefferson and Figueroa Streets, Los Angeles. (See page 3 of this issue.)

Call 478-5039 for more information.

## June 6, 20

**Help Anorexia:** The West Los Angeles self-help group will meet at 7:30 p.m. at the Federal building, room 10124, 11000 Wilshire Blvd., West Los Angeles.

Call 558-0444 for more information.

## June 6, 20, 27

**Help Anorexia:** The South Bay self-help group will meet at 7 p.m. in the St. Margaret Mary Church meeting room, 255th and Eshelman Streets, Lomita.

Call 326-3763, 6-8 p.m., for information.

## June 6, 13, 20, 27

**Forté Foundation:** An on-going pre-post divorce support group for men and women will meet on Mondays at 6 p.m. at 17277 Ventura Blvd., suite 201, Encino.

Call 788-6800 for more information.

## June 6, 13, 20, 27

**San Fernando Valley Community Mental Health Centers Inc.:** Topics for the Manos de Esperanza in-service training programs are "Children: Psychological Assessment and Implication for Special Education Programs" on June 6, "The Incurable Client" on June 13, "Pseudohomosexuality" on June 20, and a showing of the film "Gloria" on June 27. All are held from 10 a.m. to noon at 6740 Kester Ave., Van Nuys.

Call 988-8050, ext. 249, for details.

## June 7, 14, 21, 28

**Ups and Downs:** This self-help organization for persons with depression or manic depressive illnesses will meet from 7:30 to 9:30 p.m. at 6740 Kester Ave., Van Nuys.

Call Carol Frye at 988-8050 for more information.

## June 7

**Advocates for the Mentally Ill and Central Valley Mental Health Center:** A parents support group will meet from 6 to 8 p.m. at the center, 8101 Sepulveda Blvd., Van Nuys.

Call Vivian Isenberg at 901-0327 for more information.

## June 8

**Los Angeles County Bar Association Barristers:** A seminar on representation of mentally and developmentally disabled individuals in Department 95 of the Los Angeles County Superior Court will be held from 6 to 9 p.m. at the court, 1150 N. San Fernando Road, Los Angeles. (See page 3 of this issue.)

## June 8

**Relatives and Friends of the Mentally Disabled, Redondo Beach:** The group will meet from 10 a.m. to noon at the Office of Mental Health Social Services, 2180 Artesia Blvd., suite D, Redondo Beach.

Call 772-2188 for more information.

## June 8, 22

**Help Anorexia:** The North Hollywood/San Fernando Valley chapter self-help group will meet at 7:45 p.m. at 6240 Laurel Canyon Blvd., suite 202, North Hollywood.

Call 766-5663 for more information.

## June 8

**Huntington Memorial Hospital:** "The Promise and Problems of Aging," on changing concepts in the study of gerontology presented by psychiatrist L. Ross Mitchell, M.D., will be the topic of the community health forum, held at 7:30 p.m. in the hospital's east room, 100 Congress St., Pasadena. It is free and open to the public.

Call 440-5464 for more information.

## June 8, 22

**Mental Health Association in Los Angeles County and 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 629-1527 for more information.

## June 9

**Mental Health Association in Los Angeles County Children and Youth Committee:** The incidence of youth suicide will be discussed from noon to 2 p.m. at 930 Georgia St., Los Angeles. All are welcome to attend.

Call 629-1527 for more information.

## June 9

**Advocates for the Mentally Ill:** "The Disappearing Mental Health Program and Services: Who Has the Power to Reverse the Trend?" featuring government officials will be the topic of the 7:30 p.m. meeting, held at Thallians Community Mental Health Center, 8730 Alden Drive, Los Angeles.

## June 10

**Alliance for the Mentally Ill — San Gabriel Valley:** An open meeting with caring and sharing and problem solving will be held at 7:30 p.m. at San Marino Community Church, 1750 Virginia Road, San Marino.

Call 449-4217 for more information.

## June 10-11

**Parents United and Daughters/Sons United:** "No More Secrets — 1983," a two-day conference on child sexual abuse, will be held from 8 a.m. to 4:30 p.m. each day at Whittier College, 13406 E. Philadelphia, Whittier.

Call 727-4282 for more information.

## June 11

**Southern California Psychiatric Society:** A meeting of the general membership to inform them about changes effective July 1, 1983, as a result of AB 3480 ("The Preferred Provider Bill") will be held from 9 to 11:30 a.m. at the Biltmore Hotel, Los Angeles.

Call 477-1041 for more information.

## June 11

**Southern California Child and Adolescent Psychiatric Societies:** "Treatment of Eating Disorders in adolescence" will be presented from 8:45 a.m. to 12:45 p.m. at Cedars-Sinai Medical Center, education conference center, room b, north tower, 8700 Beverly Blvd., Los Angeles.

Call 275-7689 for more information.

## June 11

**Portals House:** The S.O.S. (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 board and care home residents and community mental health program clients. Admission is 25 cents.

Call 386-5393 for more information.

## June 13

**Pasadena Mental Health Center:** An eight-week single parent support group will be held from 6:30 to 8:30 p.m. at the center, 1495 N. Lake Ave., Pasadena, and will continue on Mondays, except July 4, through Aug. 8.

Call 798-0907 for more information.

## June 13

**South Bay Board and Care Operators Group:** The group will meet at 2 p.m. at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 518-6870 for more information.

## June 13

**Help Anorexia:** The monthly speaker meeting featuring Mark Lurie, M.D., cardiologist, will be held from 7:30 to 9 p.m. in the Torrance Memorial Hospital auditorium, 3330 Lomita, Torrance.

Call 326-3763, 6-8 p.m., for information.

## June 14

**Alliance for the Mentally Ill — Norwalk:** This relatives and friends group will meet at 7 p.m. in the Norwalk-La Mirada Unified School District administration building, 12820 S. Pioneer Blvd., Norwalk.

Call 864-4412 for more information.

## June 16

**Hollywood Human Services Project Mental Health Task Force:** Roland Vallerand, M.A., Behavioral Health Services Hollywood Unit supervisor, will speak on "Family System Concepts and the Gay and Lesbian Community" at the noon meeting, held in the Hollywood Mental Health Services conference room, 4757 Hollywood Blvd., Hollywood.

Call 467-3605 for more information.

## June 17

**Project Focus, Focus Center for Education and Development:** "Community Organizing: A Model for Prevention," training with techniques for utilizing community organizing in prevention programs, will be held from 9 a.m. to 3 p.m. at Coldwater Canyon Hospital, 6421 Coldwater Canyon Drive, North Hollywood. Cost is \$15 with a 20 percent discount if three or more staff persons from one agency attend.

Call 989-4175 for more information.

## June 18

**Counseling Center of the Westwood United Methodist Church:** A pre-wedding workshop for couples about to be married or those recently married will be held from 9 a.m. to 4 p.m. at the center, 10497 Wilshire Blvd., Los Angeles. It will focus on communication and conflict resolution skills, attitudes and expectations. Cost is \$20 per couple.

Call 474-3501 for more information.

## June 20

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

Call 518-6870 for more information.

## June 23

**Mental Health Advisory Board:** The San Fernando/Antelope Valley Regional Community Liaison Committee will host the board at noon at the Historical Railway Station Museum, Newhall.

Call 508-7800 or 738-4772 for more information.

## June 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., at 343-9105 for more information.