

Testimony given before Legislative budget committee in Sacramento

DIVERSE GROUPS BUILD STRATEGY IN COALITION

INTERVIEW:

ANDY POSNER

Federation President



Andy Posner has the look of a college football quarterback, but he identifies with the role of the sports reporter.

He lives to write.

President of Project Return, a federation of self-help clubs, Posner is editor of the club's newsletter.

"I love doing the writing. It's an affirmation of my being well. I want to shout, 'look at me; I'm doing it because I'm qualified, not just because I'm an ex-mental patient,'" he said.

"For the future I see my commitment to human rights still there."

Posner views the role of federation president as one where he can work to reduce the stigma of mental illness.

"We want to bring emotional health into the spotlight rather than mental illness. Everybody can improve their emotional health," he said. "That attitude helps reduce stigma."

"After all, what is mental health? We see out there in the

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Diverse interests within the field of mental health have joined forces in a coalition to press the case for adequate funding of mental health services in California.

The Coalition on the Mental Health Budget appointed a Steering Committee to develop a plan of action and outline a position paper.

Richard Van Horn, executive director of the Mental Health Association in Los Angeles County, was asked to assume leadership for the task at the request of the Interagency Committee.

The conclusions reached by the Steering Committee were presented to Coalition members for their approval.

Van Horn stated, "We are united in our support of a community based mental health system and have put aside any differences we may have with one another to achieve our goal."

Van Horn testified before the budget committee in Sacramento on behalf of the Coalition.

He protested the \$9.6 million local program reduction required in Los Angeles County if the Governor's budget goes through as it is.

The minimum recommendations of the Coalition regarding the Governor's budget are to support the augmentation of local mental health programs (\$6.4

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SUPREME COURT TO DECIDE ISSUE

The California State Supreme Court hearing to be held in Los Angeles this month will decide the fate of psychosocial rehabilitation programs throughout the state, according to Ellie Gersten, executive director of the Transitional Living Centers, Inc. (TLC).

TLC is a comprehensive program designed to provide residential rehabilitative services to

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LACC EDITORIAL PROMPTS ACTION

Reaction to a recent Los Angeles City College student newspaper editorial has prompted response from mental health agencies.

The editorial, titled "Crazies at City" and accompanied by an editorial cartoon, questioned having students with mental disabilities attending classes at the college.

Objection to the editorial was raised because it heavily contributed toward the stigma of mental disorders, making it more difficult

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INSIDE:

JIMMY LIVES!
PG. 2

MHA AWARD NIGHT
PG. 6-7

SCHIZOPHRENIA
PG. 8



Salute to Ray Bradbury page 6-7

ESSAY

JIMMY LIVES!

JIMMY (AND JANE) LIVE
(600 of them at one place)

By Charles Ansell, Ed.D.

Nine-year old Jane was picked up by the Hollywood Police for soliciting. She was a runaway and slept in the streets where she plied her trade.

Eight-year old Jimmy was found by the police talking to a man late one night. Jimmy was hustling. He was a child prostitute.

Both Jane and Jimmy needed money for drugs.

One night Jimmy's mother found him standing in front of the TV arguing loudly and threatening to kill "that ugly . . ." The ugly creature was a cartoon character. Jimmy was heavy on PCP.

They couldn't wake Jane up one morning. Her mother found an empty bottle of sleeping pills on the floor next to her bed. She had overdosed with suicidal intent. She was ten years old.

Neighbors saw Jimmy racing down the street ranting and raving, "I am Jesus Christ! I can make the world stop . . .!" He was taken to L.A. County General Hospital. He was heavy on Angel Dust.

Six hundred Janes and Jimmys are rushed to the L.A. County General Hospital each year, 50 a month, all heavily under the influence of drugs. These 600 had the good fortune to be either arrested or brought to the hospital by family. How many 9- and 10-year-old Jimmys and Janes roam the city streets day and night "under the influence" or looking to "earn" cash for drugs remain unknown. They "earn" money by purse snatching, by soliciting, by breaking and entering, wherever or whatever opportunity is closest at hand. What is known is that Jimmy and Jane live — for drugs.

The "fake" Jimmy, the Jimmy of the Washington Post story, was a passive stay-at-home boy who was "fired up" by his mother's pimp. That Jimmy lived in "a world of hard drugs, fast money and the good life." Not so the 600 Jimmys and Janes seen at the L.A. County General Hospital. They're not as well provided for as the mythical Jimmy in Janet Cooke's story. The real Jimmys and Janes have to hustle for their drugs.

Janet Cooke was enied her Pulitzer Prize because there was no real Mimmy. The Pulitzer Prize Committee was outraged at Cooke's fabrication.

Dear Miss Cooke, you could have talked to the Juvenile Narcotics Division of the Washington, D.C. police, or you could have

checked with the residents at the child and adolescent wards at your district hospitals. You would have found your Jimmy and Jane by the dozens. Except they would be more hopeless than your imaginary Jimmy, mainly because while your Jimmy got his fix passively, the real ones seek it, need it, fight for it, and, in the end, sell themselves for it.

And also Miss Cooke, your Jimmy sounded like a case hardened ghetto child. Matter of fact, he sounded like an adult of any age. You had him talk like a normal ghetto teen-ager. "I want to have me a bad car and dress good and also have me a good place to live." Poor Miss Cooke, you wrote then as a sociologist on a maudlin binge. There was no need, the reality is worse.

The 9- and 10-year-old Janes Jimmys that are admitted to our local hospitals sound nowhere near as sensible as your "fired up" Jimmy. The sad thing is that the precious gift of imagination given to each child is turned by drugs into nightmares and frightening delusions that drive these 9- and 10-year olds into bellowing monsters. They go around shrieking that they are Christs and Supermen. They're the lucky ones. Most of them curl up in the corners of their rooms and shriek at plots to poison them. These real-life Jimmys and Janes move through a haunted world where they stand alone, vulnerable, helpless and in constant panic.

Ladies and gentlemen of the Pulitzer Prize Committee, we regret that you were denied the right to be shocked about Jimmy because of Cooke's hoax, but do visit your local county hospital and recover the shock you were forced to give up in that great outcry of moral outrage at bad journalism.

You missed the real story.

Alas, Jimmy and Jane do live and the world is the sadder for the world their drugs forced on them.

Someone ought to do a Pulitzer Prize story on the drug induced corruption of childhood imagination.

Come to think of it, someone ought to do a fable about the razor sharp intelligence of a city editor who, because the reporter gave him the wrong address, rejected a story of a tenement that burned to the ground along with ten families, men, women and children who perished.

Dr. Charles Ansell is a psychologist in private practice, past president of the Los Angeles County Psychological Association and editor of The California State Psychologist magazine.

The opinions expressed in ESSAY are those of the author.

COALITION

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million) and the transfer to local mental health programs from the state hospitals (\$13,696,625), to support funding for inflation adjustment to prevent further loss of programs and to oppose additional reductions in state hospital beds until community alternatives to hospitalization have been funded, established and staffed.

California per capita mental health service fund-



Richard Van Horn

ing is ranked 30th nationwide the Coalition was informed.

Some of the groups represented in the Coalition include: California Psychiatric Society, L.A. County Psychological

"We are united in our support of a community based mental health system and have put aside any differences we may have."

Association, the National Association of Social Workers, Project Return self help clubs, Parents and Friends, Hope Community Mental Health Center, San Fernando Valley Child Guidance Clinic, Didi Hirsch Community Mental Health Center, Asian/Pacific Counseling Center Pasadena Child Guidance, Mental Health Association in Los Angeles County and the Society of Southern California Care Providers.

LACC

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for students to admit to having emotional problems and to seek help; it further engrained the negative stereotypes into the minds of the public; and it dehumanized people, making them into something to be feared, according to Los Angeles County Department of Mental Health Patients' Rights Advocate Rose Adelson.

The article was brought to Adelson's attention from the Hollywood Mental Health Center, which is located near the LACC Campus.

She circulated copies of the editorial to other personnel in the mental health field. She wrote a letter in response to the editorial and contacted Dr. James Cox, LACC dean of student affairs, who was quoted in the editorial.

According to Adelson, Dr. Cox suggested having a meeting, which was held on May 11 and attended by Los Angeles County Department of Mental Health personnel, Mental Health Association in Los Angeles County staff and LACC administration, faculty and security.

Dr. Ford Kuramoto, director of the Hollywood Mental Health Center, the county district center nearest the campus, attended the meeting and spoke on the services available at the center.

During the discussion, LACC personnel spoke of a need for consultation and evaluation services. The Hollywood Mental Health Center may be able to provide this type of service in July.

The L.A. County Department of Mental Health has offered the services of a consultant to LACC when the need for such a service arises.

Also in attendance at the meeting was Rhoda Zusman, director of Project Return, a MHA federation of self-help clubs for emotionally handicapped adults. It is "most likely" that Project Return will be starting a chapter at the Hollywood Mental Health Center, and they are looking into the possibility of starting a chapter on the LACC campus.

WORD PIECES

PSYCHIATRIST — A doctor of medicine (MD) with postgraduate training and experience in the field of emotional illness and mental disorders.

PSYCHOANALYST — A psychiatrist (MD) with additional training in psychoanalysis who employs the techniques of psychoanalytic therapy.

CLINICAL PSYCHOLOGIST — A specialist in the study of mental processes and behavior; qualified by advanced training and supervised experience to perform the following functions: evaluation of behavior problems, therapy, psychological consultation and research; generally holds a Ph.D. degree; not a physician unless has studied medicine and holds a MD degree.

PARA-PROFESSIONAL — A person who has received specialized training to assist mental health professionals in providing mental health care.

severely emotionally disabled adults.

The city of Torrance brought suit against TLC over the zoning issue.

"A positive decision by the California Supreme Court would prevent localities from zoning out such programs without just cause," Gersten explained. "The importance of a favorable decision is crucial."

The Short-Doyle and Bates bills have clearly legislated for providing the least restrictive care (for the chronically mentally ill) and the cost is less than half that of hospitalization, Gersten stated.

Additional information about the issue may be obtained by calling the TLC at 970-1020.

Editor's Note: An article about the TLC appeared in the May issue of Connections.

VIEW:

Articles dealing with legislative issues often end with the encouragement "write your legislator," and you would, if you only knew who represented you in Sacramento.

Congressional districts, state assembly and state senate boundaries are often confusing.

For this reason, we have devoted three columns of Legislative Analysis on this page to a clip and save list of state legislators from Los Angeles County, along with a general description of the communities they serve. For specific boundaries, contact the field office of the legislator.

The decisions about mental health services are made in Sacramento where the bulk of the funding comes through the state legislature.

Now all you need are pen, paper and a stamp to see that your views about cutbacks in mental health services are heard.

Next month the centerfold will concern violence against women — where to get help. The purpose of the centerfold is not to give a complete listing of all the services available within Los Angeles County, but rather to offer a representative sampling in a graphic form that could be used as a poster.

Also in the July issue we will resume our coverage of one of the five Los Angeles County Department of Mental Health regions.

We encourage you to submit copy to Connections — see the staff box on page eight for the procedure. We welcome your comments and ideas.

Lorraine Wilson
Editor

LEGISLATIVE ANALYSIS

Los Angeles County Representatives to the California State Legislature

State Assembly

Richard Alatorre
6801 N. Figueroa St.
Los Angeles, CA 90042
Dist. 55: Northeast Los Angeles, Highland Park, Eagle Rock, El Sereno, Cypress Park

Tom Bane
5430 Van Nuys Blvd.
Van Nuys, CA 91401
Dist. 40: North Hollywood, Reseda, Van Nuys, Sherman Oaks, Encino, Tarzana, other valley areas

Howard Berman
520 S. Sepulveda Blvd.
Los Angeles, CA 90049
Dist. 43: Beverly Hills, Westwood, Studio City, Encino, Tarzana, Woodland Hills

Jim Cramer
320 West G St.
Ontario, CA 91762
Dist. 65: Pomona

Dave Elder
3651 Atlantic Ave.
Long Beach, CA 90807
Dist. 57: Long Beach, Carson

Dennis Brown
2750 Bellflower Blvd.
Long Beach, CA 90815
Dist. 58: Long Beach

Gerald Felando
1514 Cabrillo Ave.
Torrance, CA 90501
Dist. 52: San Pedro, Catalina, Eastview, Harbor City, Wilmington, E. Torrance, Lomita

Richard E. Floyd
12101 Crenshaw
Hawthorne, CA 90250
Dist. 53: Hawthorne, Gardena, Carson, Lawndale, Lennox

William H. Ivers
106A S. Los Robles
Pasadena, CA 91101
Dist. 42: N. Glendale, Pasadena, La Canada-Flintridge, Altadena, La Crescenta, Montrose

Richard Katz
15226 Parthenia St.
Sepulveda, CA 91343
Dist. 39: eastern San Fernando Valley, Sepulveda, Northridge, Granada Hills, Panorama City, Pacoima, Mission Hills

Marian Lafollette
23241 Ventura Blvd.
Woodland Hills, CA 91364
Dist. 38: Malibu Coast, Agoura, Westlake, Pacific Palisades, Calabasas, Woodland Hills, Topanga, Canoga Park.

Bill Lancaster
372 E. Rowland St.
Covina, CA 91723
Dist. 62: Covina, Claremont, West Covina, Glendora, San Dimas, La Verne

Mel Levine
9581 W. Pico Blvd.
Los Angeles, CA 90035
Dist. 44: Santa Monica, Venice, West L.A.

Matthew G. Martinez
1304 W. Beverly Blvd.
Montebello, CA 90640
Dist. 59: Alhambra, Monterey Park, Montebello, Pico Rivera, S. El Monte

Gwen Moore
3731 Stocker St.
Los Angeles, CA 90008
Dist. 49: Culver City, Marina del Rey, Los Angeles

Richard Mountjoy
406 S. First St.
Arcadia, CA 91006
Dist. 61: San Gabriel, Arcadia, San Marino, Duarte, Azusa, Temple City, Sierra Madre, Monrovia, Bradbury, Irwindale

Patrick J. Nolan
143 S. Glendale Ave.
Glendale, CA 91205
Dist. 41: Burbank, Glendale, Sunland, Tujunga

Michael Roos
600 S. New Hampshire
Los Angeles, CA 90005
Dist. 46: Wilshire, Silver Lake, Echo Park, Hollywood, Los Angeles, Los Feliz

Herschel Rosenthal
8425 W. Third St.
Los Angeles, CA 90048
Dist. 45: Fairfax, Studio City, Hollywood, Silver Lake, North Hollywood, Los Angeles

Marilyn Ryan
1815 Via El Prado
Redondo Beach, CA 90277
Dist. 51: Rancho Palos Verdes, Rolling Hills, Rolling Hills Estates, Redondo, Hermosa, Manhattan, El Segundo, Torrance, Palos Verdes Estates

Dave Stirling
13601 E. Whittier Blvd.
Whittier, CA 90605
Dist. 64: Hacienda Heights, Rowland Heights, Walnut, Diamond Bar, La Mirada, Whittier, La Habra Heights, City of Industry, Phillips Ranch

Sally Tanner
11362 Valley Blvd.
El Monte, CA 91731
Dist. 60: El Monte, La Puente, Rosemead, Baldwin Park, City of Industry, Arcadia, Whittier, West Covina

Art Torres
5261 E. Beverly Blvd.
Los Angeles, CA 90022
Dist. 56: downtown Los Angeles, City of Commerce, Bell, Bell Gardens, Belvedere, Boyle Heights, East Los Angeles, Maravilla, Maywood, Montebello Park, Monterey Park, Vernon

Curtis R. Tucker
1 Manchester Blvd.
Inglewood, CA 90301
Dist. 50: Inglewood, Westchester, Playa del Rey, Los Angeles

Frank Vicencia
8040 Alondra Blvd.
Paramount, CA 90723
Dist. 54: Compton, Paramount, Lynwood, Bellflower, Willowbrook

Maxine Waters
7900 S. Central Ave.
Los Angeles, CA 90001
Dist. 48: South-Central Los Angeles

Cathie Wright
20961 Devonshire St.
Chatsworth, CA 91311
Dist. 37: Simi, Moorpark, Santa Clarita Valley, Chatsworth, Northridge, Granada Hills, Canoga Park, Sylmar

Bruce E. Young
12440 E. Firestone Blvd.
Norwalk, CA 90650
Dist. 63: Artesia, Cerritos, Downey, Norwalk, Santa Fe Springs

During legislative session,
mail for Assembly members
may be addressed to:

State Capitol
Sacramento, CA 95814

State Senate

Ruben S. Ayala
515 N. Arrowhead Ave.
San Bernardino, CA 92401
Dist. 32: Los Angeles, San Bernardino Counties

Robert G. Beverly
1611 S. Pacific Coast Highway
Redondo Beach, CA 90277
Dist. 27: Los Angeles County

William Campbell
7624 Painter Ave.
Whittier, CA 90602
Dist. 33: Los Angeles County

Ed Davis
6700 Fallbrook Ave.
Canoga Park, CA 91307
Dist. 19: Los Angeles, Ventura Counties

Ralph C. Dills
16921 S. Western Ave.
Gardena, CA 90247
Dist. 28: Los Angeles County

Alex P. Garcia
205 S. Broadway
Los Angeles, CA 90012
Dist. 24: Los Angeles County

Bill Greene
8514 S. Broadway
Los Angeles, CA 90003
Dist. 29: Los Angeles County

Joseph Montoya
8951 Glendon Way
Rosemead, CA 91770
Dist. 26: Los Angeles County

H.L. Richardson
735 W. Duarte Rd.
Arcadia, CA 91006
Dist. 25: Los Angeles County

Alan Robbins
6320 Van Nuys Blvd.
Van Nuys, CA 91401
Dist. 20: Los Angeles County

David A. Roberti
6640 Sunset Blvd.
Hollywood, CA 90028
Dist. 23: Los Angeles County

Newton R. Russell
401 N. Brand Blvd.
Glendale, CA 91203
Dist. 21: Los Angeles County

Alan Sieroty
11340 W. Olympic Blvd.
Los Angeles, CA 90064
Dist. 22: Los Angeles County

Ollie Speraw
1800 E. Wardlow Rd.
Long Beach, CA 90807
Dist. 31: Los Angeles County

Diane E. Watson
4401 Crenshaw Blvd.
Los Angeles, CA 90043
Dist. 30: Los Angeles County

During session, mail for senators
may be addressed to:

State Capitol
Sacramento, CA 95814

FOR USE AS A POSTER

Asian/Pacific Resources
Asian/Pacific Counseling and Treatment Center
3407 W. Sixth St.
Los Angeles, CA 90020
(213) 382-7311

California Korean Community Services Center
3438 W. Eighth St.
Los Angeles, CA 90005
(213) 388-6393

Nalinac, Women's Shelter for Pacific/Asians
2140 W. Olympic Blvd.
Room 250
Los Angeles, CA 90006
(213) 388-0446



MENTAL HEALTH SERVICES FOR MANY CULTURES

The resources listed offer diverse language capabilities. Bilingual staff is available. For further information and referrals, contact Herman Williams, L.A. County Department of Mental Health, at (213) 738-4961. This listing was researched by Jose Rocha, L.A. County Department of Mental Health.

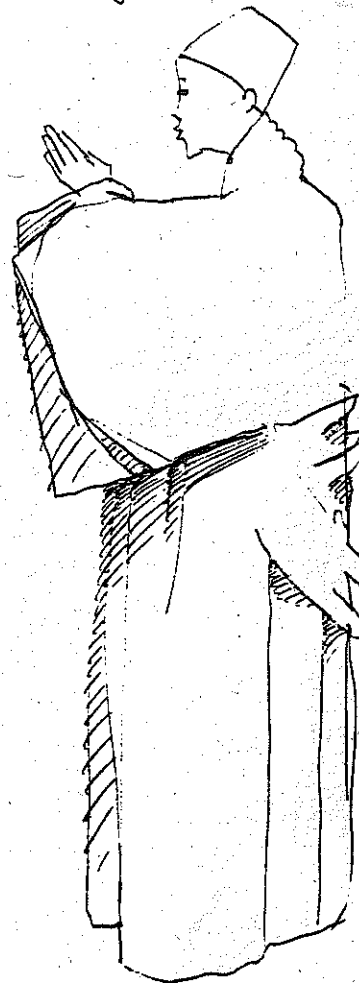
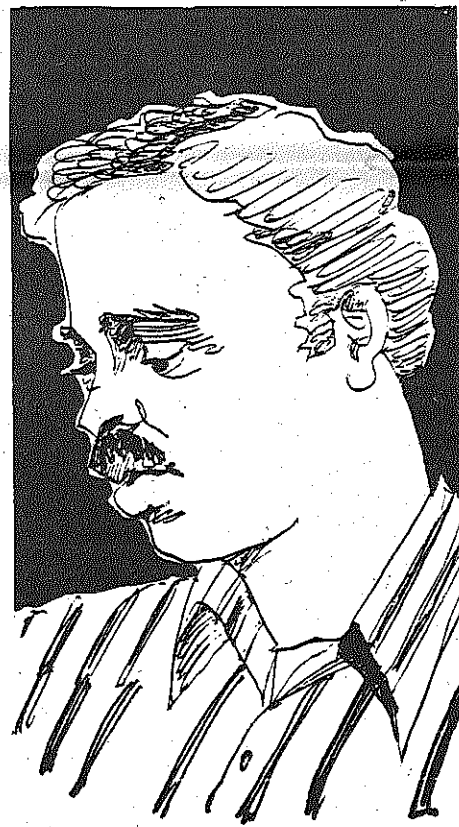
Mental Health Association in Los Angeles County 930 Georgia Street, Los Angeles 90015

California Korean Community Services Center
6125 Carlos St.
Hollywood, CA 90028
(213) 466-4145

Chinatown Teen Post
637 S. Spring St.
Los Angeles, CA 90012
(213) 680-0876

Indo-Chinese Refugee Committee
705 S. Atlantic Blvd.
Alhambra, CA 91803
(213) 282-8471

Indo-Chinese Refugee Service Center
524 N. Spring
Los Angeles, CA 90012
(213) 974-7305



GRAPHICS
BY JESUS PEREZ

House of Happiness
1933 Griffith Park Blvd.
Los Angeles, CA 90039
(213) 664-9413

Pacific Psychological Association
711 E. Walnut
Pasadena, CA 91101
(213) 795-0265

Korean Youth Center
932 Crenshaw Blvd.
Los Angeles, CA 90019
(213) 939-0383

International Institute Los Angeles Indo-Chinese Counseling
2121 Beverly Blvd.
Los Angeles, CA 90057
(213) 483-4970

International Institute Los Angeles Southeast Asian Refugee
2121 Beverly Blvd.
Los Angeles, CA 90057
(213) 483-4970

Southeast Asian Refugee Mental Health
1401 Chestnut Suite D-303
Long Beach, CA 90813
(213) 591-3338

Pacific Counseling Center
537 S. Commonwealth
Los Angeles, CA 90020
(213) 380-7650

Asian American Community Mental Health
1300 W. Olympic Blvd.
Room 303
Los Angeles, CA 90015
(213) 385-1474

Oriental Service Center
1313 W. Eighth St.
Suite 300
Los Angeles, CA 90017
(213) 483-0644

Oriental Medical Center
3671 W. Sixth St.
Los Angeles, CA 90020
(213) 388-9355

Latino Resources Spanish Language Counseling Center
1426 Main St.
Venice, CA 90291
(213) 392-4159

St. John's Hospital
1328 22nd St.
Santa Monica, CA 90404
(213) 829-5511

El Centro
972 S. Goodrich Blvd.
Los Angeles, CA 90020
(213) 725-1337

Metropolitan Psychiatric Services
2719 N. Broadway Ave.
Los Angeles, CA 90031
(213) 221-2112

American Indian Resources

Center for Individual and Family Counseling
5445 Laurel Canyon Blvd.
North Hollywood, CA 91607
(213) 761-2227

Indian Free Clinic, Inc.
7300 S. Santa Fe Ave.
Huntington Park, CA 90255
(213) 587-8164

Indian Center West
4836 S. Sepulveda Blvd.
Culver City, CA 90230
(213) 391-6067

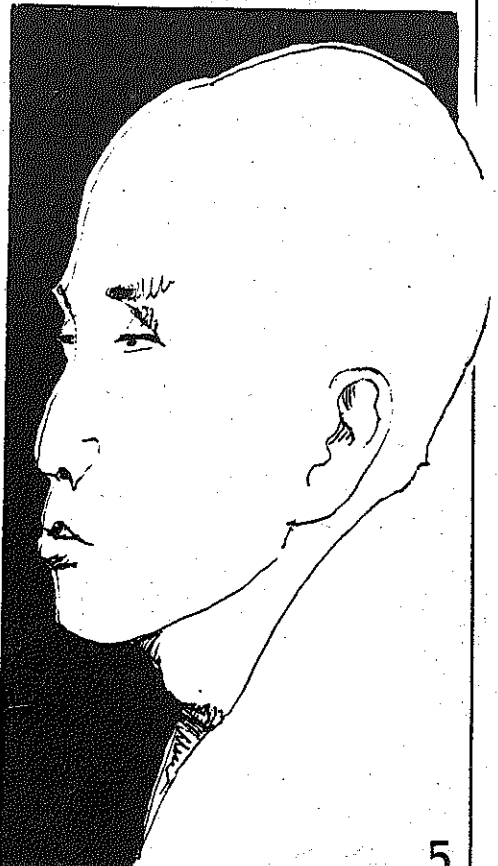
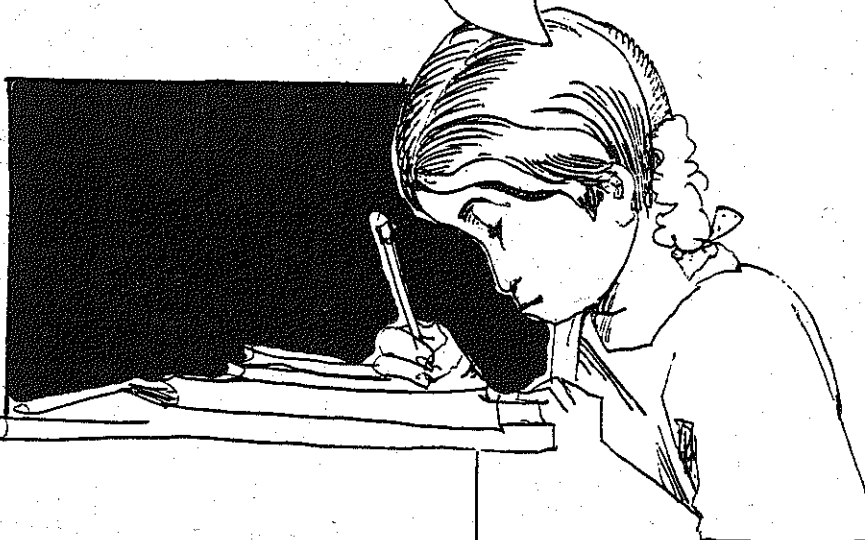
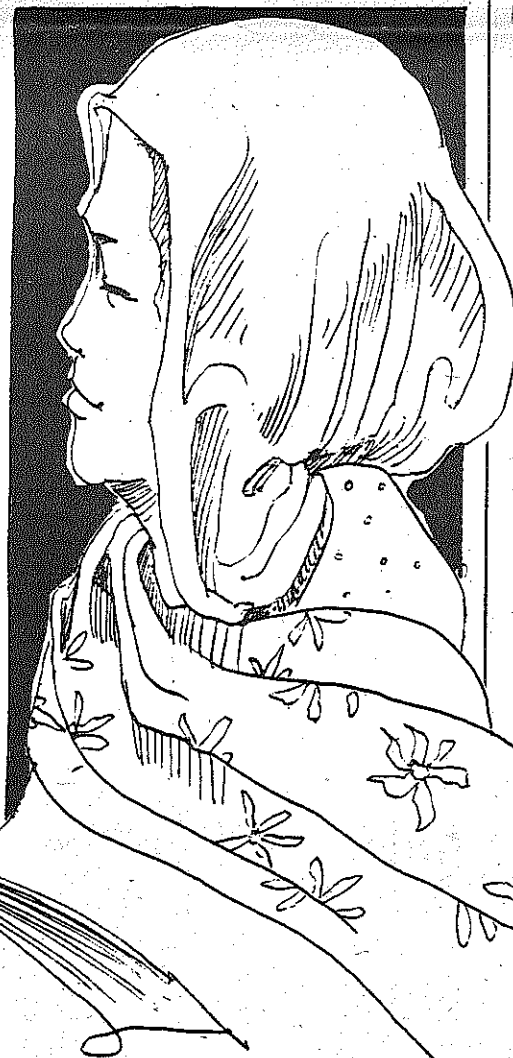
For Referral: Central Mental Health Region
LAC/USC Medical Center
1937 Hospital Place
Room 147
Los Angeles, CA 90033
(213) 226-6815

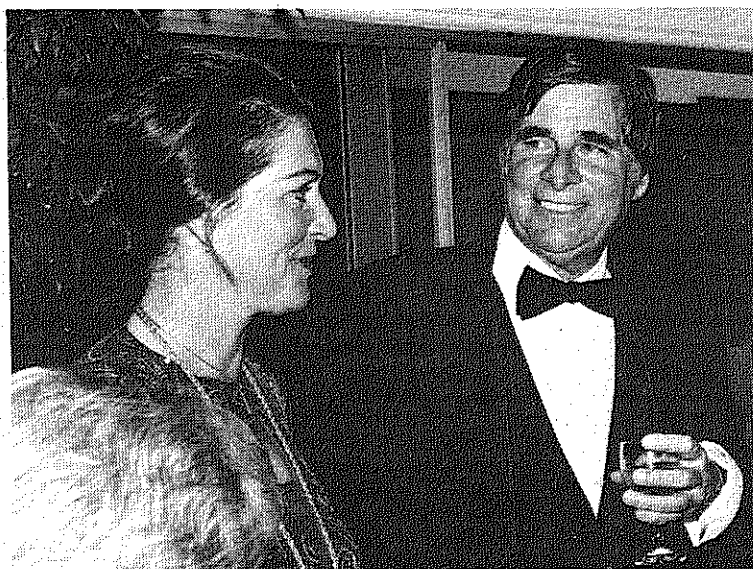
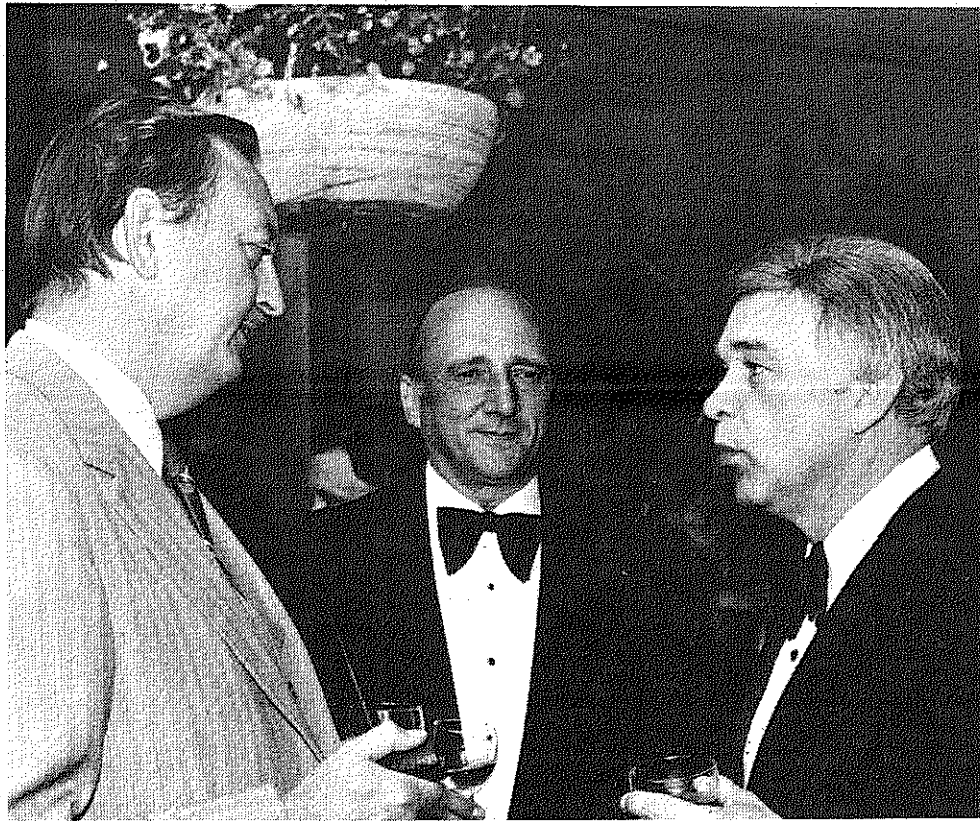
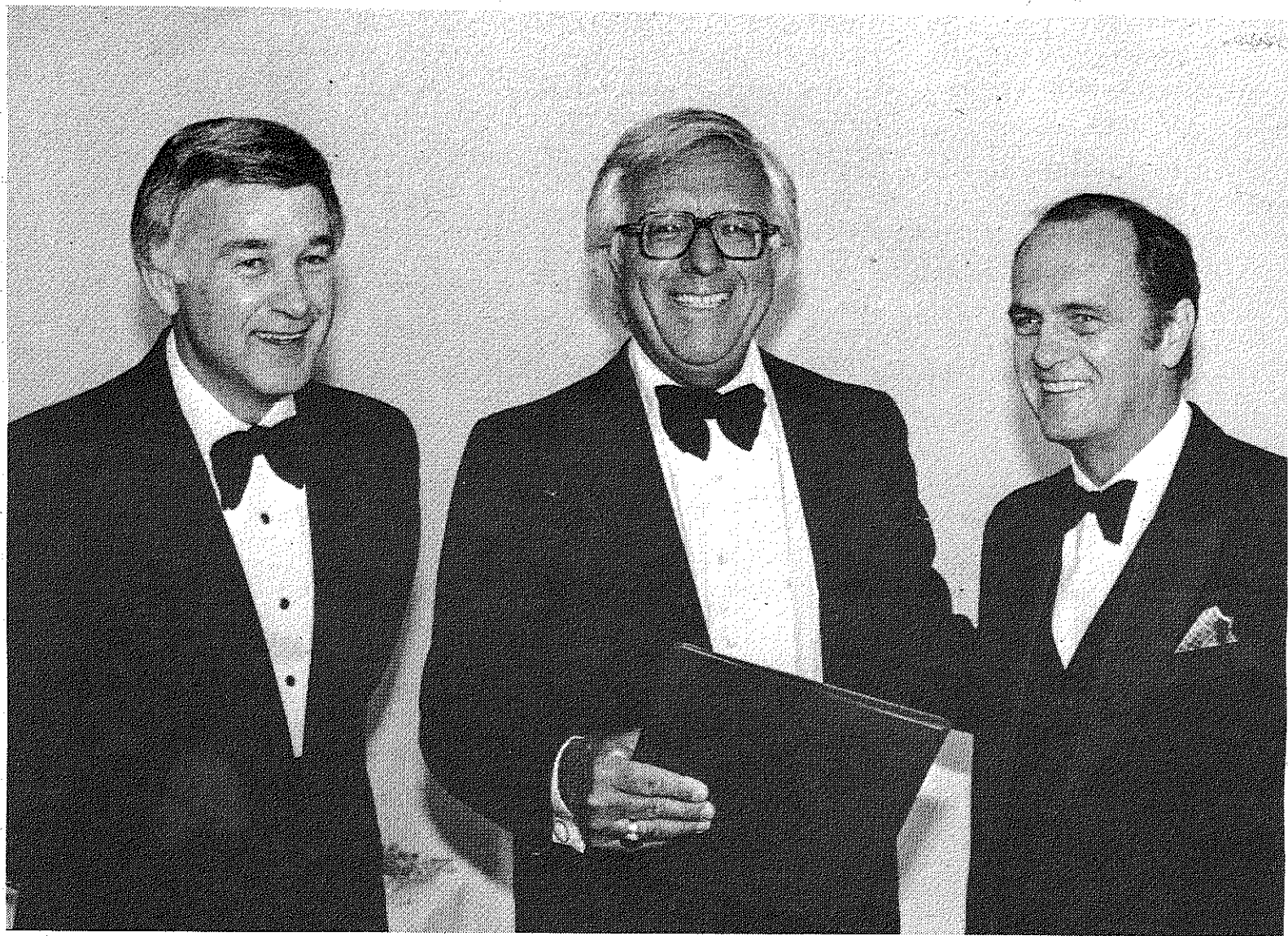
Coastal Mental Health Region
Harbor-UCLA Medical Center
1000 W. Carson
Torrance, CA 90509
(213) 533-3101

San Fernando Antelope Valley Mental Health Region
12148 Victory Blvd.
North Hollywood, CA 91606
(213) 985-6550

San Gabriel Valley Mental Health Region
330 E. Live Oak Ave.
Arcadia, CA 91006
(213) 445-4350

Southeast Mental Health Region
1720 E. 120th St.
Los Angeles, CA 90059
(213) 603-4271



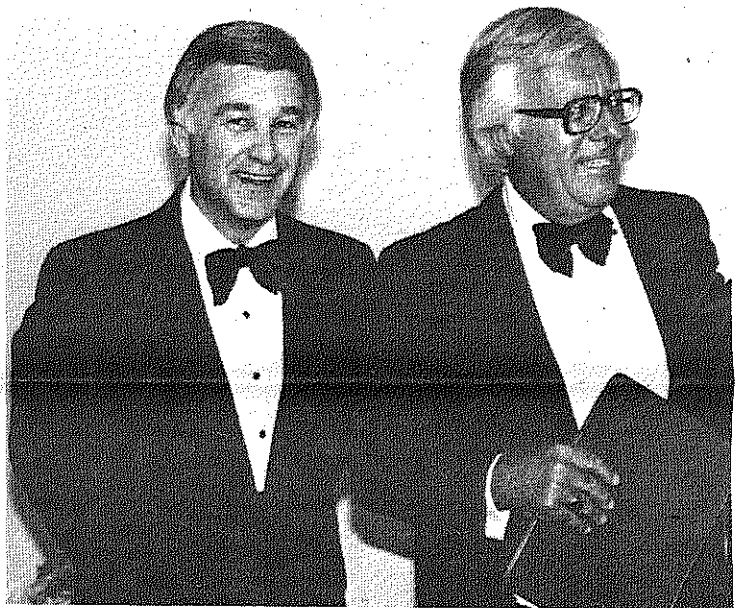
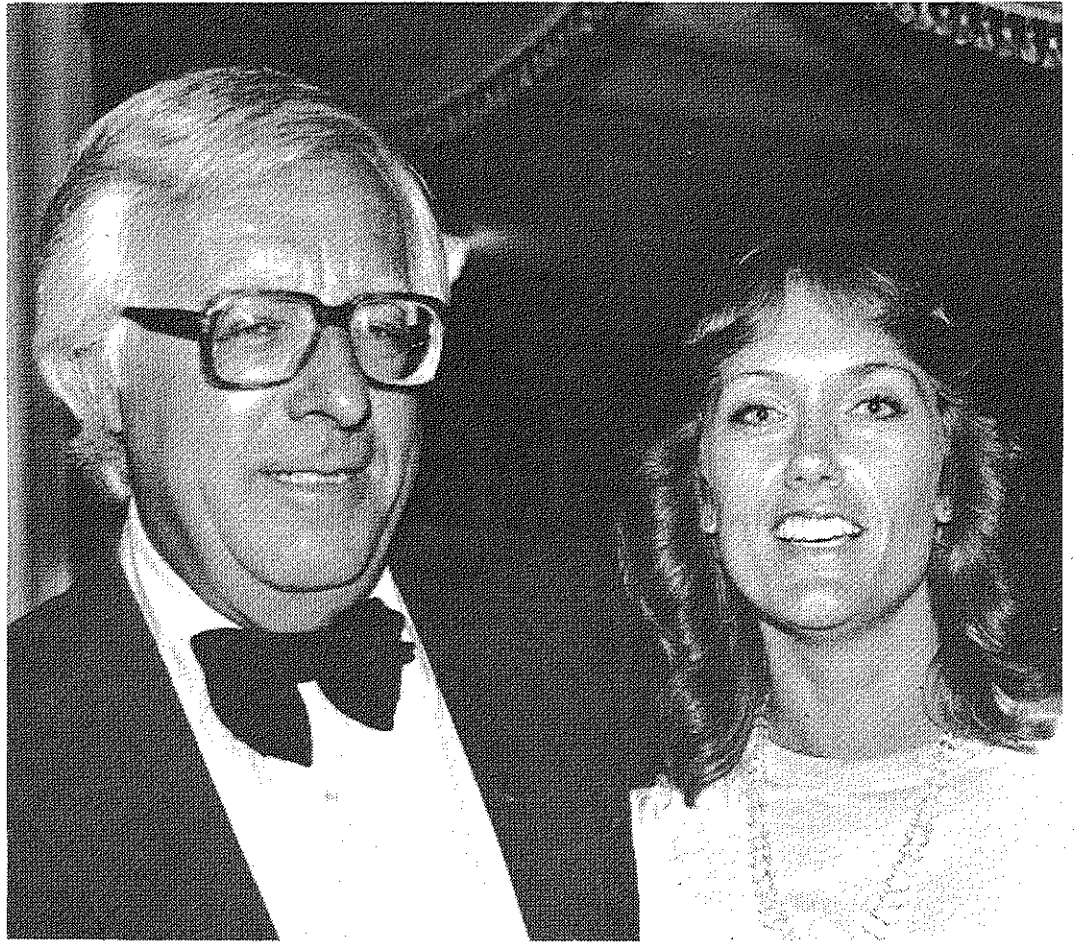


"For promoting good mental health through the understanding, acceptance and values expressed in his writing and his life."

**MENTAL HEALTH
ASSOCIATION
TRIBUTE TO**

Ramona Bradbury





Attending the May 26 event at the Ambassador Hotel to honor Ray Bradbury (pictured clockwise):

- Actor/dancer Gene Kelly presents the Mental Health Association Performance Award, a replica of the MHA emblem
- MHA board member Joyce Mellul welcomes former Oakland Raider Sam Scarbar
- Ray Bradbury and Bill Thomas, MHA president (l-r)
- Academy Award-winner Charlton Heston gives a dramatic reading
- "Star Trek" co-star Persis Khambatta and Hollywood personality Johnny Grant
- "Star Trek" co-star Majel Barrett (Mrs. Gene Roddenberry) and Tribute Chairperson Gene Roddenberry, "Star Trek" creator/producer
- L.A. County Department of Mental Health Director Dr. J.R. Elpers, Regional Director Dr. Milton Miller and Bill Thomas (l-r)
- Ray Bradbury (c), MHA Performance Award recipient, is congratulated by Bill Thomas (l) and master of ceremonies Bob Newhart (r)

CALENDAR

June 3

Interagency Committee on Mental Health meets in the conference rooms at the Department of Mental Health, 2415 W. Sixth St., Los Angeles, from 9:30-11:30 a.m. All interested agencies are welcome. Street parking only.

June 3

A workshop entitled, "Supervision: Balancing the Task, the Process and the Relationship," will be held from 1-5 p.m. at the Didi Hirsch Community Mental Health Center, 460 S. Sepulveda Blvd., Culver City.

The instructors will be Scott Sherman, Ph.D., staff, Didi Hirsch Community Mental Health Center; and Vickie M. Mays, Ph.D., staff, Didi Hirsch Community Mental Health Center and assistant professor in clinical psychology, UCLA.

The fee for the workshop is \$25. Continuing education credit is available.

For further information, call the Consultation and Education Division of the Didi Hirsch Community Mental Health Center, 390-6612 or 390-6618.

June 4, 9, 11

Kennedy Child Study Center, a division of Saint John's Hospital and Health Center, continues to offer an eight week workshop on Systematic Training for Effective Parenting (STEP). Offered on either Tuesday or Thursday evenings, 6:30 to 8:00 P.M. \$50 for eight 1½ hour sessions.

Please call 829-8568 for the next beginning session. Kennedy Child Study Center, 1339 20th Street, Santa Monica 90404.

June 4

Families in Transition: Parenting in the 80's is a free community education program offered by the Consultation and Education Division of Didi Hirsch Community Mental Health Center in collaboration with the Human Services Department of Culver City. The daytime session will meet 1-3 p.m. in the **Kaizuka Room of the Veteran's Auditorium in Culver City**. The evening session will meet 7-9 p.m. at the Culver City Senior Citizens Center.

The evening session includes free childcare and dinner. Reservations are necessary for the evening session — deadline Monday, June 1. The program will present a model of parenting for the 80's, including discipline, communication and child development and will address specific family concerns such as the single parent family, the dual-working parents family and the step-family.

For information call 390-6612.

POSNER

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culture, for example, people joining violent and anti-Semitic groups looking for a scapegoat. What then is mental health?" Posner repeated.

Born 27 years ago in Los Angeles, Posner has experienced the mental health system. "I was lucky and I benefited from people who helped me, who took an interest in me," Posner said.

Posner testified about those experiences before the budget committee of the state legislature, stating, "Board and care facilities are most often institutions with no program to reach their own residents. If we expect people to be rehabilitated, then we must rehabilitate a system which, in many cases, is doing absolutely nothing for many of the people I have lived with and whom I still know and care for. We must create work programs that will help people return. We must create social programs that will help people return. My friends want to help themselves; they don't want to be on SSI; they want to act in their own best interests. They need a little help to do it. Help that moves

June 6

El Camino Day Treatment Center is entering two teams in the Seventh Annual Volleyball Fun-a-Thon. This event will be held at **Michigan Park in Whittier** from 9 a.m.-4 p.m. The fun-a-thon is sponsored by the Whittier/Rio Hondo Kiwanis Club.

For information, telephone June Hamilton, San Gabriel Valley Mental Health, 949-8455, ext. 218.

June 12, 19

"Hispanic Culture and Mental Health" seminar conducted by Amado Padilla, Ph.D., professor of psychology at UCLA, will be held in two sessions: first session — June 12, 9 a.m.-1 p.m.; second session — June 19, 9 a.m.-1 p.m. at **1106 S. Crenshaw Blvd., Los Angeles**.

For information, call 738-4971.

June 19

Central City Community Mental Health Center's Annual Meeting and Open House, observing 20 years of service to the community, will be held at 11 a.m. at **4211 S. Avalon, Los Angeles**.

For information, call 232-4111.

June 22

An organizational meeting for a new group for victims of anorexia nervosa, their families and friends will be held from 7-10 p.m. at the **Allstate Savings and Loan, Brentwood West Los Angeles, 11911 Wilshire Blvd.** in the conference room located on the side of the building next to the parking lot.

For further information, call Steve Simon at 838-2715 or 836-1191.

June

Kennedy Child Study Center, a division of Saint John's Hospital and Health Center, offers a Summer Day Program for children with developmental disabilities beginning June 29 to September 4. The facility includes a swimming pool.

For information call 829-8568. Kennedy Child Study Center, 1339 20th Street, Santa Monica, 90404.

June

The National Mental Health Association is seeking nominations for the Lela Rowland Prevention Award presented each year to "a clearly defined (mental health prevention) program and the agency or person responsible for it." The award carries with it a cash prize of \$2,000.

To nominate an agency or person, contact the Mental Health Association in Los Angeles County at 930 Georgia St., Los Angeles, CA 90015, or 629-1527. Deadline for contacting the MHA is mid-June.

The purpose of the honor is to increase the understanding of primary prevention in the mental health field.

me, or my friends, from passivity to action is cost effective. Help that keeps us semi-conscious and staring at walls costs you money and us our lives."

For Posner, when it comes to health systems, the economics of the situation take over. It is unfair, he states, that those with the most financial backing should have the right to the best treatment available.

"Only one aspect is the therapist or the pill; another is the help we give to one another and in the final analysis it has to come from you."

"The resources of government should go into building a humane health system that will develop internal and real strength (in the country) rather than into building a military giant . . . whose missile strength could destroy all of humankind," Posner stated.

In the May newsletter, Posner writes, "The project advocates for a peaceful evolution into a human health system based not on the

SOME PLAIN TALK ON SCHIZOPHRENIA

by Dr. Robert P. Liberman

Conclusion of a two-part article.

Question: What is the cause of schizophrenia?

Answer: It is probably a better idea to think of the causes of schizophrenia rather than a single cause. And it is also important to think of factors which can make the symptoms and life functioning better or worse in a person who already has schizophrenia. Since medications can improve the symptoms of schizophrenia, it is likely that brain chemistry changes are part of the problem. On the other hand since psychotherapies and behavior therapies which focus on the patient's environment also produce therapeutic change, it is felt that the environment — especially other people's reactions to the person with schizophrenia — is crucial in the development and outcome of schizophrenia.

While there is some logic in inferring the causes of schizophrenia from the effective methods of treatment, it is also possible that treatments deal with just the symptoms and not the causes. For instance, antacids can alleviate an upset stomach or an ulcer by neutralizing stomach acid, but the excess acid itself and the ulcer may have been produced by a stressful environmental situation. Excess stomach acid can lead to ulcers but it is really the stressful life situations that is the basic cause of the problem. While effective treatments may provide some information concerning the causes of schizophrenia, the causes of schizophrenia have still not been determined scientifically.

Researchers have found several factors which may contribute to the development and course of schizophrenia including:

1. **Inheritance.** There is evidence that offspring of schizophrenics are more likely to develop schizophrenia or other mental problems than offsprings of nonschizophrenics. However, this does not mean that inheriting schizophrenia is inevitable or even probable. Only 8-10 percent of offspring of a parent with schizophrenia become schizophrenic. It is better to think of the genetic influence as producing a susceptibility, vulnerability or "predisposition" to schizophrenia. In other words, a child from a schizophrenic family may be more likely to become schizophrenic but only if subjected to stressful environmental conditions. One frequent type of environmental condition that produces biological stress and schizophrenia in susceptible individuals is the abuse of

cost of dollars, but on what the current system is costing in lives."

Project Return is a program of the Mental Health Association in Los Angeles County with more than 15 clubs meeting in the County.

About his work, Posner says, "I take great pleasure when someone in the program feels a little happier. Only one aspect is the therapist or the pill; another is the help we give to one another and in the final analysis it has to come from you."

Often in cost free programs, he continued, there is no attempt to get the person into the solution. In Project Return and other self-help groups, this is not the case.

"I don't want to give the expectation that Project Return can do everything — it helped me at a crucial time," he said.

On a personal level, Posner enjoys the theater, racquet ball and backpacking.

"For the future I see my commitment to human rights still there. I'll probably be involved in teaching," he said.

"Now I'm doing what I love, writing."

"street drugs" such as LSD, PCP ("Angel Dust"), amphetamines ("speed") or marijuana.

2. **The environment.** The things that happen around us affect our feelings, attitudes and thoughts and to a great extent make us who we are. Certain events which are stressful can precipitate a schizophrenic reaction in a vulnerable person. Persons who have had little success or achievement in school, work or social life are also more vulnerable to stress. A number of life events or conditions can induce this stress which can be an important factor in increasing a person's susceptibility to a schizophrenic reaction. Two major types of stressful conditions are those involved in *loss* — of a loved one, say, or of a job, or of self-esteem; and those involved in *threats* — to the individual's status, goals, health, or security. Even life events which may be viewed as positive — such as a job promotion, the birth of a child, marriage, going away to college or moving to a nicer apartment — can tip the balance and produce enough stress to cause a relapse in a person with schizophrenia. In general, an environment that is too stimulating or too understimulating can produce relapse or flare-ups of symptoms in individuals who have an already established schizophrenic illness. Learning effective ways of coping with stress, like becoming better able to communicate one's feelings and solve personal problems, will reduce the chances of developing schizophrenia or of relapse.

3. **The family.** A person's family has a major influence upon his/her development. Because of this there is a temptation to fix a large portion of the "blame" for schizophrenia upon the schizophrenic's parents. Not only is this unfair, it can also result in unnecessary pain and guilt. There are no scientifically proven factors in the family life or upbringing that cause schizophrenia. However, there are patterns of family interaction that are associated with relapse in persons who already have schizophrenia. Excessive criticism and emotional overinvolvement are two family factors which can make schizophrenic symptoms worse. Other factors in family relationships that help to minimize symptoms are consistency, clarity and directness in conversations and interactions.

It is impossible to prevent negative feelings and actions from occurring in the course of family life. But it is important with a person who has schizophrenia to give that person positive support for making small steps in helping himself and to give that person enough "space" to keep stress under control.

The causes of schizophrenia and relapse in schizophrenics are many. Environmental events and a genetic predisposition probably combine to result in a schizophrenic reaction or relapse. Much more research will need to be done before answers to questions concerning the causes of schizophrenia can be given.

Dr. Liberman is the Chief Rehabilitation Medicine Service at Brentwood V.A. This material was presented at the Brentwood V.A. Medical Center and was developed with the support of the National Institute of Mental Health, research grant #30911.

CONNECTIONS

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