

CONNECTIONS

THE PUBLICATION OF THE MENTAL HEALTH ASSOCIATION IN LOS ANGELES COUNTY DEC. 1983/JAN. 1984

*Rumors abound that governor plans to change
California mental health funding*

WILL DEUKMEJIAN PROPOSE BLOCK GRANT SYSTEM?

INTERVIEW:

GLADYS LEE, LCSW

Asian Task Force Coordinator



Gladys Lee, L.C.S.W., started the San Gabriel Valley Asian Task Force out of curiosity. "I wanted to see if what people told me was right, that there was no need.

"For a while I thought they were right, but after the first year we were hit with needs and requests. The needs were hidden in the community. Now people grab us and say, 'we need you,'" says Lee, task force coordinator.

Her interest in forming the task force

"Everyone who joins must do something . . . we did not want to be just a talking liaison committee."

was strengthened when she visited a School Attendance Review Board meeting in Alhambra. A police lieutenant asked her about resources for Asians. "I didn't know of any and started thinking about mental health services for Asians."

With Christopher Amenson, Ph.D., as consultant, and an intern, a small

continued on page 6

The Deukmejian Administration is proposing a new mental health Block Grant system for funding mental health services in California, according to high level staff in the state Department of Mental Health.

Concerns about the proposal have already been raised by various mental health constituency groups.

Meeting in Sacramento November 28 to gain consensus, the group's concerns surround the specifics of the Block Grant proposal as well as the concept.

Block Grant funding has been proposed in California before in Assembly Bill 2100 and successfully defeated in the Legislature.

Since that time the Administration has circulated an interim report, *The New Partnership Task Force on State and Local Government*, which recommends block grants of money to counties as a means of funding programs for preventing alcohol and drug abuse, for medically indigent adults, for public health and mental health.

Indications are that Boards of Supervisors in the counties would welcome these dollars. The Los Angeles County Board of Supervisors in November voted 5 to 0 in favor of the "concept" in the *New Partnership Task Force* report.

Constituency groups believe that shifting the total responsibility for mental health services to the local level will bring a wide disparity of services among the counties unless there are built-in guidelines requiring a continuum of services.

Counties providing adequate services would attract large numbers of mentally ill persons and the county services would be overwhelmed, the groups said.

The Alliance for the Mentally Ill (AMI) regards the plan as "a major restructuring of California's mental health system . . . mental health needs would not fare well if they have to compete for funding with other health and human service programs at the local level." California Alliance for the Mentally Ill is on record at their 1983 Conference as opposed to Block Grants.

Rumors about the plan abound.

The governor is not expected to

continued on page 7

BRONZAN ADVOCATES FOR MENTAL HEALTH

"The committee's purpose and mission is to examine the mental health system of the state of California . . . and if changes are needed, then report recommendations to the legislature," said Assembly member Bruce Bronzan (D-Fresno), chairperson of the Assembly Select Committee on Mental Health.

Bronzan said the committee will be taking a "fundamental look" at the system.

Assembly Speaker Willie Brown appointed the Select Committee on Oct. 17. Local Assembly member Burt Margolin (D-Los Angeles) is vice chairperson.

"Looking over the history of mental health in this state, several things are

continued on page 6

INSIDE:

**DON'T
PANIC
PG. 2**

**HORROR
STORIES
PG. 7**



Planning for the California Mental Health Association benefit on Feb. 23 at the Beverly Hilton to honor Dr. Jerry Buss are (l-r) Bette Caraway, MHA in Los Angeles County chapter president; Bill Thomas, MHA state president; Sally Mishkind, chairperson for the benefit; and Richard Van Horn, MHA in Los Angeles County executive director. The event will begin at Pickfair with a pre-party for table hosts.

MHA
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RESEARCH STUDY AIDS PANIC ATTACK VICTIMS

Research now being conducted at Harbor-UCLA Medical Center may mean help for the more than two million Americans who suffer from panic attacks and agoraphobia.

Dr. Ira Lesser is part of research group (with Dr. Robert Rubin, Russell Poland, Ph.D., Dr. Jambur Ananth Dr. Keh-Ming Lin, David Martin, Ph.D. and Dianne Rose, R.N.) studying the efficacy of an anti-anxiety drug in the treatment of panic disorders.

Harbor-UCLA's portion of research is part of the largest collaborative study of its kind, with sites in Mexico, Canada, Australia and Europe.

Lesser defines these attacks as "episodes of intense anxiety of fear, which come on rapidly, usually totally unexpected by the victim."

"The attacks are characterized by

rapid or missed heartbeats, rapid breathing or difficulty breathing, often feelings of lightheadedness, faintness, trembling and weakness in the legs.

"There is usually a feeling that something terrible is about to happen, that victims are going to have heart attacks and die or that they are losing their minds. People say it is the worst experience of their lives," says Lesser.

Since the attacks come on suddenly, out of the blue, the person usually goes to the emergency room or a medical doctor, says Lesser, and since the attack is over and there are no physical findings, the patient is told the problem is nerves, to take a rest or vacation. "They are often told something non-specific and not helpful," says Lesser.

Lesser's scenario continues when

the person has a second attack days, weeks, months, or years later and they again seek medical attention. After a number of years and unsuccessful treatment, persons fear having an attack or being unable to get help if assailed by one and so avoids situations where they had an attack.

"They stop driving freeways, avoid crowds and don't go shopping or to restaurants," said Lesser. "The more they restrict themselves, the more they stay at home and the ultimate result is agoraphobia (literally "fear of open spaces")."

"It is a three-stage process," Lesser says, "a spontaneous attack leads to anticipatory anxiety which leads to phobic avoidance."

It is estimated that between 2 and 4 percent of the population has suffered these attacks. "They wind up going for psychiatric help, when in the last few years drugs have been useful in stopping the attacks. The drugs don't cure the problem but work on the spontaneous attacks," says Lesser.

Drugs that have been successful in blocking panic, says Lesser, are mainly anti-depressants — "but each has side effects and may not work for all."

The search for a medication without side effects that may be useful in blocking panic has led to the current study using the drug, Alprazolam, a non-experimental drug already prescribed for general anxiety.

The research team is currently recruiting persons 18 through 65, currently having attacks and without major physical illness, to participate in an eight-week study period.

All subjects will go through a psychiatric evaluation, physical exam, electrocardiogram and blood tests. If they meet the criteria, subjects are entered in the trial period and given active medication or a placebo.

Subjects have been running through the program since June and Lesser expects to have all the subjects through

continued on page 6

MENTAL HEALTH

- Jack Frochtzwaig
- Irene Rafael
- Jack H. Lindheimer, M.D.
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- M/M Jack Smitchger
- Des Plantes Psychiatric Clinic

RCLCS TO JOIN FOR CONFERENCE

Assembly member Burt Margolin, Supervisor Deane Dana and Los Angeles County Department of Mental Health Director J.R. Elpers, M.D., will address the countywide Regional Community Liaison Committee (RCLC) conference.

The conference, set for Saturday, Jan. 14, from 8:30 a.m. to 4:30 p.m., at Loyola Marymount University in Los Angeles, is open to the mental health public and community members.

Chairpersons for the event are Walker of the Southeast Region RCLC and Keith Rholl, Ph.D., of the San Gabriel Valley Region RCLC. RCLCs are citizens advisory groups giving input on the regional level to the Department of Mental Health.

The purpose of the conference is "to exchange ideas, to focus on what our needs are and to present resolutions

as to how we as citizens may address (mental health) issues today," Walker said.

Following the morning speakers, a conference overview will be given by Rholl and Mental Health Advisory Board members Don Richardson and Linda Heinz-Hawkins, who chairs the board's RCLC Committee.

The major portion of the day will be devoted to workshops, with participants attending one of three programs. The workshops will address legislative advocacy and networking; planning, evaluation and RCLC interaction with the Department of Mental Health; and RCLC—process and dynamics.

The \$5 fee includes lunch, and participants may register at the door. For more information, call 738-4772.

AWARDS, SPEAKERS HIGHLIGHT PROJECT RETURN LUNCHEON



Project Return members Eleanor Alpert, Kevin Thompson, Shelly Chernock and John Marabella (l-r) were major award winners at the Fourth Annual Awards Luncheon, held Nov. 10 in Santa Monica. Not pictured are winners Sidney Singer and Rowena Duron.



Luncheon guest Burt Lancaster (back, third from left) with Project Return Players Gail Greene, Ron Marshall, Eleanor Alpert, Sarah Chase, Terry Parkhurst, director Carrie Bray, John Marabella, Rowena Duron, Mark Karmatz and Clayton Hall (l-r).

COURSE WILL FOCUS ON LEADERS' SKILLS

A three-unit course, "Leadership in Community Support Systems," focusing on leadership skills for professionals, will be offered by the nursing department of California State University, Long Beach, in cooperation with the Mental Health Association in Los Angeles County.

The class will meet from 6 to 9 p.m., Wednesday evenings from January 25 to May 16, 1984 in the nursing department's room 25.

Although the emphasis will be on support systems in community mental health, the principles will apply to a range of political and community systems. Content will include: consultation; advocacy, both political and patient; organization of community support; fundraising and working with volunteers; and community education.

Classes will be coordinated by John Siegel, director of the Mental Health Association's Project Return, a federation of 30 self-help clubs throughout Los Angeles County for the recovering mentally ill.

Classes will be taught by experts in each area. Students will be able to work with a professional on a project of their choice. Samples include: advocacy of specific legislation with an optional trip to Sacramento to meet with state legislators and staff; analysis and advocacy of state budget items; patient advocacy; adult and community education; public school education program; and volunteer recruitment and organization.

The course is open to all graduate and undergraduate students and community professionals with permission of the instructor.

For further information call Siegel at 629-1527 or Martha Siegel, 498-4473.

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MHA CAMPAIGN THEME: 'WE NEED YOU; WE NEED EACH OTHER'

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

MHA is involved in a membership campaign. Your membership contribution will help support these programs:

CONNECTIONS: the only newspaper in Los Angeles County devoted to mental health issues and concerns reaches 18,000 people. It has lost all government funding. Your support will help keep Connections alive so you can stay informed.

PROJECT RETURN: the self-help clubs that began just three years ago have grown to 40 clubs with 400 members. Family groups and MHA are working together to develop Project Return Centers throughout the county that will provide much needed educational, vocational and socialization programs.

ADVOCACY: MHA monitors legislative issues in Sacramento on behalf of those who cannot always fight on their own behalf.

YOUTH AWARD PROJECT: provides participation in mental health education and prevention programs for adolescents in school districts across Los Angeles County.

RESIDENTIAL CARE PROJECT: MHA volunteers work directly with residents of board and care facilities, helping them build a bridge back to the community.

GIFTS FOR GIVING PROGRAM: collects donated gifts for residents of hospitals and local board and care facilities and their families at holiday time.

HOSPITAL VISITATION PROGRAM: MHA volunteer teams monitor local, state and county psychiatric facilities, assessing patient care, physical environment and programs.

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

MHA is asking for your membership. Letters have been sent requesting your support. Please send your tax-deductible contribution in the envelope you received. Please join us to strengthen the mental health system. We need you. We need each other.

Send your membership donation to: MHA, 930 Georgia St., Los Angeles, CA 90015.

TIME IS RUNNING OUT

Connections' funding has run out. If our voice is not to be permanently stilled, your help is needed.

In the August budget cutbacks, the Board of Supervisors eliminated Connections' funding. If Connections is to survive your help is needed.

Connections is the only newspaper in the county devoted exclusively to the concerns and issues of the mental health field. We provide news and information for both professionals and the public and reach more than 18,000 persons.

Through the newspaper, involved citizens, professionals and agencies, both public and private, exchange information on activities and services, express concerns, discuss issues and share viewpoints. We offer education about the stigma of mental illness and support for mental health needs. We keep readers informed about legislative issues.

Connections gives a voice to the concerns of those suffering from mental illness and their families.

The need is urgent. Your contribution sent today will help save Connections.

CONNECTIONS NEEDS YOU

I want to support Connections. Enclosed is my tax-deductible gift.

- INDIVIDUAL \$15 PATRON \$25 or more \$ _____
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Please make checks payable to the Mental Health Association in Los Angeles County and indicate your donation is for Connections. Mail this form and your tax-deductible contribution today to:

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

CAMI AFFILIATES SHOW STRENGTH THROUGH EDUCATION, SUPPORT AND POLITICAL ACTION



AMI-San Gabriel Valley members include (standing) Paul Burk, Joan Savino, Georgeann Bourne, Andrew O'Connor and Dorothy Andrews (l-r). Seated are Elizabeth Davis, Bill Davis, Beverly Samples, Gale Kirkbride and Lois O'Connor (l-r).



South Bay-AMI members include (seated l-r) Mae Monti, Gloria Reyes, Hilda Preston, Hope Peyton, John Sandker and Greta Sandker; (standing l-r) are Chuck Miller, Martha Miller, Elizabeth McGinley, Peggy Good, Margaret Walker, Maureen Salisbury, Colette Steele, Willa Rogers, Felomina Bonachita and Jane Besco.



Members of the Augustus Hawkins Family and Friends group include (standing) Naomi Brooks, Emmer Gary, Dave Washington, Coralie LaSalle (l-r). Seated are Dolores Washington, Alice Craft and Ann McCune (l-r).



Members of AMI-Long Beach include (seated, l-r) Frank Black, Pat Sheldon, Harold Schiller, Fran Ashurst (standing, l-r) Zetta Black, Joan Moore, William H. Davis, Lottice Schiller, Hank Moore, Barbara Early and George Early.

They come together to gain mutual support, to become informed and educated and to become active in the political process as advocates for the mentally ill.

They are the Alliance for the Mentally Ill (AMI), relatives and friends of the mentally ill united in support groups belonging to the statewide California Alliance for the Mentally Ill (CAMI).

In Los Angeles County, there are eight CAMI affiliates. These affiliates belong to the Los Angeles County Alliance for Mental Health.

They welcome new members.

AMI — SAN GABRIEL VALLEY

For AMI-San Gabriel Valley, its unique coping seminars are outreach, education, membership and fundraising all rolled into one.

The three annual eight-session series, designed and led by Christopher Amenson, Ph.D., were offered "so we can reach those people who need comfort and education . . . and so we can have a stronger advocacy group in the future," said President Andrew O'Connor. The last two series have each attracted 90 percent new participants.

The group was founded four years ago by Lucille Sunde and was an offshoot of AMI-Norwalk.

"It's nice that we know each other and we can work together. There's power in that," Sunde said. "There's no 'come to my group.' We want them to go to the one near where they live. If they want to go to others, that's good too."

The group meets monthly and is considering a format change, where members interested in caring and sharing will meet separately while others have the business portion of the meeting. They will come together for the speaker.

Other 1983 officers are vice president Ann Kotz, secretary Yulan Rounds, and treasurer Gale Kirkbride.

Officers for 1984 are president William Davis, first vice president Beverly Samples, second vice president Paul Burk, recording secretary Joan Savino, corresponding secretary Beatrice Loesch and treasurer Kirkbride.

AMI-San Gabriel Valley meets the second Friday of each month at 7:30 p.m. at San Marino Community Church, 1750 Virginia Road, San Marino. Call 449-4217 or 797-3562 for information.

SOUTH BAY AMI

South Bay AMI, at 1½ years old, is one of the newer CAMI affiliates.

Elizabeth Kautto-McGinley, M.S.W., with the South Bay District, Los Angeles County Department of Mental Health Coastal Region, was given the go-ahead to start the group from district director Joel Foxman, M.D.

Meetings include caring and sharing; education, with speakers on many topics; and legislation. Kautto-McGinley said the strong need for the group is caring and sharing.

"They come for mutual support and for the feeling they're not alone," said Kautto-McGinley. "The group is really more interested in caring and sharing, and I think that may be because we've had so many services cut in the Coastal Region."

"We discuss how we feel about our loved ones and what we can do to help them and help each other," said Vice President

Mae Monti. "We try to encourage each other not to give up."

The group has developed an "inner support system" outside meetings. Members have exchanged phone numbers and have begun caring and sharing meetings in each other's homes.

A telephone tree where members give meeting reminders and messages on urgent advocacy has been formed.

"If we stick together, work together and make enough noise, then maybe the politicians will recognize us as a force," Monti said.

Other officers are President Bella Forster, and Gini Widmann and Kautto-McGinley as secretary/treasurer.

South Bay-AMI meets the third Monday of each month at 7 p.m. at Torrance First Christian Church, 2930 El Dorado, Torrance, call 412-2291.

SOUTHEAST RELATIVES AND FRIENDS

As with most new groups, the Family and Friends of the Mentally Ill group that meets at Augustus F. Hawkins Mental Health Center is seeking new members. But since its beginning in February, the group is on its way to becoming an important part of the Alliance for the Mentally Ill across Los Angeles County.

"We need members, education and acceptance of mentally ill family members," said Ann McCune, president of the group. Coralie LaSalle, a nurse at Augustus Hawkins, helped McCune and other parents found the group and serves as an adviser with Frances Johnson, another nurse at the center.

According to McCune, there is a core group of about 12 that come to almost every meeting with more for speakers. Twice-monthly meetings include "caring and sharing" and speakers.

Topics covered have included patient

rights and coping with a mentally ill family member. "People have learned to deal with their problems," said McCune, "and become stronger."

"We try to really deal with problems," said McCune. "People who have come into the group feel better and not so alone."

The Project Return Players will perform at a luncheon the group will host Feb. 14 and a spaghetti luncheon was held in October. "I think people are becoming aware of the group," McCune said.

Other officers are Alice Craft, secretary; Eleanor Agers, treasurer; Emmer Gary, ways and means; and Naomi Brooks, membership.

Southeast Relatives and Friends meets the second and fourth Wednesday each month at Augustus F. Hawkins Mental Health Center, 1720 E. 120th Street, Los Angeles. For further information call 603-8162 or 321-3799.

AMI — LONG BEACH

"Every meeting is for caring and sharing, but we also try for interesting programs," says Dr. William Davis, new president of the AMI-Long Beach. "We want to attract and keep members and get them interested in activities."

The group meets monthly and meetings alternate between "caring and sharing" and speakers.

"We offer to parents, grandparents or other relatives and friends the chance to come and talk and for many it's their first time," said Davis. "And it is the duty of all members to be supportive."

Speakers have covered the influence of diet on mental illness, board and care homes and conservatorships. "There are a lot of things we parents don't know about," Davis says, "such as SSI, Medical, Medicare and obtaining conservatorships."

"We also need to exert an effect on

legislators and even the governor. If we can't talk to legislators, we can talk to their aides. We need to make sure they all understand the situation and then do things locally until the government can help." Like other AMI groups, the chapter has drafted group telegrams and letters for members to sign.

Besides Davis, other officers in the group are Barbara Early, secretary; George Early, treasurer; Lottice Shiller, publicity; Fran Ashurst, legislative representative; Pat Sheldon, membership; Harold Schiller, librarian; Hank Moore and Frank Black, co-program chairpersons; and Joan Moore, refreshments.

AMI-Long Beach meets the first Wednesday of each month at 7:30 p.m. at the First Church of the Brethren, 3332 Magnolia, Long Beach. For further information call, 430-4298.

AMI — LOS ANGELES

According to its president Don Richardson, AMI-Los Angeles has three goals: to help families understand what is happening to their family member and learn about treatment possibilities; to accommodate parents' support needs; and to take action on legislative issues.

At its monthly meetings, AMI-Los Angeles hosts speakers from a wide variety of fields, from medicine to legislation.

"We have strong feelings that unless we get to the source of where solutions can be found, very little can happen in helping our family members," said Richardson.

Members of the chapter are encouraged to become personally acquainted with legislator's office personnel, "so that when a piece of legislation we oppose or support comes down the pike, the AMI member can contact the office and let the legislator know our position," said Richardson.

"We believe treatment must be a continuum of care, that the quality and length of treatment should return the individual

to as normal a life as possible.

"We also encourage and support Project Return clubs and activities as a way of encouraging interaction of the mentally ill with the community," said Richardson. Chapter members have pledged and donated more than \$20,000 to a proposed Project Return Center on Los Angeles' Westside and have a goal of \$25,000.

Besides Richardson as president, other officers are Annette Tarsky, first vice president and membership; Stella March, second vice president and legislation chair; Evelyn Langsner, treasurer; Virginia Wardwell, recording secretary; Virginia Wardwell, corresponding secretary; Vivian Isenberg, past president, founder and membership; Peggy Richardson, newsletter chair; and Lew and Harriet Grach, fundraising.

AMI-Los Angeles meets the second Thursday of each month at the Thaliens Community Mental Health Center, 8730 Aiden Drive, Los Angeles. For further information call 391-2823.

AMI — VAN NUYS

"We try to support each other and try not to hear just moaning and groaning but examine real problems and find alternate ways of handling them," said Lorna Goodman, president of AMI-Van Nuys. "We try to encourage family members to come out of the closet and acknowledge they have a mentally ill child; this is difficult to accomplish."

AMI-Van Nuys seeks to realize these goals through weekly Wednesday meetings — "we are a caring and sharing group and once a month there is an open meeting with speakers on a gamut of topics."

Chapter members pay dues and hold card parties to raise funds, supporting both Somos Amigos and Friarhouse, San Fer-

nando Valley treatment centers. Clyde Reynolds, director of the community support services unit of the San Fernando Valley Community Mental Health Centers Inc. is an active member of the chapter, and says Goodman, "is an important resource."

Besides Goodman, other officers are Mauryne Wells, vice president and legislative chair; Hilda Keye, corresponding and recording secretary; Bill Warden, past president and parliamentarian; and Charles Mitchell, treasurer.

AMI-Van Nuys meets every Wednesday at 8 p.m. at San Fernando Valley Community Mental Health Centers Inc., 6740 Kester, Van Nuys.

For further information call 988-8050.

WESTSIDE AND COASTAL FRIENDS

"Since deinstitutionalization, the majority of chronically mentally ill people are back with their families. We must be united and advocate for their needs because often they can't do it for themselves."

These are the words of Susan Dempsay-Ronec, new president of Westside and Coastal Friends (WCF), a parents and relatives group, member of CAMI and NAMI. Don Carlisle, founder, was president for four years.

Says Dempsay-Ronec, "1984 will reflect changes in the organization with monthly business meetings directed to prioritizing the needs of family members on the Westside and the setting of goals to achieve these needs."

A major fundraising effort of the group is to help begin an MHA Project Return Center on the Westside. To day, WCF has raised more than \$25,000 through pledges

and fundraisers.

Other WCF officers are John Siegel, first vice president; Maurice Kravitz, second vice president; George Hamilton, third vice president; Julie Siegel, secretary and Duncan MacLennon, treasurer.

Besides monthly business meetings there are educational meetings every other month "where community leaders and professionals help us better understand mental illness," says Dempsay-Ronec.

Additionally, small support "caring and sharing" groups meet the first and third Tuesday of each month at Dempsay-Ronec's house and every Tuesday at Santa Monica West Mental Health Clinic from 10 a.m. to noon and 1 to 3 p.m.

Westside and Coastal Friends meets the third Thursday of each month for a business meeting and on the fourth Thursday six times a year for educational meetings. Locations vary; call 472-0834.

BEACH CITIES AMI

Beach Cities-AMI is the only affiliate meeting during the day. It has no officers, preferring instead to have a chairperson, currently Duncan McCallum, lead the meetings.

Home for this group is the South Bay Office of Mental Health Social Services (OMHSS) in Torrance, where Lillian Lundgren, L.C.S.W., serves as group facilitator.

The monthly meetings emphasize support and education. While "the political and advocacy part has not been as strong in this group as it has been in others," according to Lundgren, the group recognizes it as "an important part."

"To promote mental health is to take some action to influence legislation. We're going to do more of that," said Anita Clarke, a four-year member.

During the meetings, "we get practical information from each other, how to handle

problems and medication. It's a 'how to' as well as emotional support," Clarke said.

A group project is a weekly community bowling program for clients living in board and care homes and former clients, coordinated by Donna Lee. Once a month a party, coordinated by Peggy Good, follows bowling.

Pauline Gustavson, an original group member, called Beach Cities-AMI "a salvation for most of us. We have someplace to go where we're not alone. We all cope, and we help each other. It's a marvelous way to get people to unload their problems. If someone has something positive happen, we share it. We share problems and solutions."

Beach Cities-AMI meets on the second Wednesday of each month at South Bay OMHSS, 19000 Hawthorne Blvd., Suite 302, Torrance. Call 772-2188.

AMI — NORWALK

AMI-Norwalk, a five-year CAMI member, is the "parent" of three other CAMI chapters — Long Beach, San Gabriel Valley and Orange County.

AMI-Norwalk founder Martin Meizner called the relatives support movement one of "the most positive changes in the mental health system since the mid-50s."

"It's this movement which is truly exciting today because it's dynamic, it's growing, and it's a force to be reckoned with, statewide and nationally," he said.

The group had its first meeting in 1978 as the "Relatives and Friends Group of Metropolitan State Hospital." With the hospital's Pearl Scherr as adviser, it originally met monthly at the hospital.

Caring and sharing has always been a part of the group's meetings. President Brawny Balch defined the group's purpose as "to inform people so they will know

what to do to improve the situation of their relative." AMI-Norwalk has speakers at most of its meetings, a practice started early in the group's existence.

Also near its beginning, "we realized we had to become effective advocates for our relatives if we were to bring about change in the system, and we expanded membership," said Meizner.

Increasing membership is important to Balch, who believes "the more people we have, the more clout we have."

Other officers are vice president Bill Lightman, vice president Dorothy McCale, treasurer Lena Thompson and secretary Jean Sanchez.

AMI Norwalk meets the second Tuesday of each month from 7 to 9 p.m. at Norwalk LaMirada Unified School District administration building, 12820 S. Pioneer Blvd., Norwalk. Call 864-4412.



AMI-Los Angeles members include (l-r) Virginia Wardwell, Peggy Richardson, Don Richardson and Mary Estes.



AMI-Van Nuys members include (seated, l-r) Lorna Goodman, Hilda Keye, Billie Mitchell, (standing, l-r) Maurice Keye, Phil Ain, Millie Ain, Bill Warden, Margie Hickman and Stan Hickman.



Westside and Coastal Friends include (standing l-r) Olga Orellana, George Hamilton, Susan Dempsay Ronec, Vania Tomeoni, Marilyn Brooks, Leonard Brooks (seated l-r) are Kay Bowen, Maurice Kravitz, Don Carlisle and John Siegel.



Beach Cities-AMI members include (seated) Donna Lee, Duncan McCallum, Helen Weber, Dolores L. Clawitter and Arthur E. Clawitter (l-r). Standing are Maureen Salisbury, Anita Clarke, Bill Burtch, Deanna Roper, Edith Costello, Peggy Good, Art Smoot, a parent, Carmel Cooper and Pauline Gustavson (l-r).



Members of AMI-Norwalk.

LEE CONTINUED FROM PAGE ONE

needs assessment report was written for San Gabriel Valley Regional Director Allan Rawland. It showed a pattern of underuse by Asians, especially of traditional mental health systems.

With regional commitment to the program, Lee was given eight hours a week to devote to Asian issues and in May 1981 the task force first met.

"One of the first things we did was set criteria for membership. We decided we would be action-oriented, that everyone who joins must do something in the in the Asian community," says Lee. "We did not want to be just a talking liaison committee."

Meetings are held every other week and members report on their activities. This is followed by discussion and an action-plan for each member is decided at the end of each meeting. "This has been our model for two years and it's been productive."

The task force has no authority and member agencies give employees time to be on the task force. Participating

agencies and helps us sensitize them to the needs of Asians," says Lee, "and we can recruit members." The programs are given at outpatient and inpatient programs, day treatment centers and schools.

"We advocate for services," says Lee. "Advocacy is part of everything we do. We believe in the importance of community education."

A main goal is program planning and development, and task force members have written grant proposals. One proposal with the Asian Pacific Counseling Treatment Center calls for a trading of staff to augment San Gabriel Valley services.

Starting in January, the region will receive 40 hours of bilingual, bicultural service — 16 hours in Vietnamese, eight in Mandarin, eight in Cantonese and eight in Korean. "We are really excited about this; it's a way for us to accomplish our goals and save money."

The task force has worked with the Asian Services Center, an organization



San Gabriel Valley Asian Task Force

agencies are Arcadia Mental Health Center, Gladys Lee; El Camino Mental Health Center, Alice Yamada; Family Counseling of West San Gabriel Valley, Rosemary Frietag; Ingleside Hospital, Dr. Wayne Aoki; La Puente Community Mental Health Center, Verda O'Day; Pacific Asian Alcohol Program, Mei Kwan; Pasadena Guidance Clinic, Dr. Terry Gock; and Pasadena Mental Health Center, Charlet Givan.

In addition, from the state Office of Mental Health Social Services (OMHSS) the group recruited two social workers, Po Lin Han and Young-Ai Lee.

The Asian population in the Valley has tripled in the last decade and continues to grow. The 1980 census reported 90,000 Asians in the San Gabriel Valley, and Lee and others believe the number was under-reported.

"Because of cultural stigma against mental health care, research shows traditional mental health systems do not work with Asians," says Lee. They need outreach and education, says Lee, about what services are available. "They don't realize that if they are depressed there is help."

"Services must also be bilingual and bicultural," says Lee. "Why should someone go where they can't understand the language or even read the forms."

"Stigma is very strong and new immigrants especially are fearful of government agencies," says Lee. "Asians take pride in solving their own problems and feel great shame — loss of face — in seeking help."

A study conducted by Gock and three interns from Fuller Seminary documented Asian needs in the valley. It showed a lot of family problems and depression. "the Asian community leaders interviewed could identify problems but didn't know about services in the community," says Lee. "There is a gap between services and people's needs."

Part of the task force's services are cultural awareness presentations to non-Asian service providers. "This puts us in touch with different agen-

cies and helps us sensitize them to the needs of Asians," says Lee, "and we can recruit members." The programs are given at outpatient and inpatient programs, day treatment centers and schools.

"We also do a lot of networking and liaisons with other organizations, like the Asian Pacific Planning Council and the Asian Pacific Counseling Treatment Center. We also try to impact systems by sitting on boards like the United Way."

The task force members also provide direct services (outpatient, emergency treatment) to Asians through cooperative effort of the public and private member agencies.

For the future, Lee would like to see an AMI chapter for Asian families established.

"One of the main reasons we exist is because of the support from Allan Rawland; from my supervisor, Arlan Harris; and from District Chief Dr. John Wells," said Lee.

"I have found it wonderful working with everybody on the task force (other officers are Alice Yamada, secretary; Terry Gock, program officer; Wayne Aoki, membership; and Verda O'Day, public relations officer). It's often difficult to coordinate since most members have demanding caseloads."

But organizing is not new to Lee. At the Maryknoll Sister School in Hong Kong, she was active in school functions from sixth grade through twelfth and was coordinator of the student council.

Born and raised in Hong Kong, Lee came to the United States at 19. She received her M.S.W. from USC in 1975 and has worked for the county at Arcadia Mental Health Center. Before that she spent two years with the Department of Adoptions.

"When I was in school I spent some summers in poorer communities tutoring kids or dispensing medicine. I was always interested in working with people. When I was in school I studied both sociology and psychology; when someone told me about social work it sounded right for me," says Lee.

For further information on the Asian Task Force call Lee at Arcadia Mental Health Center, 445-4350.

SELECT COMMITTEE CONTINUED FROM PAGE ONE

clear," Bronzan said. "First, major attention has not been given to the field of mental health in our state for the last 15 years, and a fundamental examination of the whole subject matter hasn't taken place for at least 25 years.

"During that period of time, changes have taken place. The treatment delivery system has had substantial changes, and there have been changes in our understanding of mental health itself, yet the legislature hasn't taken a good look in awhile," he continued. Finally, "most all observers recognize that we have serious problems with our system."

For the first part of its study, "the inquiry stage," the committee will ask questions about two areas, the first being "what is the state of the art — the wisdom about mental disorders . . . what do we now know that we didn't 15 years ago," according to Bronzan.

The second set of questions the committee will ask pertains to what the current system is actually doing, including "how does the money flow, who sees whom, who is in charge, what policies are guiding or not guiding the system and what does the family of a client think about it," he said.

zhan estimated may take seven to nine months, the committee will obtain information through hearings, surveys and other forms of written communication, along with research and analysis by the committee's staff.

Bronzan said, "We will do as much as we can in hearings," and there will be a hearing in Southern California.

Among the groups the committee will hear from will be university researchers, clinical practitioners, pa-

study, one of its "important functions" will be "to provide advocacy in the legislature for mental health needs.

"This committee's being at all is a reflection that the Speaker of the Assembly has decided to put the attention of mental health on the front burner," Bronzan said. "The mere existence of this committee is advocacy for mental health."

"The Legislature has had the need to give mental health a higher priority and level of attention, and that's something I hope to do."

The committee's first hearing is scheduled for Jan. 6 in the Bay Area and will focus on schizophrenia.

Other members of the Assembly Select Committee on Mental Health are Peter Chacon (D-San Diego), Sunny Mojonier (R-Encinitas), Larry Stirling (R-San Diego) and Curtis Tucker (D-Inglewood).

PANIC RESEARCH

CONTINUED FROM PAGE ONE

by next June. "Many people have seen good results, but we don't know yet which medication they've taken — we can't break the code," he says. "Some have had remarkable responses; people who were unable to drive are now driving freeways."

If medication can block an attack, says Lesser, "the person can enter a situation where they've had an attack and not suffer; confidence increases and the person is no longer afraid."

Exact causes of the problem are not clear, but, says Lesser, it may have to do with how people handle lactate, a normal by-product of muscle activity. "If you give lactate injections to people who have attacks you can precipitate the attack; if you give the same injection to people who have not suffered attacks, they don't have them."

Drugs that are effective in panic attacks block lactate from precipitating the attack.

Lesser adds that at least half of the patients who start having attacks begin when they are under some kind of stress: death of a loved one, physical separations, moving or changing jobs. "Some feel that under stress the abnormality becomes apparent."

Studies also show that panic disorders run in families, tend to be more common in women and are often misdiagnosed.

"Attacks can occur infrequently," says Lesser. "Between episodes the person just seems nervous or worried. They can be diagnosed as having general anxiety or being dependent and clingy. Often this is all the professional sees, with no history of attacks — they must see a cause."

"Only in the last few years have panic disorders become a separate entity, with a specific kind of treatment," says Lesser.

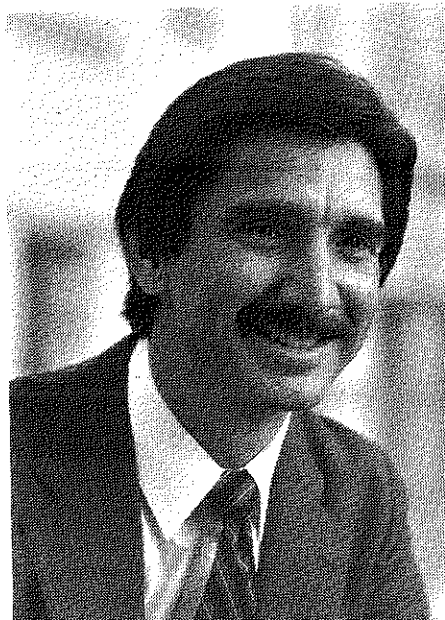
As more information is collected, Lesser hopes to further characterize the disease. "Many who suffer panic attacks also suffer from depression and abuse alcohol and tranquilizers in an attempt to deal with the problem."

Panic disorders and agoraphobia are popular research topics, not only for drug effect, but for other treatments, and as the problem is separated from other diseases, says Lesser, it becomes easier for those with the disorder to seek help.

"There are a lot of places, besides Harbor-UCLA, in the county where people can go for help. We encourage people to go to anxiety clinics."

"When a drug that works is coupled with a form of behavioral psychotherapy the person can be exposed to a feared situation. With a therapist and support group of other sufferers, a person can take trips to stores or restaurants and as the attacks diminish, confidence is restored and the person can re-enter society."

For further information on panic disorders or the current study, call Dianne Rose, R.N. at Harbor-UCLA Medical Center, 533-3778.



Assembly member Bruce Bronzan

tients' advocates, parents' groups, community mental health administrators, advocates of "totally alternative approaches and philosophies" and "anybody who has something to offer on the basis subject matter," according to Bronzan. He also wants "to develop more or less a blue ribbon group of clinical practitioners."

As the Select Committee goes through its inquiry stage, "it is important not to have biases for or against any group of the system."

"I think we ought to go in open . . . with the attitude we need to learn. We need to understand what other people know about it," Bronzan said, adding, "if we don't, we won't be able to look at what we honestly have."

From the inquiry stage, the Select Committee will move to the second part, comparing, "does the treatment system reflect what we now know."

"Once we get to this point, I think that answers ought to emerge as to where we ought to be going, and what are the future goals, directions, and configurations of mental health care," Bronzan said.

"If we do the first part right and take our time with it," he said, "the second part will emerge with clarity."

Bronzan does not want to focus on the answer but on questions at this time, he said.

While the committee is doing its

BLOCK GRANTS

CONTINUED FROM PAGE ONE

unveil the Block Grant proposal until his 1984-85 budget is submitted to the Legislature on January 10.

The constituency groups have pressed for and have received promises of a meeting with policy level staff in the Health and Welfare Agency early in December, when their views on guidelines and other issues will be heard.

The governor has stated publicly that his three top priorities for the coming year are education, public safety and mental health.

"Our concern as a coalition," said Richard Van Horn, Mental Health Association in Los Angeles County executive director, "is that state oversight, after care, quality assurance, audits, state responsibility and citizen advisory boards be retained at levels appropriate to a balanced service system."

There is some indication the basic structure being proposed by the governor would be a single Block Grant for mental health, not including other programs as rumored, according to Van Horn.

The constituency groups at the meeting in Sacramento came to no consensus position on Block Grants. They did agree to press for:

1. An adequate and stable funding base for mental health services with funds allocated on a need based formula, with mental health funding separate and distinct and only to be used for mental health services.

2. The concept that public mental health services are a state responsibility with the state setting standards, providing leadership in long range planning, disseminating state of the art information and research and providing independent audits to insure money is spent on mental health and for which categories.

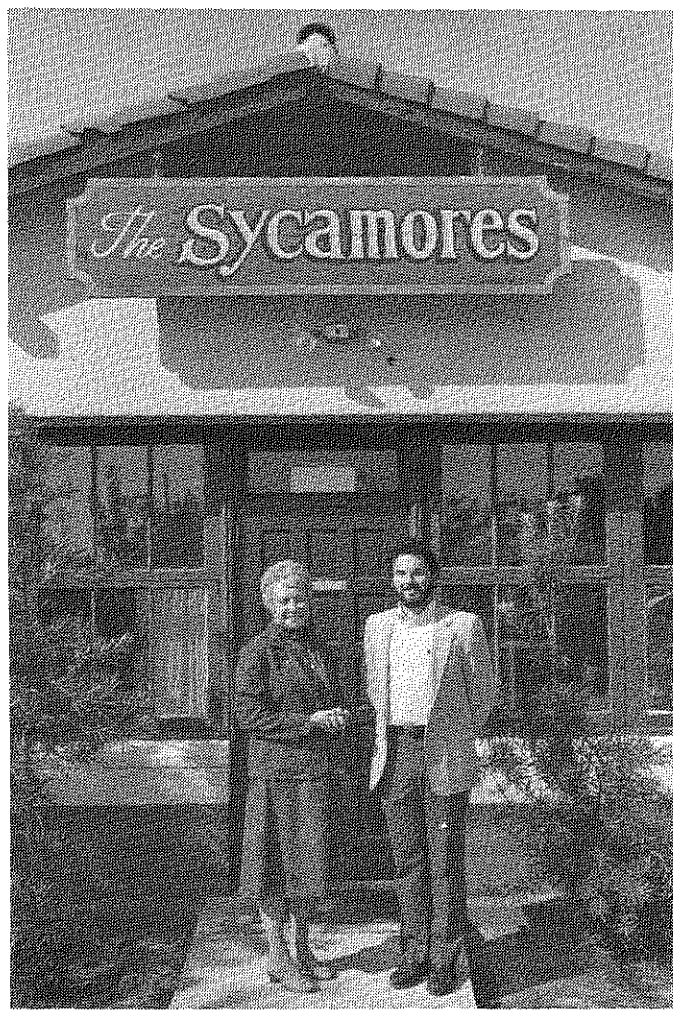
3. Assurances that those persons who need mental health services most get appropriate services and that the emphasis on community care does not shift back to institutional focus because of pressures caused by local underfunding of the community treatment system under Block Grants.

4. A balanced service system using the California Model, responsive to community needs with appropriate citizen advisory boards (Citizens Advisory Council, Mental Health Advisory Boards) deleting cumbersome codes, with uniform service definitions and data collection.

Other problems identified during the discussion include the need to review the mental health Medical system and the expressed fear that Block Grants might reduce the overall amount of money available for mental health services over a period of time.

Lila Berman, chairperson of the Citizens Advisory Council, said, "We must take the time to make sure we don't make things worse as we attempt to overhaul (the system)."

The constituency groups represented at the meeting included California Alliance for the Mentally Ill, California Association of Social Rehabilitation Agencies, Organization of Mental Health Advisory Boards, Mental Health Association in Los Angeles County, Citizens Advisory Council, California Conference of Local Mental Health Directors and State Department of Mental Health staff.



The Sycamore's Carole Herman and Joshua Gross, Ph.D.

Michael's mother was 17 and unmarried when he was born, and he never knew his father. He was beaten by his mother's boyfriends and was seen in hospital emergency rooms. Diagnosed as schizophrenic, he had numerous other placements before being voluntarily placed at the Sycamores . . .

Ricky arrived at hospital emergency rooms with bruises the shape of straps and cigarette and iron burns on his body. Visits from his mother at the Sycamores must be monitored, and his mother refuses to receive therapy. It is unlikely he will return to live with his mother . . .

A brother and sister were removed from their home because their parents were involved with a group making pornographic films of children, including the boy and girl. The boy was placed at the Sycamores. Both children have since been adopted . . .

"People need to know these things are happening and need to do something about it," said Carole Herman, director of operations for the Sycamores, a children's residential treatment facility. "If you were to try to make up horror stories, you couldn't make them up as they really are."

Herman and Sycamores clinical supervisor Joshua Gross, Ph.D., related statistics from research and a recent Los Angeles Times article:

Fifty thousand cases of child abuse will be reported in 1983, less than half will be investigated and less than one quarter will reach the court. The 10 judges hearing dependency cases in the county have five to 10 new cases and 25 reviews each day.

A child dies every 10 minutes in the United States from child abuse. One boy in 10 will be sexually molested or abused before the age of 13, and one girl in five.

"The population is growing, and research indicates that abused children grow up to be abusing parents," Gross said, "unless the pattern is broken, and that is what we're all about."

Nestled in the foothills of Altadena, the Sycamores is operated by the non-profit Pasadena Children's Training Society. It is a residential treatment facility for boys 5 through 18 with emotional, behavioral and educational problems.

Sycamores was named for the trees in the area. It was chosen by the residents, who "did not like being called 'training children,'" said Herman.

On the grounds, which contain an administration building, gym and dining room, are three cottages, each housing 14 boys. Nearby are two group homes, with six boys living in a family-style arrangement in each.

Sycamores has contracts with both the Department of Public Social Services (DPSS) and the Department of Mental Health for placement of children, with 85 percent coming from DPSS.

"Most of the children at Sycamores are wards of the court. For the child to be referred to residential care, the situation had to be pretty severe," Gross said. "There have been children at Sycamores who had been

locked in closets for years."

"The majority of children in residence at Sycamores have suffered some sort of emotional, physical and/or sexual abuse," Herman said.

Every child receives some kind of individual or group treatment, and some receive multiple treatment, according to Gross. The masters-level social workers in charge of each cottage give referrals to each other for therapy and professionals include a consulting psychiatrist and psychologist, para-professionals, and supervised interns. There is a full-time art therapist, giving children "who have trouble expressing themselves verbally another arena for contact."

Sycamores operates a non-public state certified school for severely emotionally disturbed children, "for whom there are not viable programs within the public setting," according to Herman. Some attending are residents, others are from the Pasadena School District.

Families are integrated into treatment as much as possible, but less than half the families are involved, because they are "not available or choose not to be available" or are "available in a destructive way," according to Herman and Gross. Sycamores has groups for parents and gives referrals. Parents of the children placed by the Department of Mental Health are more involved than the other parents, Gross said.

"DPSS is there because parents are unable to carry through. The whole organization exists because people can't cope with being parents," said Gross. Children at Sycamores "have been deprived of everything from food to love," he said. "As an agency we have to deal with this. We have to deal with a lot of different behaviors. The child becomes nicer when he is in an environment that is nurturing and caring."

Gross and Herman discussed future goals of expanding the Sycamores treatment program. These include developing an outpatient clinic, "so that we might not only treat the children in the area, but also expand our continuity of care," said Gross, and also developing "some kind of day care treatment program that would be more intensive," Herman said.

In November, Sycamores began a Re-Education Program through contract with the Department of Mental Health Children's Bureau. This is a five-day residential care program, where children are at the facility during the week and at home with the family on the weekend, "so as not to have the niche closed," Gross said.

"The Sycamores is in a period of growth," said Gross.

"We have several plans on what we want to do, but funding is an issue," he said.

Sycamores has had a low profile in the community, according to Herman. Originally started as an orphanage in Pasadena in 1902, it has been at its current site since 1967.

"We are an agency that has been providing good services for many years," Gross said. "We want the world to know about us."

For information about the Sycamores, call 798-0853.

"A CHILD DIES EVERY TEN MINUTES"

■ ■ ■

FILM TV BOOKS

GLORIA STEINEM RECALLS MOTHER'S ILLNESS

Outrageous Acts and Everyday Rebellions,
by Gloria Steinem; Holt, Rinehart and
Winston, 1983, \$14.95.
by Stephanie Wilson

"But my ultimate protection was this: I was just passing through, a guest in the house; perhaps this wasn't my mother at all. Though I knew very well that I was her daughter, I sometimes imagined that I had been adopted . . ."

In her essay, "Ruth's Song (Because She Could Not Sing it)," from her new book, "Outrageous Acts and Everyday Rebellions," Gloria Steinem chronicles the pain and confusion of her childhood with a mentally ill mother.

This is a daughter's personal story of a mother diagnosed as having anxiety neurosis: low self-esteem, fear of being dependent, constant worry about money, and agoraphobia.

Steinem vividly describes her mother's hallucinations, bizarre actions and increasing dependency while the author was a young girl in Toledo, Ohio. The memoir is a chilling description of the isolation and fear present in the life of a child whose parent is mentally ill.

Ruth Steinem often thought war was being waged outside her doorstep and voices were speaking to her in the night. She inquired into non-events in the family's life. Her frequent bouts with agoraphobia and her inability to keep order in a chaotic household created an unstable and dirty home life of which Gloria was ashamed.

Steinem discusses her unwillingness to bring her friends home and embarrassment that the doctor's "knock-out drops" made her mother appear drunk to the neighbors. Mother and daughter exchanged roles and young Gloria took care of her mother, bringing her meals and calming her terrors.

The author analyzes the circumstances of her mother's life that lead to her first nervous breakdown and possibly to her mental illness. It is not surprising that Steinem, a leader in the modern feminist movement and an editor of Ms. magazine, is critical of the social pressures that coerced her mother to leave a reporter's job she loved and follow her husband to a remote resort area for his own work.

Steinem contrasts her family's attitude toward her mother's behavior with the attitude toward Uncle Ed, a man whose sudden change in life is mysterious to the family but is explained away by the external pressures and circumstances of his life: the Depression, a radical college professor, a trip to the Alaskan wilderness.

On the other hand, her mother's behavior was viewed by family and society as more of a personal fault — she was considered a woman who just could not pull herself together.

Her mother was never returned to a sanitarium as she became less able to function, and Steinem believes the reasons include too little money and the not unusual assumption that "mental illness is an inevitable part of someone's personality."

The author concludes:
"The biggest reason my mother was cared for but not helped for 20 years was the simplest: her functioning was not that necessary to the world. Like women alcoholics who drink in their kitchens while costly programs are constructed for executives who drink, or like homemakers subdued with tranquilizers while male patients get therapy and personal attention instead, my mother was not an important worker."

Her mother's health did improve in her later years and she lived in a boarding home with people she loved.

As an adult the author came to a peaceful understanding of her mother's illness, but she anguishes in the loss of her mother as a bright, productive member of society.

This essay leaves the reader with the uneasy feeling there are other children out there in the same dark circumstances.

Stephanie Wilson is a lawyer and has been a feminist since 1950.

CALENDAR

December 2

January 13

Alliance for the Mentally Ill — San Gabriel Valley: A potluck dinner with members from AMI-Norwalk and AMI-Long Beach will be held at 7 p.m. on Dec. 2 at San Marino Community Church, 1750 Virginia Road, San Marino. The Jan. 13 meeting, at the same location, will begin at 7:30 p.m.

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

December 3, 10, 17, 24, 31

January 7

Teen Talk: This talk show featuring seven teen-agers and hosted by Joseph Feinstein will air at 9 a.m. on KHJ-TV, Channel 9. Subjects will be "20-year Reunion" on Dec. 3, "First Love" on Dec. 10, "Help Line Volunteers" on Dec. 17, "Twins" on Dec. 24, "A Parent Dying" on Dec. 31 and "Class Clowns" on Jan. 7.

December 5, 12, 19

Manos de Esperanza, San Fernando Valley Community Mental Health Center: The inservice training programs, open to mental health professionals, will feature "The Woman, Love, Fear" a film on domestic violence, on Dec. 5; "The Holidays and the Impact on Mental Health" on Dec. 12; and "Formation of a Gang Subculture in the San Fernando Valley — A Developmental Perspective" on Dec. 19. They will be held from 10 a.m. to noon at the center, 6740 Kester Ave., Van Nuys.

Call 988-8050 for more information.

December 6

Alcoholism Center for Women: An eight-week workshop for "Friends of Alcoholics" will include lectures and discussion to help participants understand co-alcoholism and "enabling" of alcoholics. It will be held from 7 to 10 p.m. at 1147 S. Alvarado St., Los Angeles. Pre-registration is necessary. Fee is based on sliding scale.

Call 381-7805 for more information.

December 6, 13, 20, 27

January 3, 10, 17, 24, 31

Westside and Coastal Friends: Open family support meetings will be held on Tuesdays from 10 a.m. to noon and from 1 to 3 p.m. at Santa Monica West Mental Health Clinic, 1525 Euclid, Santa Monica.

Call 472-0834 for more information.

December 7, 21

January 4, 18

San Gabriel Valley Mental Health Region Consumer Advisory Board: The CAB is a group of consumers helping consumers, providing input to providers and working together to build a better system. It will meet at 2 p.m. at Arcadia Mental Health Center, 330 E. Live Oak, Arcadia.

Call 359-6373, evenings until 9 p.m., or 960-6411 for more information.

December 7

Countywide Interagency Committee on Mental Health: This 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.

December 7

California Hispanic Psychological Association: "Chicanos and Acculturation: A Critical Re-Examination" will be the topic of the free open forum, presented from 7 to 9:30 p.m. at the UCLA Neuropsychiatric Institute, sixth floor conference room, 68-236, 760 Westwood Plaza, Los Angeles.

December 7

Southern California Health Care: A workshop to help parents of children who are users of drugs and alcohol or who gamble will be held at 7:30 p.m. at 11328 Magnolia Ave., North Hollywood. Claire Greene, Ph.D., a licensed marriage and family therapist, will be the moderator. Donation is \$5.

Call 877-1261 for more information.

December 7, 14, 21, 28

January 4, 11, 18, 25

Anorexia and Related Eating Disorders: ARED, a self-help group, will meet at 7:30 p.m. at Las Encinas Hospital, 2900 E. Del Mar, Pasadena. A separate group for family members and significant others will meet on Dec. 7 and 21 and Jan. 4 and 18 at the same time and location.

Call 795-9901 for more information.

December 8

San Fernando Valley Child Guidance Clinic: The clinic's sixth annual auction will begin at 7:30 p.m. at 9650 Zelzah Ave., Northridge. Items to be auctioned include weekend vacations; gourmet dinners; sporting event tickets; jewelry; wines; clothing; and kitchen and gift ware.

Call 993-9311 for more information.

December 8, 15, 22, 29

January 5, 12, 19, 26

Forte Foundation: "Changing Sense of Self," an on-going group on being a woman in the 80's, will meet from 6 to 7:30 p.m. at 17277 Ventura Blvd., Suite 201, Encino. Registration is required. Fee will be based on a sliding scale.

Call 788-6800 for more information.

December 8

January 12

Alliance for the Mentally Ill — Los Angeles: A potluck dinner at 6:30 p.m. on Dec. 8 will include a showing of the "Donahue" show on "Surviving Schizophrenia." Topic of the Jan. 12 meeting, held at 7:30 p.m., will be "Mental Health Interfacing with the Penal System." Both will be held at Thelians Community Mental Health Center, 8730 Alden Drive, Los Angeles.

December 11

January 8

Southeast Region, Los Angeles County Department of Mental Health: "A Healthy Mind: For You and Your Family" radio call-in talk show, hosted by the region's Julius I. Fuller, M.S.W., will air from 9 to 10 p.m. on KACE, 103.9 FM. Topics will be "Family Nutrition" on Dec. 11 and "Child Abuse and Child Neglect" on Jan. 8.

December 12

National Association of Social Workers Peace and Social Action Council and Region H: A holiday program on "What Peace Means in the '80s and How Individuals Can Promote It" will be presented at 7:30 p.m. at California Savings and Loan, 300 S. Fairfax, Los Angeles.

Call Nancy Greenstein at 540-2631 for more information.

December 13

January 10

Alliance for the Mentally Ill — Norwalk: This relatives and friends of the mentally ill group will meet from 7 to 9 p.m. at the Norwalk-La Mirada Unified School District administration building, 12820 S. Pioneer Blvd., Norwalk. The December meeting will be devoted to caring and sharing; January's topic will be "Current Legislation Affecting the Mentally Ill."

Call 864-4412 for more information.

December 14

January 11

Beach Cities Alliance for the Mentally-Ill: This group of relatives and friends of the mentally ill will meet from 10 a.m. to noon at the South Bay Office of Mental Health Social Services, 19000 Hawthorne Blvd., Suite 302, Torrance.

Call 772-2188 for more information.

December 14, 28

January 11, 25

Augustus F. Hawkins Community 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 603-4344 for more information.

December 15

Westside and Coastal Friends: The holiday meeting and party for this group of relatives and friends of the mentally ill will feature Dr. Al Kettenis, Santa Monica West Mental Health Clinic director, speaking on "Crisis Intervention and Counseling Services." The meeting, with refreshments, games, gifts and music, will be open to all family members and will be held from 7:30 to 10 p.m. at the Brentwood Veterans Administration Medical Center, Building 211, 11301 Wilshire Blvd., Los Angeles.

Call 472-0834 for more information.

December 15
January 26

Mental Health Advisory Board: This advisory group to the Los Angeles County Board of Supervisors will meet at noon at the Hall of Administration, room 739, 500 W. Temple St., Los Angeles.

Call 738-4772 for more information.

December 15

January 19

Hollywood Human Services Project Mental Health Task Force: Meeting topics will be "Most Recently Available Census Data/Demographics for the Hollywood Area" on Dec. 15 and "Drug and Alcohol Abuse" on Jan. 19. The meetings, held at noon, are open to service providers and the public.

Call Wendy Somerfield at 467-3605 for locations and more information.

December 16

Beginnings Therapy Center: "Coping with the Holiday Blues," a free, open seminar, will be held at 7 p.m. at the center, 1011 N. Fairfax Ave., Los Angeles.

Call 659-4905 for more information.

RCLC

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

December 7

Central Region RCLC will meet at 7:30 p.m. at the LAC/USC Medical Center Psychiatric Hospital, room 2C18, 1934 Hospital Place, Los Angeles.

Call 226-5726 for more information and for details about January's meeting.

December 9

January 13

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

Call 508-7800 for more information.

December 13

January 10

San Gabriel Valley Region RCLC will meet at Arcadia Mental Health, 330 E. Live Oak, Arcadia. The meeting will begin at 5:30 p.m. on Dec. 13 and at 7 p.m. on Jan. 10.

Call 960-6411 for more information.

December 15

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 603-4884 for more information.

January 12

Coastal Region RCLC will meet at 6:45 p.m. at the Harbor-UCLA Medical Center, conference room eight-east, 1000 W. Carson St., Torrance.

Call 533-3154 for more information.

RCLC meetings are open to the public.

December 19

January 16

South Bay Alliance for the Mentally Ill: This group of relatives and friends of the mentally ill will meet at 7 p.m. at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 412-2291 for more information.

December 21

El Centro Community Mental Health Center: "Pre-Holiday Anxiety — Planning for Enjoyable Holidays" will be the topic of the Family Night meeting, held in English and Spanish. It will begin at 6:30 p.m. at the center, room 237, 972 S. Goodrich Blvd., Los Angeles.

Call 725-1337 for more information.

December 28

January 25

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.

January 6, 13, 20

The Counseling Center: "Navigating the Passage to Your '30s," a workshop led by Pieter Noomen, Th.Drs., M.F.C.C., will address satisfaction or dissatisfaction with career, relationships and physical health. It will be held from 7:30 to 9 p.m. at 10497 Wilshire Blvd., Los Angeles. Fee is \$30.

Call 474-3501 for more information.

January 11

Huntington Memorial Hospital: "Stress: How to Cope in '84" will be the topic of the free community health forum. Led by psychiatrists Kamul Bahou, M.D., and Leslie Nyman, M.D., it will begin at 7:30 p.m. in the hospital's East Room, 100 Congress St., Pasadena.

Call 440-5464 for more information.

January 12

Southern California Psychoanalytic Institute: The series of films of psychological interest will continue with "On Golden Pond" at 7:30 p.m. at the Writers Guild Doheny Plaza Theater, 135 S. Doheny Drive, Beverly Hills. Arthur Mazlin, M.D., will lead a discussion of the film.

Call 276-2455 for more information.

January 12

Central City Community Mental Health Center: The Fourth Annual Dr. Martin Luther King Jr. Recognition Day will feature films and local art work on King and broadcasts of his speeches, entertainment, guest speaker and music. It will be held from 1 to 4 p.m. at the center, 4211 S. Avalon, Los Angeles.

Call 232-4111 for more information.

January 13, 27

El Centro Community Mental Health Center: A one-day pre-marital education program, designed to meet Conciliation Court requirements for minors considering marriage, will be held from 11:45 a.m. to 6 p.m. at El Centro, room 237, 972 S. Goodrich Blvd., Los Angeles. Cost is \$25. The Jan. 13 session will be in Spanish, the Jan. 27 session in English.

Call 725-1337 for more information.

January 14

National Association of Social Workers Southern California Women's Council: "The Original Passion: Mother/Daughter Relationships" presented by Bernice Augenbraun, L.C.S.W., will be held from 9 a.m. to noon in the Crowe Room, Orthopaedic Hospital, 2400 S. Flower St., Los Angeles. Fee is \$10, \$13 after Jan. 7.

Call Brenda Wiewel or Deb Schmidt at 949-8455 for more information.

January 14

Southern California Psychoanalytic Society: "Creativity, Literature and Psychoanalysis," an all-day meeting, will be held at the Harvey Morse Conference Center, Cedars-Sinai Medical Center, 8700 Beverly Blvd., Los Angeles. Participants will be Albert Hutter, Ph.D., Jay Martin, Ph.D.; Louis Breger, Ph.D.; Norman Tabachnick, M.D.; Barry Panter, M.D.; Linda Carder; and Scott Carder, M.D.

Call Carol Ziff at 655-1634 for more information.

January 14

Regional Community Liaison Committees: A Countywide RCLC conference, open to the mental health public and community members, will begin at 8:30 a.m. at Loyola Marymount University, Loyola Boulevard and West 80th Street, Los Angeles.

Call 738-4772 for more information.

Help Anorexia

The monthly speaker meeting will begin at 7:30 p.m. in the Torrance Memorial Hospital auditorium, 3330 Lomita, Torrance. Speakers will be Dr. Stephen Frankel and Rita Frankel, M.F.C.C., on Dec. 12 and Patricia Pitts, M.F.C.C. intern, on Jan. 9.

Call 326-3763 from 6 to 8 p.m. for more information.

The South Bay self-help chapter will meet from 7:30 to 9 p.m. on Dec. 5, 19 and 26 and Jan. 2, 16, 23 and 30 at St. Margaret Mary Church, classrooms 5 and 6, 25429 Eshelman St., Lomita. Call 326-3763 from 6 to 8 p.m. for more information.

The North Hollywood/San Fernando Valley self-help chapter will meet on Dec. 7 and 21 and Jan. 4 and 18 at 7:45 p.m. at 6240 Laurel Canyon Blvd., Suite 202, North Hollywood. Call 766-5663 for more information.

CONNECTIONS

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Published by the Mental Health Association in Los Angeles County

The Mental Health Association in Los Angeles County is a non-profit, voluntary organization dedicated to the promotion of mental health, prevention of mental illness and the improved care and treatment of the mentally ill. (213) 629-1527.

Executive Director: Richard Van Horn

Copy for Connections should reach the newspaper by the 10th of the month prior to publication.

Postmaster: Send address changes to:
930 Georgia St., Los Angeles, CA 90015