

Federal Health and Human Services Department claims need for flexibility in standards

SOCIAL WORKERS OPPOSE CHANGES IN FEDERAL REGULATIONS

INTERVIEW:

CLAUDEWELL THOMAS
Southeast Regional Director
Mental Health Department



When Dr. Claudewell S. Thomas was selected to be the Southeast regional director for the Los Angeles County Department of Mental Health, there were four groups to be satisfied: The Department of Mental Health, the Division of Health Services, Charles R.

"The only pecking order that works is competency . . . prestige rests upon competency."

Drew Medical School of the Martin Luther King Jr. General Hospital, and University of California at Los Angeles School of Medicine.

This is because in the new position Thomas is Southeast regional director for the Los

continued on page 6

The period for public comment about the federal government's efforts to reduce Federal regulations for some hospitals ends March 7.

Social workers and other health groups are sending letters to the U.S. Department of Health and Human Services. They are opposing the elimination of standards for hospital social workers, one of several proposed changes in the Federal regulations for hospitals under Medicare/Medicaid, according to Jay Rudman, L.C.S.W., president of the Southern California Chapter of the Society for Hospital Social Work Directors.

Rudman, also director of the Department of Medical Social Service for Cedars-Sinai Medical Center, said of the proposed changes, "If cost-effectiveness is the issue (in eliminating standards for social workers), it is a shortsighted and ineffective way to reduce costs.

"Social work is the unique discipline in the medical facility whose major focus is to reduce the need for expensive medical care by helping patients and families with discharge planning," he said.

An example of effective discharge planning is when community support services are made available to an elderly person ready to be discharged from hospital care but needing ongoing medication and unable to manage alone. The planning services of a trained social worker can mean the difference between a longer, more expensive hospital stay or returning home, according to Rudman.

Social workers are involved in hospital teams working with child abuse and neglect; sexual abuse; emergency and intensive care; and cancer, burn, cardiac and other life threatening conditions.

The concern of the Society for Hospital Social Work Directors and the National Association of Social Workers is that patient care will suffer if hospital administrators are allowed to cut costs by having less qualified personnel, Rudman said.

The reasons given by the Department of Health and Human

continued in next column

Services (HHS) for the proposed changes in regulations for hospital social workers are that it allows hospital administrators more flexibility, and an opportunity to reduce costs. Another reason given is small or rural hospitals will be free of the burden of requirements.

Salie Rossen, senior staff specialist for the American Hospital Association (AHA) in Chicago, said in a telephone interview, "The Federal government has been taking a look at its own role as a regulator and is looking for

continued on page 2

\$9.7 MILLION CUTS IN BUDGET LIKELY

County units are now in the process of defining cuts "likely to be \$9.7 million for the Los Angeles County Department of Mental Health alone," according to Dr. J. Richard Elpers, director of the department.

"Right now the mental health budget is pretty bleak," Elpers said. There is the possibility of a 9 percent program reduction on top of the cuts suffered each year for the last three years, he said. That means people not served.

In addition, there is the specter of 300 county mental health employees who will be laid off in the department alone if the cuts

continued on page 6

INSIDE:

**SMALL FABLES,
LARGE LESSONS**
PG. 2

**OUT OF WORK
AUTO WORKERS**
PG. 3

**SACRAMENTO
CAMI OFFICE**
PG. 5

On page 4 is a list of current state and federal legislators representing Los Angeles County. This list is intended to be used as a resource for contacting legislators on mental health issues. It is designed to be clipped and used as an ongoing resource.

ESSAY

SMALL FABLES TEACH LARGE LESSONS

By Charles Ansell, Ed.D.

The nice thing about fables is that they are usually instructive. Sometimes a good fable can help us to grasp a large moral principle in one breath. Remember the fable of the goose that laid the golden eggs. That was a marvelous fable about greed.

The fable that keeps running through my mind these days is the story of the farmer who wanted to economize and so he decided to give his horse one less forkful of hay at each feeding time. His horse eventually died of starvation. As the economy wave rolls on and over our human services, we find one less forkful of hay. Actually, to be entirely fair about it, the hay is being diluted with barely edible weeds.

Take, for example, a gambit recently attempted by the Contra Costa County Supervisors. They simply eliminated the requirement of using trained psychologists to do such critical work as therapy for county patients and substituted the nebulous job title of "mental health specialist." Now there is no such job title, nor does anyone know its requirements, but Contra Costa County decided to create such a job. And so lacking any guidelines, the county was free to hire

"The definition of 'equivalent' for sure won't be left to the social workers to define."

on people who for one reason or another seemed to qualify as "mental health specialists."

As another example, the Federal Department of Health and Human Services decided to look at its regulations governing Medicare and Medicaid Programs under its "Conditions of Participation for Hospitals." That close look at the regulations in force since 1965 cut the hay quite substantially. They simply eliminated trained medical social workers for certain functions and reduced their qualifications in other areas. And for the top job of director of Social Services in psychiatric hospitals, always held by a trained social worker, the language now reads "M.S.W. or its equivalent." The definition of "equivalent" for sure won't be left to the social workers to define. The economic farmer with the light fork will decide on the meaning of "equivalent." They'll probably come up with the human equivalent of weeds — which is not hay.

A recently enacted piece of legislation out of Sacramento (SB 3480) forks its diluted hay in another way. Under this bill, third party payments (insurance companies) may now decide which therapist the mental health patient can consult. Blue Cross and other insurance companies have simply drawn up their own panel of providers who will be reimbursed by them. There are conditions for getting on the panel, conditions which of course are of primary benefit to the insurance companies, not to the patient's interests, needs or desires. Providers who will be accepted must agree to accept the fee the insurance company believes is fair or proper. The insurance company may conceivably decide how long the treatment should last by simply cutting off further payments. What is at stake here, of course, is the loss of freedom of choice. The patient may no longer decide whom he chooses to see. He

too must learn to accept adulterations.

The trend will continue. Trained, skilled professionals who know their job and respect their professions will be eliminated, compromised, reduced again and again. Over time our entire society, long accustomed to feeling proud of its advances in human services, will soon become accustomed to second and third class care. Additionally, we will learn how to do with less and less services.

This trend, of course, opens up a far larger issue: the deprofessionalization of mental health. In simpler words, our economizers, more committed to saving hay at the horse's expense, will usher us into a new period where sensitive services — treatment, institutional care, follow-up studies — will be left to volunteers. We have all heard the hints coming out of Washington to return to volunteers, a kind of romantic appeal to another period in American life when kindly neighbors helped one another. Those of us experienced in working with mental health clinics and social service agencies know and appreciate the value of volunteers, but even the kindest volunteer, once familiar to the work of a clinic or an agency, would readily agree that he/she had no intention of performing functions that only the trained and skilled should do.

Mental health treatment is perhaps among the most recent entries in the world of professions and is still little understood among large segments of our population. One of the curious reasons for this unfamiliarity is in the fact that mental health as a skilled profession is a member of the family of human services.

Compared to physics, chemistry, or medicine and dentistry, mental health is a "soft science." It may seem strange to some to learn that treating the depressed and the despondent, the frightened and the worried has become a science, no matter how "soft" it may seem. A person is more than a cell, more than his blood type or the condition of his teeth. Understanding the person remains the most complex of all human knowledge.

It would require another Essay of far greater length than this to examine our reluctance to permit ourselves to become subjects of inquiry, subjects for special treatment. And so the mental health professional has become not

"How did the late George Orwell know that 1984 would be a fateful year?"

only especially vulnerable to budgetary attacks, but he/she is also fair game for legislators who listen to the loud drum beats of private interests and economy minded legislators.

Mental health professionals are not trained in political skills, and so the rough and tumble art of lobbying has fallen to the small population of psychotherapists whose meager budgets are embarrassingly miniscule. If the skilled mental health professional is to be declassified, we will have all lost years of progress.

To return once more to the fables that instruct, I offer the fable of the mice who were threatened by a marauding cat. "Put a bell around the cat's neck," one of the mice said, "but," came the quick reply, "who will bell the cat?"

Silence is not always golden. The larger world of mental health, its dedicated volunteers and the host of

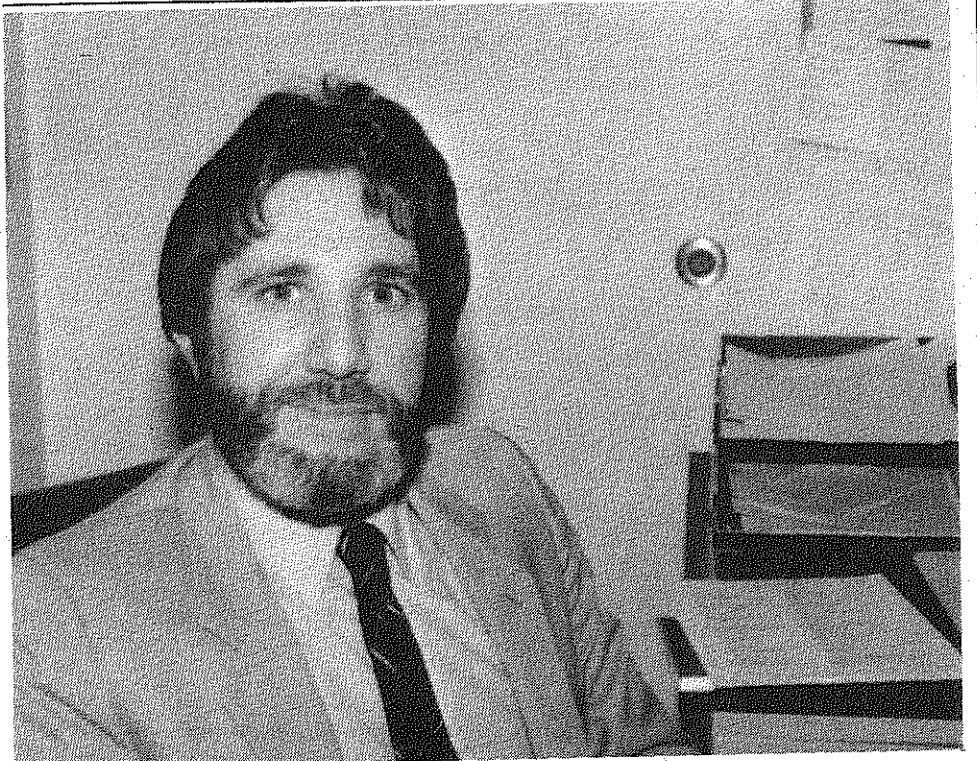
county employees; the judges who sit on county court benches; probation officers; hospital workers, professional and clerical; should pause to reflect on the current spectacle of the daily attacks on the structure of our mental health services and should voice their alarm by writing to state and federal legislators.

We have never been at a lower point in growth and progress than at the

present. How did the late George Orwell know that 1984 would be a fateful year?

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.

The opinions expressed in Essay are those of the author.



Jay Rudman, LCSW, President of the Southern California Chapter of the Society for Hospital Social Work Directors.

SOCIAL WORKERS CONTINUED FROM PAGE ONE

reform in order to simplify and clarify."

The Conditions of Participation for hospitals in Medicaid/Medicare set forth in Federal regulations have not been substantially revised since first published in 1966, according to Rossen.

AMA's original position was that optional services should not be regulated by the Federal government, she said, and social services are not Federally required of hospitals.

However, Rossen indicated a change in AMA's original position about the elimination of standards for social workers in hospitals.

"We believe we have found a way to address the concerns of both constituency groups," she said.

Rossen would not disclose the plan soon to be presented to HHS.

In response to the arguments, the Society for Hospital Social Work Directors has developed a position paper quoting a Massachusetts General Hospital survey developed by Dr. Barbara Berkman. The report highlights the definitive cost-saving benefit of having social work services as part of the hospital patient care system.

When social work is part of the hospital's services, the survey findings noted major reductions in length of stay for the patients, increased patient compliance with orders and a significant reduction in the use of analgesics in post-surgical recovery period.

Other cost benefits cited in the paper were a 50 percent reduction in malpractice litigation and "major improvement in the efficiency of other disciplines including nurses and physicians. . . by saving them from a fragmentation of their role" when social work professionals are part of the team.

In fact, the proposed new regulations provide a new standard requiring discharge planning because it is "linked to decreased rates of hospital readmission."

The elimination of standards in

the Federal regulations for persons doing the discharge planning is the issue for social workers.

"They singled out social work as the only direct patient care service that was deleted," said Rudman.

Psychiatric hospitals have separate conditions of participation in the proposed new regulations.

"In the past, the director of social work in a psychiatric hospital needed a masters (degree) in social work. New regulations say they are not required to have a masters to direct, but a degree is required for at least one staff person," he explained.

In other hospitals, there would be no requirements. The administrator could choose, for discharge planning, or any social work intervention, someone with no background or degree, according to Rudman.

Rudman, as spokesperson for the Southern California chapter of the Society for Hospital Social Work Directors, argues that the major reason for Federal regulations in the beginning was because not all states were providing quality care.

"Some states provide strong backing. Some states have limited regulations," he said.

"It may mean, in some states, license to provide a poor quality of care," he said.

Rudman added that, while proposed changes in Federal regulations do not change California regulations at this time, "we see this as what could be a beginning trend. . . we all know that politics can change focus quickly, even in this state," he said.

Rudman admitted there has been some disagreement between the Society and its parent organization, the American Hospital Association, over this issue. They hope to work out some mutually satisfactory solution.

According to Rudman, those persons concerned with the issue can write to Health Care Administration, U.S. Department of Health and Human Services, Box 17073, Baltimore, MD 21235.

OUT OF WORK AUTO WORKERS GET CRISIS, STRESS REDUCTION SERVICES

When the General Motors Corp. automobile assembly plant in South Gate was operating at maximum capacity, it had approximately 6,000 United Auto Workers as employees. Last March, the plant was indefinitely shut down.

The average age of the employee was 35-45, most were married, and the majority had more than 10 years seniority in their job, according to Norma Gordon.

Gordon is project director/supervisor of the seven-month mental health/substance abuse component added last December to the GM/UAW South Gate Re-employment Center. The center has a contract with the state of California out of part of \$10 million from the GM/UAW Joint Skill Development and Training Program, the federal government and the state, with the purpose of "retraining of the displaced worker," said Gordon. The Re-employment center is managed by the state Employment Development Department (EDD). There are two prototype programs, the one in South Gate and another in Fremont.

The model mental health component is funded by a \$150,000 contract, \$75,000 each for South Gate and Fremont, from the State Department of Industrial Relations. Locally, the contract is with the Suicide Prevention Center and the Institute for Studies of Destructive Behaviors, where Gordon is director of the Human Services Center.

Gordon described the work of the mental health component as "short term" and "stress reduction."

"What we do is help them (auto workers) cope with the emotional problems that are surfacing as a result of being out of work, with frustration,

Union Hall and are now being offered both there and at the Re-employment Center.

The staff consists of Nan Levine, M.S.W.; Dr. Carl Maida; and two GM/UAW workers, Dennis Patterson and Bernice La Cour. Patterson was a Substance Abuse Committee member at the plant, and La Cour is a member of the union's executive board and



Norma Gordon

chairperson of the Community Service and Consumer Protection Departments.

"Bernice and Dennis seem to be key to the success of the program, since they are indigenous to the union, and they are known and trusted individuals," said Gordon.

She said that the staff is dealing

promotion has included a high blood pressure screening and the "Friends Can Be Good Medicine" materials.

"We're starting self-help groups, what we call Job Clubs. They've been doing food distribution, and they've been talking about bartering and a co-op club," Gordon said. "We're doing a lot of networking, bringing them in with other resources."

Administratively, Gordon said, the most difficult part of the program is the "short start-up and implementation time.

"What we're struggling with is in and out in seven months; therefore, the linkages we're making with existing community, the outreach we're doing and the on-site training sessions we're doing are important," she said.

"What we're trying to do is have easy access to services for these workers," Gordon said. "Many have insurance, but they don't normally utilize mental health services. Health

promotion activities have been successful.

"We are mandated to work only with the auto workers. However, it has become quite apparent that family problems need attention. We intend to refer to community agencies, the main reason being the short duration of this program, so it is important to know what the community has to offer," she continued.

A meeting for mental health professionals and service providers on the issue of the unemployed worker and mental health needs was scheduled for Feb. 24, and Gordon said another such meeting will be planned. Persons interested in attending this type of meeting may contact Gordon at Suicide Prevention Center at 386-5111.

"One of the things I'm concerned about is the mental health community becoming aware of the special needs of the laid-off worker," she said. "These problems are really serious because of the increasing unemployment in this country."

JUNE 4 MHA BENEFIT TO HONOR PHILANTHROPIST SENIEL OSTROW

Of all the myths about what it takes to be a philanthropist, Seniel Ostrow misses the mark on all of them with one exception.

He has, in his lifetime, given away millions of dollars to help people in need.

Ostrow as a philanthropist is quietly unassuming, modest of his accomplishments, interested in giving honor to others and at 86 years old is still willing to stake his own fortune against injustice.

At the City of Hope, the Richard W. Lippman building, given by Ostrow, bears the name of the young doctor admired by Ostrow for his stand against the McCarthy smears of the '50s.

The International Students Center building at UCLA, a \$500,000 gift to Technion-Israel Institute of Technology, and a major gift to build Central City Community Mental Health Center are all tributes to Ostrow's generosity.

"It was a once in a lifetime thing," he said of his participation with Central City, calling it "a rich opportunity to help."

Ostrow tells of convincing his friends over lunch to participate along with him in funding the mental health center in the middle of Watts.

And the list goes on.

To pay tribute to this man, the Mental Health Association in Los Angeles County (MHA) has planned a benefit dinner dance on Saturday, June 4, in the Grand Ballroom of the Beverly Wilshire Hotel.

Highlight of the evening will be the presentation of the MHA award to Ostrow in recognition of his philanthropic work.

Ostrow's interest in mental health goes beyond buildings. His granddaughter is a social worker and her husband is a mental health professional.

Ostrow pays tribute to his first wife of 50 years, the late Dorothy Ostrow, for raising his children while he was busy in business.

His business was the Sealy Mattress Company.

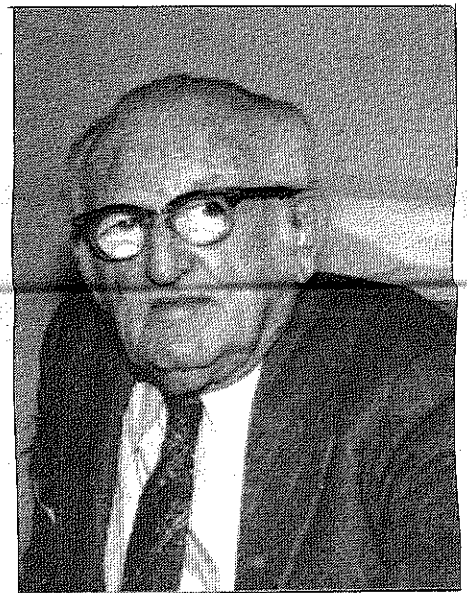
He began in the mattress business in a time of great prosperity, "when you could get a mattress for \$2.50 wholesale," he said. Later, after a time in Fresno, and the Depression, he was able to buy the then floundering Sealy Co., and he built it into national success.

He sold the business and keeps active on the board, with Mitsui Manufacturers Bank and with a variety of civic and philanthropic interests.

Major among these interests are justice issues. He was one of the founders of the Center for the Study of Democratic Institutions, and his

present wife Laurie (Zarren) Ostrow is president of the American Civil Liberties Union Foundation of Southern California.

Friends and supporters will gather on June 4 to honor Ostrow. Honorary Dinner Chairperson Ben Winter is collecting his committee and table



Seniel Ostrow

hosts, "an easy job," he says, "because this man is so loved.

"I've looked up to him all my adult life," Winter said, "and I applaud all that he has stood for in the community." Winter is involved in a number of volunteer and civic groups.

Benefit Committee Chairperson Margie Bulmer said invitations will be in the mail in early April.

Tickets for the benefit are \$125. For information about hosting a table or purchasing tickets, call the MHA benefit office at 476-9661.



Nan Levine, M.S.W., Bernice LaCour, Norma Gordon, Dennis Patterson and Carl Maida, Ph.D., (l-r).

anger, feelings of loss of self-esteem and fear of the future," she said. "The anxiety related to going into a training program or relocating into other areas is, for many people, difficult.

"We are talking about essentially hard working normal individuals who are undergoing great stress of unemployment. Many of the problems which appear are likely to be directly related to being laid off and transitory in nature," she continued. "Many of these people have been employed 10-15 years or more than that and regarded their employment as stable."

Gordon said that following the shut down "there were reports of suicide, increase in incidence of family violence, substance abuse, as well as an increase in reports of physical illness."

The goal of the overall program is, according to Gordon, to "get them retrained and into jobs.

"As a support service to this effort, on-site stress, crisis and related crisis services are being offered," she said. Services originally were offered at the

with the stigma of mental health, and in fact found the term stress to be more acceptable in the program.

"The thing we're working on is to reduce the stigma of help-seeking behavior by active outreach to union members and to union leadership," Gordon said. "We're working closely with EDD, with their vocational counselors, with their job search staff, with union leaders and with union members. We're providing consultation and stress workshops at retraining centers as part of the overall effort on behalf of the laid-off GM workers.

"The union was influential in asking for mental health/stress services. They saw the need," she continued.

Services are provided at no cost to the laid-off workers and include individual counseling for emotional, financial, stress and family problems; alcohol and drug abuse counseling; development of self-help stress groups; referral to available community services and resources; and health promotion programs. Health

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Bakersfield, CA 93304
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Washington, D.C. 20510

Alan Cranston (D)
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CAMI President Helen Teisher with Tony and Fran Hoffman (l-r).

CAMI EXPANDS LEGISLATIVE COVERAGE

California Alliance for the Mentally III (CAMI) is expanding its coverage of the state legislature with the extension of its Sacramento office from part-time to full-time, effective Feb. 1.

The organization hired Grace McAndrews, and continuing as volunteer legislative liaison team are Tony and Fran Hoffman, who also supervise the office.

CAMI is a statewide organization of 50 affiliate groups of relatives and friends of the mentally ill. It has close to 6,000 members and is part of the National Alliance for the Mentally III.

As legislative liaisons, the Hoffmans represent the organization to legislators.

"We keep our fingers on the pulse up there, and then we send the word to our affiliates," Tony Hoffman said.

Their work includes following bills dealing with mental health, attending hearings, testifying, becoming acquainted with legislators and presenting the parents' position to legislators on bills. This volunteer work has the Hoffmans, San Mateo residents, in Sacramento nearly every week.

McAndrews, in addition to office duties, goes to the Legislature bill room each day, going through the bills to identify any relating, directly or indirectly, to mental health, and she then summarizes the pertinent information. She attends some committee meetings when the Hoffmans are unavailable and coordinates other information as needed by the affiliates.

Also developed Feb. 1 was a CAMI statewide telephone tree for communication throughout the state, coordinated by McAndrews.

This expansion marks a focus change for the organization, according to Don Richardson, president of the local Advocates for the Mentally III affiliate, from "a general nebulous organization of par-

ents to a special action focus organization, and that focus is legislative action on behalf of the mentally ill."

The area of legislation is a priority for CAMI because "decisions regarding the mentally ill all come from law," said Fran Hoffman.

"You don't get taken into consideration unless you make noise," Tony Hoffman said. "No one else is going to take care of our interest."

While CAMI has other interests, the area is most important "for an organization such as ours. If they don't take care of this end of it, they're not doing what they're supposed to be doing," said Tony Hoffman. As a reference, Fran Hoffman cited the work of another parents organization which has developed into a strong constituency group, the parents of the developmentally disabled.

Don and Peggy Richardson are co-chairpersons of the CAMI Legislative Action Committee, which "determines and recommends action" on ongoing bills, according to Don Richardson.

"Through the office, the committee disseminates information and encourages members to contact their own legislators, since constituency has the most influence," he said. "Because of the size of the state, we poll, usually by phone, for a consensus."

"The urgency of the legislation . . . often precludes the polling on a statewide basis, so the Hoffmans have been encouraged by the Legislative Action Committee to form a local group of parents to serve as the Legislative Action Subcommittee, and they are ones they (Hoffmans) can contact within a matter of minutes," Don Richardson said.

The Hoffmans and McAndrews send out a bimonthly legislative update. The State-ment, the statewide newsletter prepared by CAMI President Helen Teisher, publishes the summary on ongoing legislation each month, "so the total membership is aware of bills affecting mental health and

CORPORATION, COMMUNITY FUND SPECIAL PROJECTS

Youth education and community support and awareness will be emphasized as a result of corporate, community and government funding to special projects of the Mental Health Association in Los Angeles County (MHA) and Eldan Co.

Eldan Co., a film production company, has a \$70,000 contract with the Center for Rehabilitation Research and Training in Mental Health at Boston University to produce a full length film on community support services, a film that will feature the Project Return Players improvisational theater troupe. Boston University has a contract with the U.S. Office of Education and the National Institute of Mental Health, which includes funding for the film.

"Their purpose is to show how a strong community support system can benefit both the mentally ill and the entire community," said Elaine Weisburd, who along with her husband, Dan, is principal of the Eldan Co.

"In a larger sense, the film will address the public awareness of mental illness. We feel, in a sense, public awareness of mental illness is based on fear of danger, and we want to change that perception," said Dan Weisburd.

The film will show the Project Return Players performing and will follow them away from the stage. Project Return is a MHA federation of self-helps clubs for recovering mentally ill persons.

"The Players will be dealing directly with issues as they do in the improvs, so they will be telling audiences how it feels to be mentally ill, how it feels to be stigmatized," Dan Weisburd said. "In addition to the players performing, our camera will follow individual players out into the community to get a sense of how they deal with these issues in their lives, how they use these services and how they need services that are not there."

The completed product is due at Boston University on July 31, 1983. The film will be distributed nationally.

"This is not a film about Los Angeles or just for Los Angeles, but it is about the need for community services in all communities," said Dan



Ann Stone

Weisburd. "That is why it is exciting. It's being made to help as an instrument of change to make communities all over the country responsive to the needs of people with chronic mental illness."

Another grant, in the amount of \$48,820 awarded to MHA from the Robert Ellis Simon Foundation, will enable MHA to expand its Youth Award Project.

"It is providing mental health materials to a full range of school-age children," MHA Director of Program Cheryl Sullivan said of the purpose of the project. "We are trying to promote good mental health habits in children. We don't plan on dwelling on what is

wrong or what is mental illness, but focus on what is mental health and good mental health principles."

According to the proposal, MHA will develop an adviser's handbook to accompany the already published Youth Award Handbook for junior high school age children, which is available on a limited basis. MHA will organize mental health lessons for primary age children, organize lessons for high school age youth, do a before and after attitude survey for each age group, and design supportive materials for parents.

Ann Stone is the new MHA coordinator of youth programs, joining the association on Feb. 1. Stone's background includes work in education, curriculum development and mental health. She taught human development, family life and psychology on the secondary level for four years. She developed the family life course with an emphasis in mental health with a community advisory group. Prior to teaching, she worked as a psychiatric technician and with Head-Start in Tucson, Ariz.

"Ann was hired to develop materials and a promotional plan for us,"



Stephen Simmons

said Sullivan. "She will need to field test in classrooms or youth groups to make sure we have a viable program, but the ongoing use of this will be done through our regional directors."

Sullivan advised that Stone will be forming an advisory group to help design the materials and is looking for teachers, mental health professionals, students and other persons interested in participating.

This project is funded by a one year grant.

A combination of grants from the Atlantic Richfield Company Foundation, Community Support System Project and Our Savior Episcopal Church Fund has made it possible for MHA to increase its public information and community support effort.

Part of the work of the public information department in the upcoming months will be to gain public acceptance and active support for the establishment of two community centers for the chronically mentally ill, one on the westside of Los Angeles and the other in the San Fernando Valley.

The department is responsible for the production of Connections newspaper and for the ongoing public information program. The goals of the program are to reduce the stigma of mental illness, to inform the public of what is happening in the Legislature that affects mental health, and to improve the care and treatment of persons suffering from mental illness by gaining community support through education.

Stephen Simmons is joining the public information staff in early March. Prior to this new position, he was city editor of the San Marino Tribune for three years and was editorial assistant of the nationally circulated Church of the Brethren magazine, The Messenger. He has a bachelor of arts degree in journalism from La Verne College.

CAMI

continued from page 5

(CAMI's) recommended position," Don Richardson said.

The plan for legislative action was proposed by Don and Peggy Richardson at a conference in San Francisco in October 1981. It was approved and fund raising began immediately, with \$18,000 collected at the convention. As a result of the plan, the Legislative Action Committee was organized.

The first phase of the plan included the establishment of contacts in Sacramento by the Hoffmans, the development of the statewide newsletter and the initiation of visits to affiliates throughout the state, with the Hoffmans covering the northern part and the Richardson covering the southern part, all continued at the present time.

Phase two was the April 1982 opening of the Sacramento office with a part-time secretary. By last December, the organization had raised enough funds to have a full-time instead of part-time staff person.

"The funding that makes all of this possible comes from the relatives and friends of the mentally ill. We received no outside funding from the government," Don Richardson said. "It is a symbol of the parents putting dollars where their mouths have been.

"We are probably better organized than we have ever been," he said. "Between the Hoffmans and Grace, we feel we'll have seven day coverage (in Sacramento)."

CAMI will be holding a conference March 25-26 in central California. Described as a "working committee focused conference" by Don Richardson, it will be held at the Holiday Inn, Visalia Airport, Visalia. Locally, call 391-2823 if more information is needed on this conference. This summer, the CAMI conference will be held in Los Angeles.

The CAMI Sacramento office is located at 1818 H Street, #6, Sacramento, CA 95814. Its phone number is (916) 443-6417.

WORKSHOPS OFFERED

The Family Life Education program of Foothill Family Service in Pasadena is offering several workshops in March.

"You and Your Aging Parents" led by Michael E. Miller, L.C.S.W., and Michael Mendes, L.C.S.W., will be held Mondays, 7-8 p.m., March 7-28.

"Stress Reduction, Self-Hypnosis and Relaxation" with Helen Wylie, R.N., will be offered Mondays, 7-8:30 p.m., March 21-April 11 and also Wednesdays, 11 a.m.-12:30 p.m., March 9-30.

"Time and Work Management for Pleasure and Efficiency" with Harriet Lyle will be held Tuesdays, 7:30-9 p.m., March 1-22.

"Understanding Your Toddler's Behavior" led by Eilene Raiden, M.A. will meet Tuesdays, 9:30-11 a.m., March 22-May 10.

"Uncoupling Class" with Rhea Johnson, L.C.S.W., will be held Wednesdays 7-8:30 p.m., March 2-April 6.

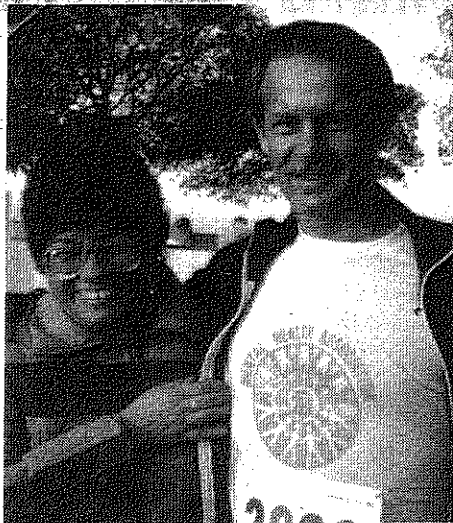
"Marriage Communication" led by Steve Clark, D.S.W., will be offered Thursdays, 5:30-7 p.m., March 17-April 22.

"Dealing with the Final Crisis: Death" with Dorothy Caruso will be held Thursdays, 7-8:45 p.m., March 4-25.

"Alcoholism" led by Hank Klein will meet Thursdays, 7:30-9 p.m., March 22-April 26.

Cost is \$8.50 per session of each workshop.

Call Foothill Family Service at 795-6907 for more information or for enrollment. It is located at 118 S. Oak Knoll Ave., Pasadena.



Long Beach Marathon runner Ray McMillen is congratulated by Mental Health Association in Los Angeles County (MHA) staff person Margie Mendez for his participation in the race, held March 20. McMillen is an MHA volunteer.

MENTAL ILLNESS MYTHS, REALITIES PRESENTED AT CONFERENCE

"Mental Illness—Myths and Realities," a conference on reducing stigma and raising community awareness about the mentally ill, will be presented 8 a.m.-2 p.m. on Friday, April 8, at Palms Park Community Center, 12305 E. 207th St., Lakewood.

The conference is co-sponsored by the Community Congress of Agencies and the city of Lakewood. The conference is open to both professionals and the public. Pre-registration is preferred, but registration will be available at the door.

The Community Congress of Agencies is the interagency task force of individuals and agencies that deal with human services in the Rio Hondo Mental Health District of the Los Angeles County Department of Mental Health Coastal Region.

"The county agency, Rio Hondo Mental Health, has indeed taken a leadership role in mental health (in the district). The significant thing is that leadership has been picked up by the city of Lakewood, and they are co-sponsoring," said Dr. Patrick O'Connor, program head at Rio Hondo. "If you're going after community awareness, it's nice to know that it's community people who are going to co-sponsor," he continued. "I think it's significant that the people who are talking about destigmatization are not just mental health people."

This is the third year the city of Lakewood has co-sponsored this annual conference.

"The city of Lakewood is committed to networking with all public and private human services agencies in our area, and we feel we provide continuity of leadership in this arena by co-sponsoring this annual conference," said Dave Mills, director of Recreation and Community Services for the city of Lakewood.

Conference goals are to create an awareness about the needs and problems of the mentally ill and their families and also that the mentally ill are capable of making contributions to the community. Another objective is to recognize and strengthen the impact of self-help groups for clients and their families.

Scheduled speakers are J. Richard Elpers, M.D., director of the Los Angeles County Department of Mental Health; Carol Marin, M.D., child psychiatrist and medical director at Community Family Guidance Center; and Bill Thomas, vice-president of the Mental Health Association (MHA) in California and recovered mental patient. Thomas is the subject of the 1980 best-selling biography, "The Shoe Leather Treatment," by S.L. Stebel and a three-hour NBC television movie, "The Other Side of Hell."

The Project Return Players improvisational theater troupe is scheduled to perform. Project Return is a MHA in Los Angeles County federation of self-help clubs for recovering mentally ill persons.

MHA, a member agency of the congress, will give a proclamation to the mayor of Lakewood in recognition of his contribution toward promoting mental health at the conference. It will be presented by MHA Executive Director Richard Van Horn.

Cost for the conference is \$7 for Community Congress of Agencies members and \$10 for non-members.

For more information, call Phyllis Clark at 925-7512 or Steve Claggett at 864-2751.

THOMAS

continued from page 1

Angeles County Department of Mental Health, Chief of Psychiatry at Martin Luther King Jr. General Hospital, chairperson of the Department of Psychiatry and Human Behavior at Drew Medical School, and professor and vice-chairperson of Psychiatry at UCLA.

"Treating clinicians need to have culturally sensitive training and orientation."

Thomas moved here from New Jersey just escaping the blizzard and has already experienced an earthquake.

"It's impressive if you have never felt one," he said.

His wife and one daughter will move here. Another daughter will be graduated in May from Barnard College in New York and plans to enter law school.

A son will also be graduated in May from Columbia University in New York. He has plans to follow his father into medicine.

Thomas, in addition to his training in medicine and psychiatry, holds a master's degree in Public Health.

He and his wife have traveled extensively, living in Japan for a period of time, where she trained foreign residents. She has a master's degree in Urban Studies and has offered acculturation training for foreign students in medical schools in the United States.

Thomas has become director of a region that includes 21 cities and more than 800,000 people. The unemployment rate is high in the region, and there is a diverse mixture of ethnic groups.

He believes attention to various sub-groups within the ethnic groups is important and necessary for his staff.

Even a large group like Hispanics needs to have persons dealing with them who are knowledgeable about the cultural groups within, for example, Cubans and Puerto Ricans, he said.

"Objectivity and sensitivity are vital," he said.

"It is interesting how erroneous some assumptions can be about people . . . treating clinicians need to have culturally sensitive training and orientation," he said.

Thomas looks for opportunities for this training, both formal and psychiatric residents and on the job for persons already employed.

He studied at the Rice Institute in Washington, D.C. in human relations, work where they stressed task oriented methodology.

In relation to his staff, Thomas believes in "efficiency and that you can't let irrational tasks take precedence.

"In terms of team function, the

only pecking order that works is competency," he said. "Prestige rests upon competency."

Thomas has come to the job at a time of budget cutbacks. In his region, cuts of more than \$1 million are probable. He has already met with private contractors and has meetings with the Regional Community Liaison Committee.

"The major concern is that it (budget cuts) not mean some people are not able to be served," he said. "With cooperation we will minimize this, but there is a point . . ."

BUDGET

continued from page 1

are made. That figure does not include those who contract with the department.

Across the county the personnel cuts in all departments are expected to total 3,000 employees.

Elpers pointed out that Gov. George Deukmejian has said that he does not wish to have cuts in mental health programs.

"If he understands that these are in fact program cuts and not simply administrative savings he may well be willing to look at alternatives," said Elpers.

The Regional Community Liaison Committees (RCLCs) in each of the five regions are now working out the possible program cuts. RCLCs are made up of citizens in each of the local areas to help advise the Department of Mental Health.

"Everything needs to be done now to educate the Legislature and the administration about the impact of these potential cuts," Elpers said.

These cuts cannot be managed through increased revenues (fees) or savings from the cap (the maximum allowance or statewide average) since the population being served by Los Angeles county often have no Medi-Cal or are on S.S.I. (Supplemental Security Income).

Some cuts may have to happen in this fiscal year (before June).

"It is possible we may have to make cuts sooner, and we only have one quarter in which to accomplish them," said Elpers.

The county overall budget is in dire straits and "the dilemma is everybody is broke," said Elpers.

The way this year's budget was constructed, the department could stand to loose all the extra county money given to eliminate even more drastic cuts in the beginning of this fiscal year, according to Elpers.

Editor's note:

If you would like to contact your representative in Sacramento about the mental health budget cutbacks, there is a list with address and telephone number of legislators representing Los Angeles county on page 4.

"Include me in the fight against mental illness!"

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MENTAL HEALTH ASSOCIATION, 930 GEORGIA ST., LOS ANGELES, CA 90015



Detective Gus Ruiz and Melba Bouquet.

CHILD ABUSE COUNCIL SHARES INFORMATION THROUGH FORUMS

"We're all in the position of the blind man investigating the elephant. We're each experts on our part of the problem and relatively ignorant of the constraints imposed by other systems, the specialized knowledge possessed by those in other systems and the special problems they face," Melba Bouquet said of child abuse services in the San Fernando Valley.

To help address this, the San Fernando Valley Child Abuse Council last October began a series of four forums on child abuse, held every month.

The purpose of these forums, as with the council itself, is "to build advocacy for child abuse services" and "to make the most of dwindling resources," according to Bouquet, program chairperson. The forums are a time for sharing information, for education and for providing mutual support for persons working in the area of child abuse in the San Fernando Valley.

"It is our hope that through this forum we may arrive at some greater understanding and more effective help for the families we are trying to help," said Bouquet.

"There never before was a forum where people got together and saw what other child abuse services existed," she said.

The forum brings together a variety of persons working in child abuse services, including mental health agencies, public and private; counseling services; school for pregnant teenagers; shelters; Department of Public

In 1982, his unit investigated 2,837 cases of child abuse involving a parent or guardian. There were 32 child abuse homicides.

Social Services; Regional Center for the Developmentally Disabled; police departments; the mayor's office; YWCA; and PTA.

At the February forum, Detective Gus Ruiz of the Los Angeles Police Department spoke on "The Police Department and Child Abuse." As part of his talk, he presented some statistics on child abuse. He said that in 1982 his unit investigated 2,837 cases of child abuse involving a parent or guardian,

almost double, he said, the 1981 figure of 1,667. He said there were 32 child abuse homicides in 1982, not including undetermined deaths, up from nine in 1981.

Ruiz said that "our job is to protect children who are abused" and to investigate child abuse involving "the parent, guardian or any person who assumes the role of parent or guardian."

He also said that "there is a great need for education for teenagers or for people who are ready to have a relationship and children." Following his talk he answered questions from persons attending the meeting.

On April 21, the fourth forum will be on "Services to Teenage Mothers," with speaker Rhea Johnson, L.C.S.W. The first two forums dealt with child abuse in the Latino community.

The forum series is new for the council. Previously, it held infrequent education meetings.

"About a year ago, we became dissatisfied with what was going on and were concerned about cutbacks," Bouquet said, "so we were wondering how we could advocate and what was the role of the Child Abuse Council. In the process of investigating how to do effective advocacy, we decided what we needed was a larger network of people involved in child abuse services.

"We decided to have a meeting about child abuse during our regular council meeting time and invite a lot more people," she continued.

The regular council meeting alternates with the forum. The council is sponsored by the United Way Planning Council, and Harriet Erickson is the Executive Committee chairperson.

The council is planning to distribute a newsletter for the exchange of information on resources, funded in part by a contribution from a former council member.

The primary purpose of the newsletter will be "to acquaint everybody with as much up to date resources as possible," said Bouquet.

In 1979, the council printed a child abuse resource directory for the San Fernando Valley. The newsletter was preferred over the directory because of the comparative costs and the relative simplicity of updating the information. Bouquet said that "a periodic newsletter with updates would be the best way to get out as much information as we could."

For more information on the forums, call Melba Bouquet at 901-0327.

YOUTH PROGRAM INVOLVES FAMILIES

At East Foothill Youth Day Treatment Center, there is an emphasis on working with families and schools as part of its services to youth.

"It's a focus on youngsters who have special problems and families believing change can come about (while) keeping the youngsters in their homes and the community," said Ruth Kupers, M.F.C.C., child development specialist at the center.

"It is the intention of the program to address the psychological, social, educational and community needs of the child," said Ellie Fishman Sternquist, Ph.D., program director.

East Foothill Youth Day Treatment Center, a division of Pasadena Guidance Clinics, is a day treatment program for youth ages 8-18, combining "intensive individual and family therapy with the facilitating of psychosocial skills on an outpatient basis," according to Kupers.

It is a Bates funded program through a contract with the San Gabriel Valley Region of the Los Angeles County Department of Mental Health. Clients are residents of the San Gabriel Valley. Services began March 1, 1982, and the program is "intended as an alternative to hospitalization," said Sternquist.

"There are no (other) facilities for youngsters who need more than once a week therapy short of hospitalization or residential placement in San

Kupers as "like electives" which "allow each youngster to choose an activity regardless of the age setting.

"It gives them a chance to make some decisions . . . (and) to interact with children of different ages," she said.

In the past, the workshops have included cooking, model rocketry, journals, drama and puppetry. The center draws upon staff's outside interests for subject areas, and "we periodically will ask a consultant in to do something special for us," said Sternquist.

While the youngster is in the program, the family attends the multifamily group for its youngster's age group or individual family sessions, all held weekly. There also is a family recreation day for each group once a month.

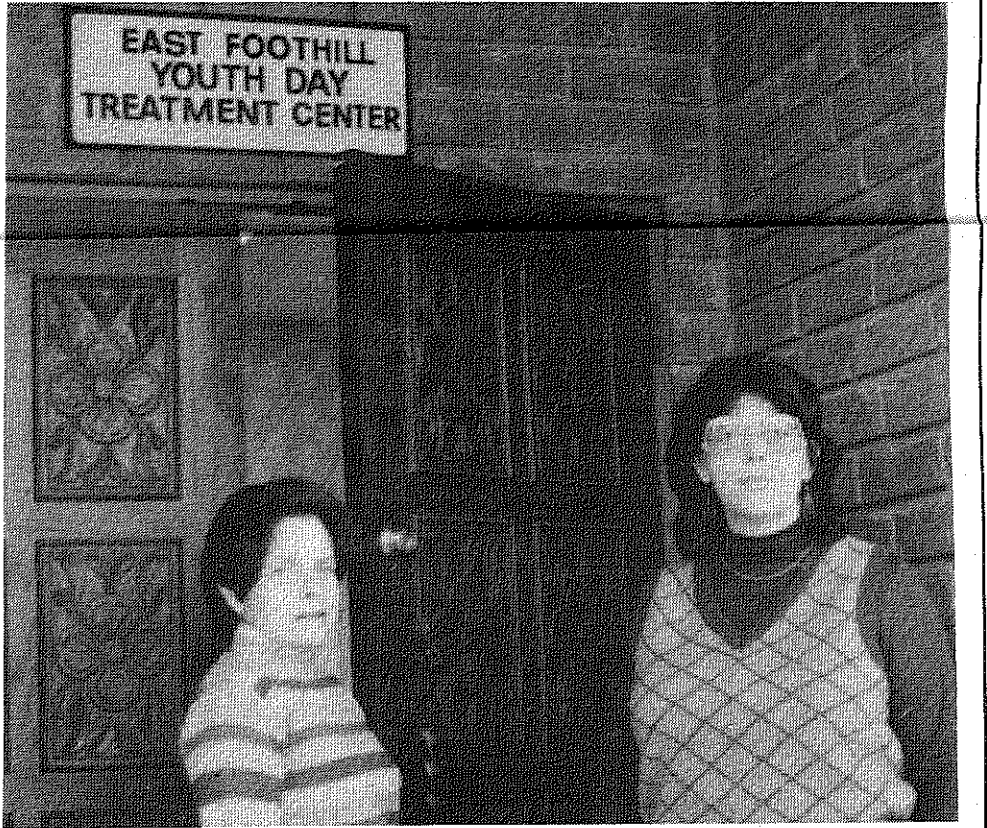
The individual family session is not limited to parents, but may include others such as grandparents or siblings.

"We'd like to get in as many family members as possible, particularly those who have some relationship with the youngster," said Kupers.

"The work with family is seen as important as the work the youngster does in the program," she said.

"We look at the child in the family setting, believing many problems the children experience are the result of patterns learned in the family that the child may be expressing but may reflect a need to work with the whole family system," she continued.

The center also works with "family readjustment to a child coming back into the family setting," according to Kupers. She said that "at least a third



Ruth Kupers, M.F.C.C., and Ellie Fishman Sternquist, Ph.D.

Gabriel Valley," said Kupers. The program also has as clients "youngsters who are discharged from the hospital who need a transitional program to help them integrate back into families and schools," she said.

The day treatment program runs five days a week in six-week evaluation periods. The youth are divided into two age groups, 8-12 and 12-17. Originally the program "had been set up to provide tailor made services to three different age groups, 7-10, 11-13 and 14-17," according to Sternquist.

"We suffered a dramatic cutback" last fall, she said, when "we lost about a third of our staff due to budget cuts, although we were expected to provide the same services." The middle range group was incorporated into the other two groups.

The majority of the children in the program are picked up at school by a van from the center. Others are dropped off by their parents, and the parents pick up the children at the end of the day.

In addition to recreational, group, clinical art and relaxation therapies and independent living skills for each age group, the center has "cross component workshops," described by

have been hospitalized" prior to coming to the center.

The center also works with the schools.

"We can encourage, support and complement each other in terms of work with the youngsters," said Kupers. "I work closely with teachers in developing both education and psychosocial programs for youngsters." Kupers goes out to the schools, and once or twice a year school personnel are invited to an open house at the center.

The center has a community resource and referral service for when youngsters are discharged or for youngsters who are not accepted into the program.

Of the program as a whole, Kupers spoke of facilitating "the growth of healthy, productive, well-functioning families.

"With our multidisciplinary staff and focus," she said, "we can create an atmosphere where youngsters can feel safe to resolve some of the conflicts of growing up, where families can get support from staff and other families and create a network for that support."

March 1, 8, 15, 22, 29

Ups and Downs: This self-help organization for persons with depression or manic-depressive illness will meet 7:30-9:30 p.m. every Tuesday at 6740 Kester, Van Nuys. Coping and management will be discussed, and there will be a speaker on March 29. Meetings are open to all interested persons.

Call Carol Frye at 988-8050 for more information.

March 2

California Hispanic Psychological Association: "Santeria: Caribbean Folk Healing" will be presented by Fernando Ruiz, Ph.D., Metropolitan State Hospital staff psychologist, at the open monthly forum. It will be held 7-9:30 p.m. at the UCLA Neuropsychiatric Institute, sixth floor conference room, room 68-236, 760 Westwood Plaza, Los Angeles.

Call Iris Zavala at 655-1730 for more information.

March 2

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

March 2

Central Valley Mental Health Center and Advocates for the Mentally III: A parent support group will meet 6-8 p.m. in the conference room of the center, 8101 Sepulveda Blvd., Van Nuys.

Call Vivian Isenberg at 901-0327 for more information.

March 2

American Red Cross: The Los Angeles Chapter Western District will present a free parent support group beginning March 2 and continuing on Wednesdays until March 30. It will be held 9 a.m.-noon at 1140 Veteran Ave., Westwood, and Ruth Sukloff, M.A., will be the instructor.

Call 478-0231 for more information.

March 3, 10, 17, 24, 31

Southern California Psychotherapy Affiliation: Free Crime Victims Groups, short-term group therapy sessions with therapists volunteering their time, will meet at 9363 Wilshire Blvd., suite 216, Beverly Hills. They will be held every Thursday with several groups meeting throughout the day.

Call 659-4200 for times and more information.

March 3-6

Southern California for Adolescent Psychiatry: "The Older Adolescent" is the theme for the annual winter meeting, to be held at Mammoth Lakes.

Contact the society at P.O. Box 24041, Village Station, Los Angeles, CA 90024 or at 274-0684 for information or registration.

March 3

Reiss-Davis Child Study Center: A therapy group for parents involved in divorce or separation will begin on March 3 and will continue on Thursdays for five weeks. It will meet 5:30-7 p.m. at the center, 3200 Motor Ave., West Los Angeles. Fee is \$10 per session. A group for teenagers of divorced parents is now being formed.

Call 204-1666 for more information.

March 5

UCLA Extension Department of Continuing Education in Health Sciences: "Media Psychology: Boon or Bane?" will be held 9 a.m.-5 p.m. in 147 Dowd Hall, UCLA. The one-day workshop, held in cooperation with Woodview-Calabasas Hospital, will explore benefits and problems engendered by the increasing use of media by mental health professionals.

Call 825-6701 for more information.

March 7

Pasadena Mental Health Center: Two stress management groups will begin on March 7 and will meet every Monday for six weeks. One group will meet 5:30-7 p.m.; the other will meet 7:30-9 p.m. Both will be held at the center, 1495 N. Lake, Pasadena. Fee is \$30, and preregistration is required.

Call Peg Nugent at 798-0907 for more information.

March 7, 21

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

Call 558-0444 for more information.

CALENDAR

March 7, 14, 21, 28

Counseling Center of Westwood United Methodist Church: Two weekly, on-going support groups will meet on Mondays at the center, 10497 Wilshire Blvd., Los Angeles. A group for adults will meet 7-8:30 p.m. and will be led by Claire Ollstein, M.F.C.C. Center Executive Director Richard Bright, M.F.C.C., will lead a group for older persons, which will meet 2-3:30 p.m.

Call 474-3501 for more information.

RCLC

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

March 8

San Gabriel Valley Region RCLC will meet at 7 p.m. at Arcadia Mental Health, 330 E. Live Oak, Arcadia.

Call 960-6411 for more information.

March 10

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

Call 533-3154 for more information.

March 11

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

Call 508-7800 for more information.

March 16

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

Call 226-6424 for more information.

March 17

Southeast Region RCLC will meet at 1:30 p.m. at Augustus F. Hawkins Comprehensive Community Mental Health Center, room 1169, 1720 E. 120th St., Los Angeles.

Call 603-4873 for more information.

These meetings are open to the public.

March 7, 21, 28

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

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

March 8

Alliance for the Mentally III-Norwalk: The 7 p.m. meeting will be held at the Norwalk-La Mirada Unified School District administration building, 12820 S. Pioneer Blvd., Norwalk. The Rev. Bernard Mason of the County Task Force on Nutrition and Behavior will speak on "Nutrition."

Call 864-4412 for more information.

March 8, 15, 22, 29

Forté Foundation: Parents under Stress, an on-going program with components of parent education, stress abatement and couples group, will meet on Tuesdays at 17277 Ventura Blvd., suite 201, Encino. It is limited to 10 persons, and preregistration is necessary.

Call 788-6800 for more information.

March 9

Glendale Adventist Medical Center: "Emotional Problems in the Elderly" with speakers Ross Mitchell, M.D., and William Summers, M.D., will be the topic of the Public Forum on Mental Health, open to all. It will be held at 7:30 p.m. in committee rooms A and B, 1509 Wilson Terrace, Glendale. BRN credit is available for nurses; the fee is \$5 and arrangements must be made in advance by calling 242-8000, ext. 482. There is no fee for others.

Call 240-8000 for more information.

March 9

Relatives and Friends of the Mentally Disabled-Redondo Beach: The group will meet 10 a.m.-noon at the Office of Mental Health Social Services, 2810 Artesia Blvd., suite D, Redondo Beach.

Call 772-2188 for more information.

March 10

Advocates for the Mentally III: "Providing Supportive Community Housing for the Mentally III" will be the topic of the 7:30 p.m. meeting, held at Thaliens Community Mental Health Center, 8730 Alden Drive, Los Angeles.

March 11

Alliance for the Mentally III - San Gabriel Valley: The group will meet at 7:30 p.m. at San Marino Community Church, 1750 Virginia Road, San Marino. Topic will be "I-CAN Update" with Lynn Sickler, M.S.W., I-CAN community liaison.

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

March 12

Portals House: The S.O.S. (Socials on Saturday) Dance will take place 6:30-9:30 p.m. at Wilshire Christian Church, 634 S. Normandie, Los Angeles. The dance will be hosted by the S.O.S. Club made up of Portals members and is open to board and care home residents and community health program clients. Admission is 25¢, and refreshments will be served.

Call 386-5393 for more information.

March 12

UCLA Extension Department of Continuing Education in Health Services: "Update on BBSE Regulations for M.F.C.C.s" will be presented 9 a.m.-5 p.m. in 147 Dowd Hall, UCLA. The morning session will be open to the public at no charge and will contain information on the latest licensing regulations prescribed by the Board of Behavioral Science Examiners. The afternoon session, with a fee of \$35, will feature workshops on specific areas in the regulations. Course coordinator is Catherine Bond, M.A., M.F.C.C., director, Action Seminars.

Call 825-6701 for more information.

March 14

Help Anorexia: Dee Down, Ph.D., will speak on "The Emotions Experienced by Anorexics and Bulimics" at the 7:30 p.m. family support group meeting, held in the Glendale Federal Savings and Loans community room, 3812 Sepulveda Blvd., Torrance.

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

March 14

South Bay Board and Care Operators Group: The 2 p.m. meeting will be held at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 518-6873 for more information.

March 16

El Centro Community Mental Health Center: "What Kind of Mental Illness Can Affect Children?" will be discussed at the Family Night meeting, held 6:30-8 p.m. at the center, 972 S. Goodrich Blvd., room 237, Los Angeles. Family Night is a support and information group for persons who have a family member with a long term mental illness.

Call 725-1337 for more information.

March 16

Pomona/East San Gabriel Valley Family and Friends Group - Alliance for the Mentally III: The 7:30 p.m. meeting will be held at Laurel Park, 1425 Laurel Ave., Pomona.

March 16

San Fernando Valley Coalition of Community Care Providers: Nutrition and budgeting inexpensive meals will be discussed at the 10 a.m. meeting, held at California Villa Retirement Hotel, 6728 Sepulveda Blvd., Van Nuys.

Call 508-7800 for more information.

March 17

Hollywood Human Services Project Mental Health Task Force: "Working with Women Alcoholics" will be the topic of the noon meeting, held at the State Department of Rehabilitation, 6855 Santa Monica Blvd., room 301, Hollywood. Speakers will be Rita Crespino of the Women's Council on Alcoholism and Cory Allison of the Alcoholism Center for Women.

Call 467-3605 for more information.

March 20

Southeast Mental Health Region: "A Healthy Mind: For You and Your Family" radio talk show hosted by Julius I. Fuller, M.S.W., coordinator of children's services/child abuse services for the region, will air at 8 p.m. on KACE, 103.9 FM. "The Importance of Good Nutrition" will be the topic.

March 20

California Family Study Center: The "Human Relationship" film series will continue with "The Wild Child," shown at 10:30 a.m. at Brentwood Theatres, 2425 Wilshire Blvd., Santa Monica. The film will be followed by guest speaker Richard P. Varnes, Ph.D., vice-president of faculty affairs for the center. Admission is \$5.

Call 843-0711 for more information.

March 21

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

Call 518-6873 for more information.

March 21

Southern California Psychoanalytic Society: Mortimer Ostow, M.D., will present "The Use of Psychotropic Medications with Analytic Therapy: Behavioral and Psychodynamic Correlations" with discussants Judd Marmor, M.D., and Morris Vilkin, M.D., at the scientific meeting. It will be held at 8 p.m. at the society's institute, 9024 Olympic Blvd., Beverly Hills.

Call 655-1634 for more information.

March 21

Los Angeles Center for Group Therapy: Therapist Darlene D. Duncan, Ph.D., will lead "Progressing beyond the Crisis of Domestic Violence," six seminars for mental health professionals, attorneys, doctors and staff supervisors working with families, victims or assailants, where violence has become the means of problem solving. The seminars will be held 7-9 p.m. on Mondays through April 25 at the center, 9201 Sunset Blvd., suite 701 Los Angeles. Enrollment is limited, and preregistration is necessary.

Call 278-7722 for more information.

March 22

San Fernando Valley Child Guidance Clinic: The Community Relations Council will meet at noon at the clinic, 9650 Zelzah Ave., Northridge. A panel of representatives from agencies that work with teenagers will discuss "Helping Teenagers in Trouble." The meeting is open to professionals and the public, and there is no fee. Lunch will be available for \$3, and lunch reservations must be made in advance.

Call 993-9311, ext. 219, for information.

March 24

Westside and Coastal Friends: The group will meet 7-10 p.m. in the Brentwood Veterans Administration Medical Center theater, 16311 Wilshire Blvd., building 211, Los Angeles.

March 24

Mental Health Advisory Board: The Regional Community Liaison Committee (RCLC) of the Los Angeles County Department of Mental Health San Fernando/Antelope Valley Region will host the board at noon at Central Valley Mental Health Center, 8101 Sepulveda Blvd., Van Nuys.

Call 901-0327 for directions and 738-4772 for more information.

March 25-26

California Alliance for the Mentally III: CAMI, the statewide organization of parents of the mentally ill groups, conference will include board, business and working committee meetings. It will be held at the Holiday Inn, Visalia Airport, Visalia.

Call 391-2823 for more information.

March 30

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

Call Suzy Green, Ph.D., at 343-9105 for more information.