

Crowd of 1,000 brings message of "no more cuts" to Sacramento as budget deadline nears

CITIZENS RALLY ON CAPITOL STEPS TO PROTEST MENTAL HEALTH CUTS

INTERVIEW:

DR. RICHARD VARNES

Marriage and Family Therapist



"My commitment is to family therapy, which I see as a way of looking at human problems," says Richard Varnes, Ph.D.

Varnes is a licensed marriage and family therapist and has a Ph.D. in clinical psychology. He is vice president of faculty affairs and director of clinical

Marriage and family therapy is "like the mental health profession added another tool."

services at California Family Study Center in Burbank.

Varnes' work as a marriage and family therapist is "the product of a mid-life transition that brought me in touch with some of the softer sides of humanity and led me in the direction of people rather than

continued on page 6

Carrying signs and banners, a thousand people were present in Sacramento at a press conference/rally held on the Capitol steps Wednesday morning, June 22, to protest the proposed cutbacks in the mental health budget.

At the end of the press conference approximately 600 people moved toward the governor's office and spilled into the halls chanting "no more cuts." The group could be heard in offices throughout the building.

The press conference was planned by the Mental Health Association in California (MHAC) and sponsored by a coalition of mental health groups.

According to MHAC President Sally Mishkind, the purpose was to inform the public, the governor and legislators of the "crippling effect these budget reductions would have on a mental health system already grossly underfunded."

Projected cuts could amount to between \$21 and \$77 million in the state and would mean at least 60,000 severely disabled mentally ill persons would not be treated.

"Decisions are being made right now as the governor, the Speaker (Willie Brown) and State Senator (David) Roberti try to find an accommodation with this budget," said Hank

continued on page 2

MHA LOSES FIRST BATTLE

The Mental Health Association in California (MHA) lost the first round of the court battle MHA vs. Brown (Deukmejian) when Superior Court Judge John Cole denied a motion for partial summary judgment. The decision clears the way for the trial which by law must be scheduled before February 1984.

Cole ruled that persons held involuntarily in state mental hospitals have an "abstract right" to least restrictive care but he added, "there are questions to be resolved" about whether the state and county should be ordered to create community based facilities where sufficient services do not exist.

A partial summary judgment is basically a motion to get the judge to agree to a legal

continued on page 7

INSIDE:

SCHIZOPHRENIA DISCOVERY

PG. 3

SALVADORANS' STRUGGLE

PG. 7



The Los Angeles County Board of Supervisors presented Seniel Ostrow with a proclamation on May 31. Pictured are Supervisor Kenneth Hahn, Ostrow, Laurie Zarren Ostrow and Supervisor Ed Edelman. MHA in Los Angeles County honored Seniel Ostrow on June 4. See pages 4-5.

VAN DE KAMP, KEITH TO ADDRESS CAMI CONFERENCE

State Attorney General John Van de Kamp and Dr. Samuel Keith, schizophrenia research director at the National Institute of Mental Health, will be keynote speakers at this month's California Alliance for the Mentally Ill (CAMI) summer conference.

The conference, held from Friday,



John K. Van de Kamp

July 15 through Sunday, July 17 at the Sportsmen's Lodge, 12825 Ventura Blvd., Studio City, has the theme "Design for Mental Health: A Team Effort."

This title refers to what conference chairperson Don Richardson spoke of as a need for a team approach to improving the mental health system, with the team made up of parents, providers, professionals, patients, public and politicians.

CAMI is a statewide organization of

50 groups of parents of the mentally ill.

Described as "workshop centered" by Richardson, the conference will have 19 workshops divided into three sessions on Friday and Saturday.

A recently added workshop, for which participants may sign up while registering at the conference, is "Overview of Promising Programs for the Mentally Ill." It will contain lectures and videotapes, including unused segments of Eldan Production's film on community support services.

The film itself will not be shown at the conference as was earlier expected, as contractual agreements stipulate it must be premiered at Boston University, which contracted for production of the film.

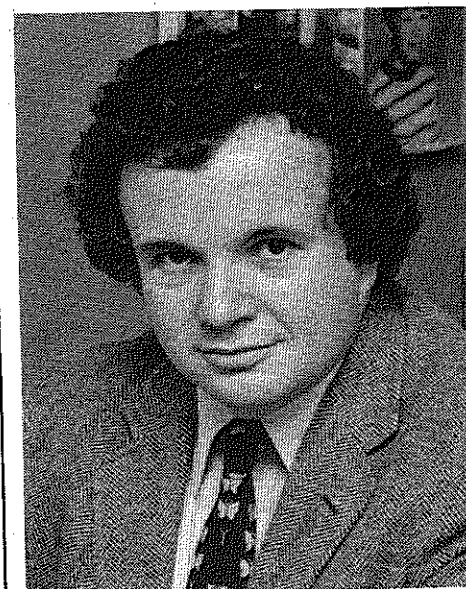
On Sunday a panel will discuss "Reducing the Stigma of Mental Illness — How Can the Religious Sector Help?" Moderated by CAMI president Helen Teisher, the panel will have the Rev. Roland Brammeier coordinator of the Tuscon, Ariz., Metropolitan Ministry; Dr. William Baumzweiger, psychiatrist and chairperson of the Association for Mental Health Affiliation with Israel Southern California Chapter; and Sister Mary Phyllis McCarthy, psychologist and Roman Catholic nun, as members. They will respond to previously prepared questions from the program planning committee.

The Project Return Players improvisational theater group will present skits on coping with stigma as part of Sunday's program.

Another panel on Friday will discuss "A Team Effort to Improve the

Mental Health System... What Can We Do to Activate Change?" with legislative response from Assembly Member Burt Margolin, a member of the Assembly Health Committee.

Giving welcoming messages will be J. Richard Elpers, M.D., Los Angeles County Department of Mental Health



Dr. Samuel Keith

director, and Supervisor Deane Dana, chairperson of the Mental Health Department.

The conference will have a "CAMI Saturday Night Live" entertainment evening, with celebrities and a drawing for trips to Las Vegas and Palm Springs. Also on Saturday evening will be a presentation of the Young Researcher Award to a mental health professional.

For conference information or registration application, call 738-4961.

WOMAN'S COMMISSION OFFERS EMERGENCY SIGN FOR STRANDED MOTORISTS

An inexpensive reflective banner that helps stranded motorists by asking to "Please Call Police" is available from the Los Angeles Commission on Assaults Against Women (LACAAW).

The reusable plastic banner is recommended as an important part of car safety equipment by law enforcement agencies throughout Los Angeles County.

The banner folds down to fit inside a car's glove compartment. When a motorist has car trouble, he or she needs to lock the car doors, get the banner out of the glove compartment, place it in the rear window (stickers are provided) and wait for the police to arrive.

"Motorists do respond by calling police," said Judy Ravitz, executive director of LACAAW, "and we feel this will help deter potential attackers because the police may arrive any second. It's also a good safety measure because you don't have to get out of your car and take the chance of being hit by traffic."

The signs can be ordered by sending a \$4 donation per sign and 50 cents for postage and handling per sign to Los Angeles Commission on Assaults Against Women, P.O. Box 48903-T, Los Angeles, CA 90048.

Proceeds go to the Commission's 24-hour rape and battering hotline and prevention programs.

CAPITOL CONTINUED FROM PAGE ONE



Mental health supporters rally on Capitol steps.

Basayne, executive director for MHAC.

MHAC is part of a nationwide, non-profit, volunteer organization with 850 chapters (25 in California) including MHA in Los Angeles County.

Basayne and Richard Van Horn, executive director for MHA in Los Angeles County, both said that while the governor did not directly respond, the message was carried enthusiastically and peacefully by the supporters.

"David Swoap was very aware of all that was going on," said Van Horn. Swoap is Gov. George Deukmejian's Cabinet Secretary of the Health and Welfare agency.

The deadline for a decision on the budget is June 30.

Participating in the fight to save the mental health budget were: The Mental Health Association in California, California

Advisory Council, Organization of Mental Health Advisory Boards, California Alliance for the Mentally Ill (parents groups), California Conference of Local Mental Health Directors, Mental Health Consumers Self-Help Committee, California Association of Social Rehabilitation Agencies, California Conference of Community Mental Health Centers, California Association of Health Facilities and Organization of State Hospital Advisory Boards.

Also part of the Coalition for Mental Health are: California State Psychological Association, California Psychiatric Association, California Medical Association, National Association of Social Workers California Chapter, California Marriage and Family Therapists, and the California Nurses Association.

UPS AND DOWNS ENTERS FIFTH YEAR

With its meetings this month, Ups and Downs begins its fifth year.

Ups and Downs is a self-help organization for persons with manic depressive and depression illness. It meets every Tuesday from 7:30 to 9:30 p.m. at San Fernando Valley Community Mental Health Centers, 6740 Kester Ave., Van Nuys.

The group was founded by Aleene Nemeroff and is sponsored by the agency, which provides the meeting site and Carol Frye as liaison and resource. The group itself is responsible for its direction.

At the present time, 25-35 people attend the weekly meetings.

"There are so many persons who suffer from these disorders. They feel so alienated that they're just delighted to find a place where they have someone they can talk to who understands the definition of mania or depression without them having to go into long definitions of it," said Frye, therapist at the Center for Family Living, one of

the centers' outpatient programs.

Among the group's objectives is developing an informed consumer-ship, providing information and encouraging them to know and stand up for their rights, according to Frye.

The group also "urges compliance with proper medical regimen. Compliance is essential to management of the disorders," Frye said.

"Our experience has been it's a team approach. The doctor provides the medical management. The therapist helps them (group members) sort through difficulties that have probably occurred as a result of the disorder," Frye said. These two may be the same person, "but not necessarily so," she said.

The third element is the individual "and their willingness to participate and take responsibility," said Frye.

Ups and Downs meetings are open to all interested persons. For more information call Frye at 988-8050.



At the San Gabriel Valley Legislative Breakfast Dr. Frances Meehan, past chairperson of the Los Angeles County Mental Health Advisory Board, received a proclamation from Assembly member Richard Mountjoy in recognition of her work on the board.

DR. FRANCES MEEHAN HONORED AT SAN GABRIEL VALLEY BREAKFAST



Present at Pasadena Guidance Clinics' dedication ceremony for its \$3 million new building were Pasadena City Manager Donald McIntyre; Senator Newton R. Russell; Assemblyman Richard Alatorre; Robert McClelland, board president; Dr. Michael Durfee; Dr. Susan Mandel, executive director; Pasadena City Director John Crowley; and Russell Durfee Avery (l-r).

NEW BUILDING SERVES NEW PASADENA

In April, Pasadena Guidance Clinics opened its new comprehensive mental health center.

With its nearly 21,000 square feet and three color-coordinated floors, this new facility is a far cry from the original site occupied by the clinic when it first opened in 1926 — in the basement of the Pasadena Board of Education building.

The agency has been a part of the Pasadena community for 57 years. Its growth during this time resulted in two additional moves and a name change.

When the clinic first opened, under the name Pasadena Child Guidance Clinic, it was a branch of Los Angeles Child Guidance Clinic and had only children as clients. Services for adults were added in the '70s, and it was renamed in 1981.

This latest move was 10 years in the planning and was made because "we had outgrown our space, and it was getting in the way of our ability to provide services," according to Susan Mandel, Ph.D., executive director.

The new building, she said, is the product of a National Institute of Mental Health construction grant, through which one third of the funds were provided. The remaining amount was raised through foundations, community and private donations.

Consolidated under one roof now are three programs: children's outpatient services, funded by United Way and Short-Doyle/Medi-Cal; adult outpatient, formerly located on the grounds of Huntington Hospital and also Short-Doyle funded; and day treatment for children 2 through 7, Short-Doyle funded. Having all three at one location "facilitates communication and streamlines the administrative structure," Mandel said.

The agency has a second location, in Monrovia, at which adult and children outpatient services and day treatment for children ages 7½ through 18 are offered.

The clinics run the only children's day treatment programs in San Gabriel Valley, and service the entire region, said Mandel.

In the morning day treatment program, children "so disturbed that they can't attend regular school or nursery school," according to Mandel, come in half a day five days a week and families are required to come in a minimum of once a week.

In the afternoon, the center has a program that is a collaborative effort with the Pasadena Unified School District, where the district provides two teachers and aides and the center provides the psychotherapy and the setting. This program is for children who are "too disturbed to stay in school a full day," said Mandel.

The second floor of the new building is for adult outpatient services, limited only to Pasadena because of the small size of the program.

Mandel called the absence of adult

day treatment programs in the Pasadena area "one of the real gaps in this area" and said it is "desperately needed." The one nearest to the center is at Ingleside Mental Health Center in Rosemead, and "that's a long way."

Pasadena Guidance Clinics is the largest San Gabriel Valley contractor with the Los Angeles County Department of Mental Health and serves 800 to 1,000 families per year.

Mandel said, "The challenge for us as a clinic is to find a way to develop services within the constraints of our funding." There are 60 paid professionals and 10 consultants providing services within the walls of the building; the struggle, she said "is to have enough time to get outside the walls."

Mandel said the agency does "believe in the public and private partnership, and among the agency's contributions is to try to provide community services."

Mandel described Pasadena as "a diverse community," with 20 percent of the population over 60, with large



Susan Mandel, Ph.D.

Black and Hispanic and growing Asian communities, and with great economic diversity.

"Pasadena is not little old ladies with lots of money. It's changed quite a lot," she said.

Among the community services Mandel spoke of are psychological assessment and employee assistance programs, both in response to community needs, she said.

Through the employee assistance program, the clinic "might be able to provide some financial support for the center; it's not something we've ever had to do before," she said.

As another community program, the center also has a United Way-funded outreach consultation program in which a staff member responds to calls from child care providers and

Continued on Page 7

RULING RESTORING SSI BENEFITS VICTORY FOR MENTALLY DISABLED

"It is a huge victory," said Jim Preis about the order Federal Court Judge William P. Grey issued restoring Social Security Income disability (SSI) payments to about 72,800 persons whose benefits had been wrongly terminated.

The order came on June 16 as a result of a class action suit filed earlier this year by the Mental Health Advocacy Services Inc. (where Preis is executive director), Western Center on Law and Poverty and Legal Aid Foundation, along with other public interest groups.

Persons wrongfully terminated from benefits will have their benefits restored by applying at their local Social Security office, according to Preis.

Judge Grey also ordered the Social Security Administration to notify such persons within 60 days of their right to benefits.

This court case, Lopez vs. Heckler, challenged the Social Security Administration for non-acquiescence to the law.

Earlier decisions in 1981 and 1982 had established that persons had been wrong-

ly terminated from their benefits (Patti vs. Schweiker and Finnegan vs. Matthews).

The court order states "such persons may apply for reinstatement of benefits if he or she believes that his or her medical condition has not improved following the granting of disability benefits."

Upon receiving such application, the court order continues, the Social Security Administration "will forthwith reinstate and pay benefits in the monthly amounts such persons would have been receiving had his or her benefits not been interrupted."

Judge Grey's Federal ruling against the Secretary of Health and Human Services and the Commissioner of the Social Security Administration is in effect only in the nine states covered by the Ninth Circuit Court, including California.

After contacting the local Social Security office, persons having difficulty with getting their benefits restored may call Mental Health Advocacy Services Inc., 650 Spring Street, Suite 807, Los Angeles, CA 90014, (213) 623-1419.

RESEARCHERS LINK SCHIZOPHRENIA TO BRAIN CELL GROWTH BEFORE BIRTH

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By Harry Nelson, Times Medical Writer

Researchers at UCLA said they have evidence that may link chronic schizophrenia to a structural abnormality in the brain.

Examining microscopic sections of the brains of 10 deceased chronic schizophrenics, Joyce Kovelman and Dr. Arnold Scheibel of UCLA's Brain Research Institute found a dramatic disarray of cells in the hippocampus, a 1½-inch-long structure in the lower center part of the brain.

Although its function is unknown, the hippocampus — which develops during the first trimester before birth — is believed to be involved in the consolidation of memory and in the processing of sensory information that the brain uses to interact with the world outside, or reality.

Their finding, combined with the mass of data already put together on brain research, points to the likelihood that at least certain types of schizophrenia have their origin before birth, perhaps as the consequence of a viral infection during the first three months of development.

"It is inconceivable to us that cells could have undergone such drastic gyrations later than the prenatal period," Scheibel said.

Scheibel, a professor of anatomy and psychiatry, said it is not possible for the kind of changes seen in the hippocampus to have been caused by electroshock treatment or drugs or other treatments commonly used on psychotic patients. He said that some treatment modalities do sometimes produce visible changes in the brain but not the same kind that he and Kovelman report.

Still, Scheibel said, while the changes seen in the brains so far seem to correlate closely with the diagnosis of schizophrenia, the researcher still cannot say that the peculiar cell alignment is the cause of schizophrenia.

"We think there are many types of schizophrenia. We think that most have an organic basis," he said, adding that nevertheless, scientists "still are terribly ignorant about psychoses."

Schizophrenia, a leading cause of hospitalization in psychotic patients, is characterized by an abnormal linking of thoughts and emotions. Patients suffer delusions and hallucinations, and often display bizarre behavior.

In their research, Scheibel and Kovelman noted that during the development of the hippocampus during the first trimester, the cells in that part of the brain normally align themselves in an orderly fashion. Photos of a normal hippocampus taken under a microscope reveal that the cells resemble rows of upright fence posts.

But in the chronic schizophrenics, as much as 10 percent of the tissue in each hippocampus revealed cells that were skewed at many different angles. Some cells were rotated 90 degrees, while others actually were upside down.

The scientists speculate that changes in the angles at which the nerve cells form pathways with their neighbors might change the nature of the information that

is transmitted. This disarray is believed to affect the nerve cells' function and, as a consequence, the individual's perception of the world and how he or she interacts with it.

"It's like a truck leaving the freeway by way of the onramp instead of the offramp. It's bound to cause a lot of disruption," Scheibel said.

The 10 chronic schizophrenic brains were from long term patients treated at Camarillo State Hospital before 1975. The UCLA team also has examined a similar number of specimens removed from former patients at the Wadsworth Veterans Administration Hospital in West Los Angeles.

Scheibel said it good fortune that the first cases came from Camarillo because, as it turned out, they were the most severe and the structural disarray was easier to see. While the same structural abnormality was present in the second group of patients, it was less apparent, he said. Likewise, he added, the researchers have noted a small degree of abnormality in some of the normal brains they have looked at.

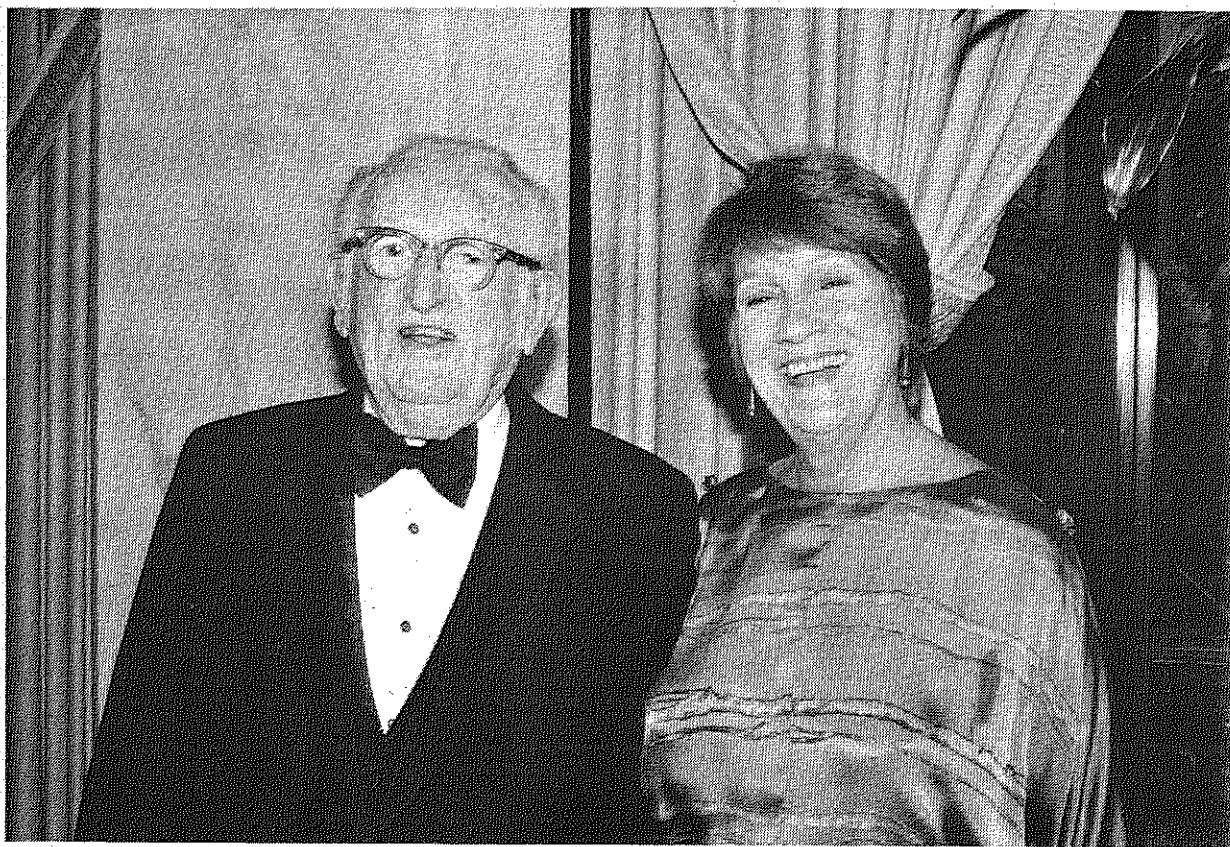
To the scientists, the observations of varying degrees of structural misalignment indicate that an individual may be able to tolerate a certain amount of structural abnormality until he or she undergoes an exceptionally stressful experience that overwhelms the capacity of the remaining cells to handle.

Thus, they speculate that a person who is schizophrenic in childhood could well be the victim of greater structural disruption, while the deceased veterans they observed apparently were able to cope with the world well enough to get into the armed services before their illnesses were revealed by some stressful event. The ages of patients studied to date range from 25 to 67 years. Scheibel said they hope to have the opportunity to examine the brains of deceased schizophrenic and autistic children to learn the degree of structural disruption that may be present.

Scheibel and Kovelman believe that someday their finding may lead to a method of preventing severe cases of schizophrenia by identifying a substance, or marker in the mother's amniotic fluid in the same way that is now done for a number of other diseases. One of their future projects will be to try to identify such a marker.

One lead involves a chemical called nerve cell adhesion molecule, which other researchers have found is a kind of pathfinder that marks the route followed by growing nerve cells as the brain develops early in prenatal life. The cells are believed to "smell" their way along the pathway. But if the chemical has no "odor" or the wrong odor, the nerve cells could align themselves abnormally, the scientists reason. They intend to look for a marker that may be present in amniotic fluid and that correlates with nerve cell adhesion molecule.

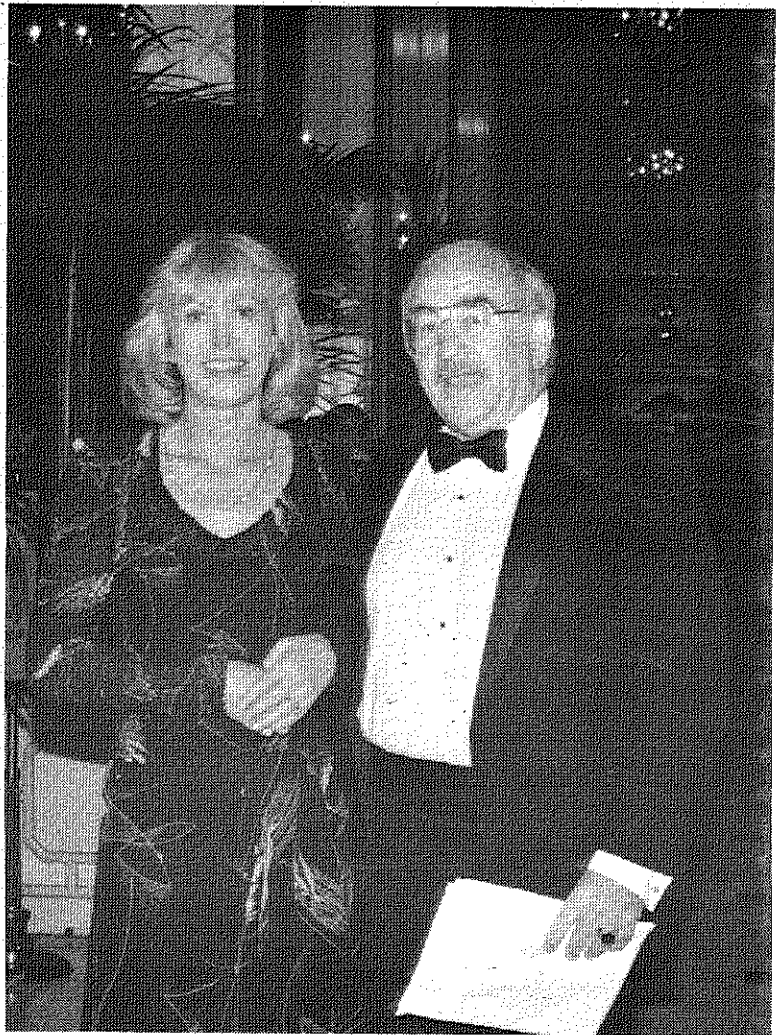
"We are not sure what our finding means," Scheibel said. "We will be trying several experiments with the hope of finding a way to prevent this illness." 3



MHA award recipient Seniel Ostrow and his wife Laurie Zarren Ostrow, ACLU Foundation president.

*For "his lifetime
of commitment
and generosity"*

SENIEL OSTROW RECEIVES MHA AWARD



Nancy Asner and dinner Honorary Chairperson Edward Asner.

Approximately 270 guests were present when the Mental Health Association in Los Angeles (MHA) honored philanthropist Seniel Ostrow on June 4 at the Beverly Wilshire Hotel.

MHA recognized Ostrow for "his lifetime of generosity and commitment and for the example he provides for each one of us."

The inscription on the award, presented by actor Edward Asner, read, "Throughout your life you have reached out to those who hurt and helped to make them whole."

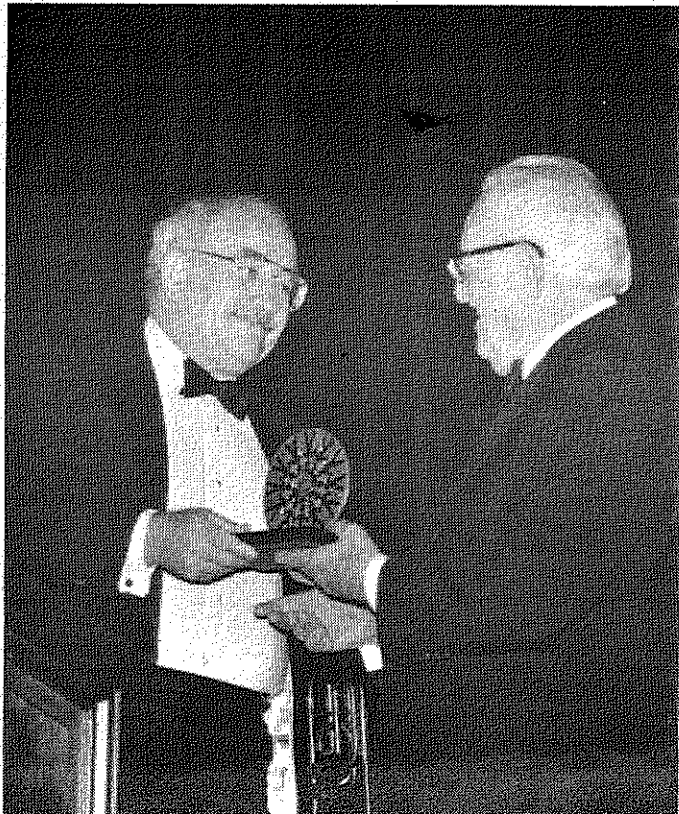
Both Asner and master of ceremonies William Winter praised Ostrow not only for his work on behalf of mental health, but also for his other philanthropic endeavors.

As part of the evening's ceremonies, Dodo Meyer of the Mayor's Office made a presentation to Ostrow. On May 31, Ostrow received a proclamation from the Los Angeles County Board of Supervisors.

General chairperson of the benefit dinner dance was Ben Winters.



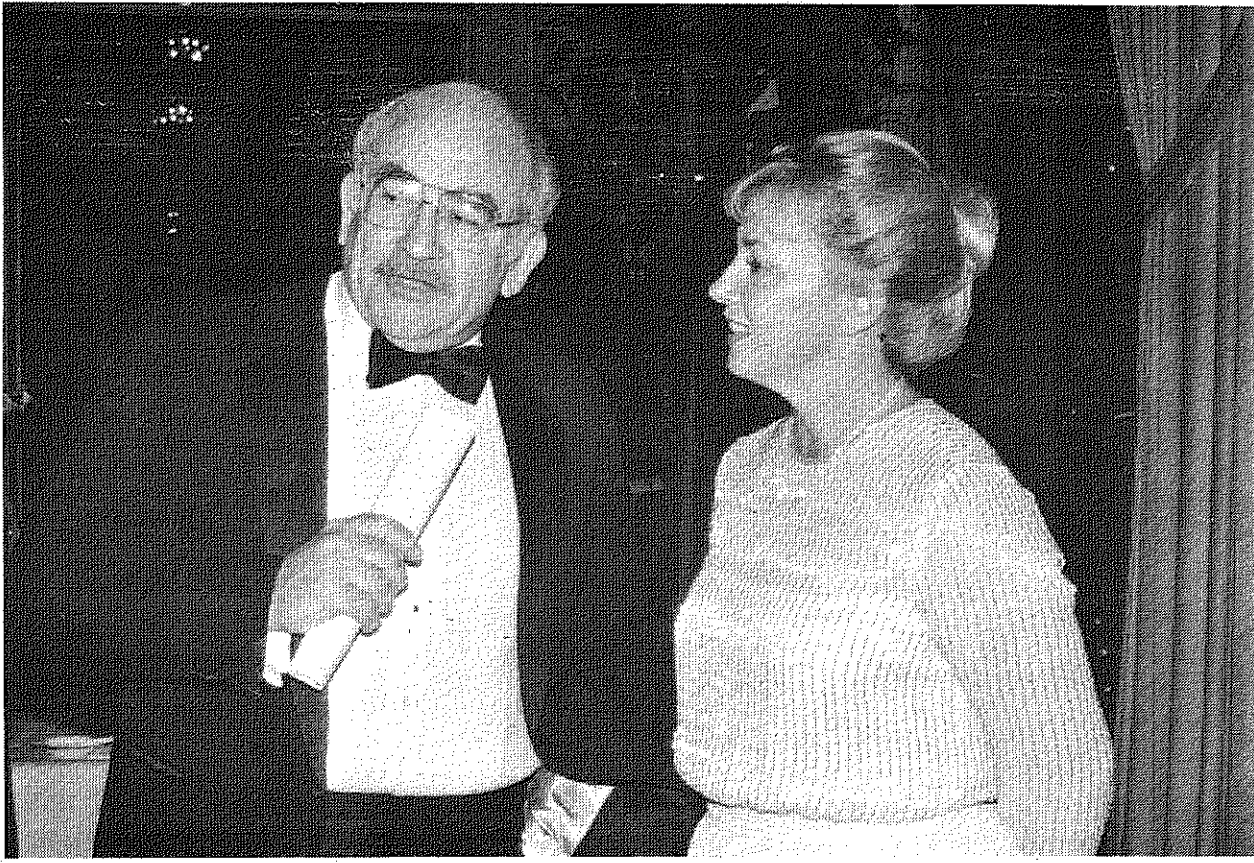
Laurie Zarren Ostrow with dinner General Chairperson Ben Winters.



Edward Asner presents MHA award to Seniel Ostrow.



Bullocks vice president Frank Rice and Publisher Dorothy Rice with MHA Director Richard Van Horn.



Emmy Award-winning actor Edward Asner talks with MHA President Bette Caraway.



Gloria Nabrit, Kedren Community Mental Health Center executive director.



Master of ceremonies William Winter and Mrs. Winter. Photo by Jasmine

PHOTOS
BY
JULIA
SCALISE



Dr. Areta Crowell, Los Angeles County Department of Mental Health Bureau Director and Dr. C.R. Crowell.



Mrs. and Dr. Norman Cottman, chairperson, Countywide Interagency Committee on Mental Health.



Dr. M. Terri Chamberlin and Dr. Chris Amenson, Los Angeles County Department of Mental Health.



MHA Vice President Susan Ronc and Project Return Director John Siegel.



Teen Line volunteers, after intensive training, answer help line calls.

HOTLINE ALLOWS TEENS TO 'REACH OUT AND TOUCH' PEERS FOR HELP

A young girl hangs up the telephone. "The girl says she feels a little better," says the listener.

Helping adolescents feel better is the main reason for the existence of Teen Line Cares (TLC), a teen help hotline staffed by teen-age listeners.

Says founder Dr. Elaine Leader "Teen Line is based on the premise that adolescents most often turn to their peers when they are concerned, troubled or anxious."

Teen Line volunteers, all high school students, work in shifts of two or three with an adult supervisor in a rent-free room at Cedars-Sinai Medical Center. They answer calls seven nights a week with an answering machine taking messages at other hours.

Leader describes the program as a primary prevention mental health service. "Most youth are reluctant to seek out or go to helping agencies. The phone call allows entry into the service-giving system. We give help and there is no stigma or adult intervention and they can get referrals from peers."

Teen Line is a program of the Center for the Study of Young People in Groups (CSYPG), of which Leader is program coordinator. In affiliation with the Cedars-Sinai Medical Center department of psychiatry, CSYPG, a non-profit organization, offers a variety of programs on the development and behavior of young people.

After extensive work with adolescents, Leader began the program when she saw "nothing was being done in this area."

"With others, Leader put the idea of teens talking to teens into action and Teen Line (855-HOPE), went into operation in April 1981 with a start-up grant from the Robert Ellis Simon Foundation.

"Teens helped design the program," says Leader. "We sat down and listened to their ideas and what they wanted. We tried to involve youth at all planning stages and they even chose the name."

Calls cover the gamut of problems: drugs (not a high percentage though) sexuality, pregnancy, depression and suicide. "But the majority of calls seem to deal with relationships," says Leader, "problems between boyfriend and girlfriend and with parents."

Listeners are trained to stay calm, "get the facts and make no judgment" and if necessary give referrals. Teen Line is not designed to offer emergency care or give direct clinical advice, just provide a sympathetic ear.

Referral services are offered in appropriate circumstances in consultation with the back-up professional staff on call at all times to the volunteers (about 8 percent of the calls). The professionals sometimes listen in and help the listener with further advice.

One of the things listeners do is try to help callers find their own options and define possibilities and define options. Maybe they have a friend or trusted adult they can turn to. "They help listeners utilize their own resources," says Leader. "If the problem cannot be dealt with, they recommend other resources."

So far, more than 90 youths have gone through the six-week Teen Line training. They usually hear about the program through friends, in school health and psychology classes or even from parents.

Most of the listeners are from 15 to 18 years old and more girls volunteer than boys. "Most come from pretty sheltered backgrounds," says Leader, "so many are learning about new aspects of life. Many of the issues they're dealing with are new to them."

Most of the listeners are white and there are few minorities. Leader is seeking to rectify the problem with stronger recruiting in Black area high schools. She is also working to have blind teen-age listeners. "They should be able to detect nuances in the voice that seeing people couldn't."

Youth volunteers apply and are interviewed to be listeners. They make a commitment to work six months and parents must give consent. "We want parents to be aware of what their children are getting involved in and understand the time commitment."

Says one listener, "Working on the Teen Line makes my own problems seem small. It has really helped my oral expression and I can ask more intimate questions easier. It has helped make my own relationship more meaningful and I can talk to friends more easily."

"I think being a listener changes teens in the program," says Leader. "Most parents tell me they notice a change in their children and they are pleased. I know most have learned to communicate better."

"The training is designed to help teens deal with feelings," Leader says, "and



Elaine Leader, Ph.D.

they learn to reflect feeling in their communication."

"Teen Line listeners feel a sense of purpose and feel valued," says Leader. Both they and the people who call are our future community leaders, and we must listen to what they have to say."

For further information write Teen Line, Center for the Study of Young People in Groups, Department of Psychiatry, Cedars-Sinai Medical Center, 8730 Alden Drive, Los Angeles, CA 90048 or call Dr. Elaine Leader, 855-3575.

VARNES CONTINUED FROM PAGE ONE

machinery." He has been in the therapy field since 1973, after 20 years as an engineer, and has been with California Family Study Center since 1975.

California Family Study Center is a non-profit counseling agency, serving 400 to 600 clients a week. It has a fully accredited graduate school with 250 students, offering a master's degree in marriage and family therapy, and an internship program, with 30 to 35 interns. They work toward the 3,000 hours required by the Board of Behavioral Sciences Examiners for a marriage, family and child counselor license.

At the center, Varnes teaches, supervises interns and does therapy, as well as maintaining a private practice, as is required for all center faculty," so they know what's going on out in the streets," he says. The center has 15 core faculty.

"A lot of personal concerns about making sure the therapists we produce know what they're doing" is one reason Varnes is in education, "one of my favorite things," he says, because of "the excitement that is involved with helping someone who is eager to acquire knowledge."

Varnes encourages all potential therapists "to get their own therapy, so they can experience what it is like to be a client," something he has done himself.

In training groups of not more than eight persons, "I actually do therapy with members of the group while others watch," he says. "Usually it's actual therapy, their own material."

"Therapy at times can be a painful process. In order to be empathetic, it helps to have some identification. The foundation of empathy is pain. You cannot empathize with me unless you've experienced something similar."

At the California Family Study Center, "our focus is primarily upon the

to practice with things that are organic in nature. We will be aware of organic deficiencies or drug affects, although we are in no way experts in drugs or any other organic deficiency." This is important, he says, to make an accurate referral.

The center also refers clients "simply because in this facility we don't provide the training to treat acute psychoses," he says.

In his private practice, Varnes sees 10-15 clients, two to three of which are not paying clients.

"I recommend that a certain percentage be low-fee or no-fee," he says. "These people have to get that help somewhere."

The advent of the field of marriage and family therapy, Varnes says, is "like the mental health profession added another tool."

"While I believe we are different than most other mental health workers, I think our standards are about the same. We require that people be competent in what they're doing before we allow them to do therapy."

Marriage and family therapy has, he says, made some unique contributions, starting with "providing a new view of human behavior. Basically, it's a new theory . . . looking at the system the individual grew up in or is involved in rather than the structure of the psyche." Varnes believes the view of other professions are "valid and I may even share some of those views."

The field has also brought "an acceptability" and made it "reasonable for people when they don't feel good to get help," says Varnes.

These therapists "are sort of picking up the pieces," he says. With "less expensive treatment," they are "seeing a lot of people the mental health community is refusing to see," persons who cannot afford other treatment.

With 12,889 marriage and family therapists in the state, "politically we represent an important asset to the

" . . . The whole family may not want therapy, and it would be an intrusion of their privacy to produce pain . . . they didn't ask for."

family as a system and how that system affects the growth of members. The main focus of our therapy has to do with helping all members grow and develop by making specific interventions," says Varnes.

In doing therapy, Varnes says he works "with the person from a family point of view. It's always treating a relationship of one form or another."

He says it is helpful to have family members in at least one or two sessions and to have three generations of the family. If that is not possible, from the individual's story he can "look at . . . what might be going on and from that you can design some specific interventions, always keeping in mind that the whole family may not want therapy, and it would be an intrusion of their privacy to produce pain in their life they didn't ask for," he says.

Individual, couple and family therapy is done at the center.

What separates these from other forms of therapy is "we do make suggestions. We have directives," Varnes says, while other forms may believe such decisions come from the individual.

"We believe there are ways of getting knowledge and facilitating growth more quickly than self-discovery, and at the same time I am a staunch proponent of self-discovery. There are some things that can only be learned that way," he says.

"Where you go with your life is up to you, but your limitations I can work with because they don't come from you," says Varnes.

The center has a psychiatrist on staff "because there are some things family therapy doesn't touch. We have severe limitations on our ability

mental health community," he says.

Varnes is on the board of directors of California Association of Marriage and Family Therapists (CAMFT), the statewide affiliation whose purpose is, he says, "to advance to both consumers and to professionals the field of marriage and family therapy, to make sure those who want it have access to it."

"We want to provide an educational program to the public so they will be able to choose effectively the kind of mental health professional they need, whoever that might be. Certainly, we refer to others when it is more appropriate," he says.

CAMFT has had an "active legislative effort basically to legitimize what is a licensed profession," he says. They have recently attained hospital rights, inclusion on state and county lists of acceptable employees and third party insurance rights.

A bill is in the state Assembly now to have the term "marriage, family and child counselor" changed to "marriage and family therapist."

The term counselor "is not as specific in terms of what we do" and is also used in non-mental health professions, Varnes says. "Family therapy is what we do."

Regarding the "never ending turf battle that goes on between professions," he says, "I believe it is a small fraction of professionals that are doing that. I believe I would have no difficulty in having a relationship with most psychiatrists, most psychologists and most social workers."

"I think it would be a terrible mistake for any of the professions to be eliminated, promoted or demoted."

"We're the most recent, that's all. That doesn't make us any less."



Rev. Alice Callaghan and children of Las Familias del Pueblo. Photo by Stephen Simmons

SALVADORANS STRUGGLE IN FEAR

With budget cutting and fund tightening across the state, mental health services for many are in jeopardy. But for California's newest immigrants, Central American refugees, the options are barely existent because of their own fear, unawareness and holes in an over-burdened system.

Many have come through the nightmare of war to a country where they cannot find jobs or even peace. According to statistics, more than 250,000 Salvadorans live in the Los Angeles area.

They live in decrepit hotels on Skid Row and as families in tiny apartments around MacArthur Park and in the Pico and Union area.

Their needs in almost every area, including mental health, are not being met; but some individuals and agencies are making inroads.

The Rev. Alice Callaghan runs Las Familias del Pueblo, a Skid Row non-profit corporation helping children and families. Callaghan, an Episcopal priest, opened the center a year ago. "We're a safe place, open 10 hours a day, where people can have coffee or use a sewing machine."

Says Callaghan, "The women suffer the most and there needs to be programs for them." The men of the households are usually out working or looking for work, and children have friends or go to school (though many don't attend school out of fear of deportation).

"What choice does a woman have?" asks Callaghan. "She has no options to improve her life. She must live with her problems."

"Poverty is a major problem. Families are isolated in single hotel rooms or apartments; children are often borderline in development."

Guillermo Rodezno is social service coordinator for El Rescate (The Rescue), an organization working "to serve Central American refugees and defend the human rights of Central Americans" with legal and social services. The non-profit agency is a project of the Southern California Ecumenical Council.

"We help with political claims, appraise refugees of their rights and work to stop deportation," says Rodezno. El Rescate provides emergency housing, food, clothing and work information. Working out of Angelica Lutheran Church in Los Angeles, El Rescate offers an ESL (English as a Second Language) program, English classes and job and health education.

"The people we see can't get Medi-Cal or pay for services," says Rodezno. People only take advantage of services when it is absolutely necessary. They feel any information they give will go to immigration authorities.

"There is no preventive care and there needs to be more community outreach. The services are needed, especially for those who live alone, those who have suffered a great trauma and those with no contacts in the community."

Marizza Montoya is a psychiatric social worker at Roybal Comprehensive Health Center in Los Angeles, part of the Los Angeles County Department of Mental Health. In expanding its services, Roybal provides Montoya and a psychologist to consult with Skid Row agencies.

Through Las Familias, she conducts classes both at the center and at Skid Row hotels in parenting, marital relationships and even how to work with landlords.

"The people I see on Skid Row have the attitude that this is how it is," says Montoya. "They are resigned to the fact that they are going to feel bad and they don't understand why."

"Some of the problems are depression, systemic anxiety and behavior problems among children," says Montoya. "The situation is often extremely stressful. Adolescents get no privacy or space — it's really depressing."

"There are problems common to immigrants," says Callaghan. "With unemployment comes wife and child beating and suicide. There is a job crunch and people are desperate. Even the traditional hiring places, like the garment industry, have been hard hit."

Says Callaghan, "Refugees cannot go on welfare or take part in government programs; they have nowhere to turn. This puts an incredible amount of pressure on the family. There is no support system."

"There are a handful of agencies working in this area," says Callaghan. "We need to figure out how to help, plug into the people and provide the services. We also have to overcome their reluctance to use services. They may have heard of them but there are few that they trust."

Says Rodezno, "They first have to get over the prejudice of getting service. Psychological services in Central America are expensive and people think they are only for 'crazies.'"

"The mental health system has to give some," says Callaghan, "and change its nature. Leaving the office is seen as social work. You have to change the animal. Professionals want to relate one-on-one and have the people come to them; and these are not traditional middle-class neuroses."

"They are not aware of the services available," says Montoya, "and if they use services they don't want to be jeopardized. If they've gotten to us, they've asked around and know we're safe."

El Rescate is opening a clinic across the street from the church which it hopes will offer psychological services. They are negotiating with the Wright Institute, which will develop the clinic as a training site.

"There have to be resources that people are not afraid of and that they have confidence in; that's why we are starting our own clinic," says Rodezno. "We know that services have to get to the people."

"The majority of the refugees just left," he says, "but many left under emergency conditions. They leave with nothing, some-

times on a bus or just walking; you hear incredible stories."

At Las Familias, Callaghan points to a woman at a sewing machine. "She left when the bombs started dropping in her backyard. She'd never done anything walking the law, yet the family escaped, walking across the border with a 'coyote' (a smuggler who helps refugees across the border for a fee). Her children's crayon drawings are filled with helicopters and bombs," Callaghan says.

"Refugees from Guatemala and El Salvador have experienced a trauma," says Rodezno. "They had to leave family and friends and leave their country. Yet they are not anxious to voice their problems."

"A common feeling (particularly among young males) is guilt," he says. "They are haunted by the fact that they have left 'La Situacion.' They think about their country and loved ones and start to imagine horrible things."

"They've left children and can't get jobs to help them and they can't reach them; they feel like they're going crazy," says Rodezno.

"In interviews many say they have bad dreams," he continues. "They have seen people they know killed, persecuted and tortured. Maybe they saw somebody killed and they say 'it could have been me.' It's a nightmare."

"They don't ask for services," says Callaghan. "They live with problems and only seek help in a crisis, if a factory was raided and the children taken away from them. To say 'I have a problem' is a middle class attitude."

According to Rodezno they come for many things: a better education for their children and a better economic climate. "They see America as a place where they can be safe and make a living."

"America is really the only place they can come. The only thing between Guatemala, El Salvador and the U.S. is Mexico, and Mexico can't take care of the population it has."

"This really is not the land of opportunity for them," says Montoya. "Many are not much better off than they were in their own countries. They have to struggle to find work, apartments, food and shelter."

"When you're from a rural community, carrying water on your head in a ceramic jar one day, and plopped down in a major city the next, it can be overwhelming. They've heard of big cities, but this is ridiculous."



Marizza Montoya, M.S.W.

A family Callaghan has been in contact with lives in a room eight feet by ten feet, and had a rooster and hen. They have already eaten the rooster.

Rodezno believes organization and the development of the "community" will help refugees. "They need to know that there are others. To have a voice and support each other gives strength psychologically." A small minority of the people, he says, are organized, developing projects.

Says Montoya, "Women are afraid of the environment, the violence and the street people. There is not a community — we try to bring women together."

Central Americans come to the U.S. — where they become victims of discrimination and live in fear of deportation — and are overwhelmed by a culture and language they can't understand.

Says Rodezno, "This is particularly frustrating — these people have a lot to say."

For further information contact:
Las Familias del Pueblo; 846 E. Sixth Street, Los Angeles, CA 90021; 614-1745.
Roybal Comprehensive Health Center; 245 S. Fetterly Ave., Room 2029, Los Angeles, CA 90022; 260-3287.
El Rescate; 1345 S. Burlington, Los Angeles, CA 90006; 387-3284.

COURT

CONTINUED FROM PAGE ONE

issue before the actual trial. In this instance, it was an attempt to clarify the duty of the defendants and would have reduced the number of issues to be proved at the trial.

The two issues in the taxpayer action suit, filed in 1979, are whether mentally disordered persons confined in state hospitals have the right to receive care and treatment in community facilities that are least restrictive of their personal liberties; and whether the defendants (Duekmejian, State of California Department of Mental Health, Los Angeles County Department of Mental Health et al.) have a statutory and constitutional duty to create and maintain programs that are less restrictive alternatives to hospitalization in order to satisfy the rights of mentally disordered persons under the law.

The arguments MHA will present to the court are that state hospitals are highly restrictive, debilitating institutions providing primarily custodial care; that state hospitals are not currently the least restrictive possible placement for all patients confined there; that community based services are less restrictive and less expensive than state hospitals; and that there currently do not exist sufficient community based services and programs to allow treatment in less restrictive setting, according to the brief.

The lack of community services and program alternatives for mentally disordered state hospital patients is well documented, states the brief.

An Assembly study in 1977 determined that "There are shortages of many types of facilities with the result that patients are either placed in more costly or less effective facilities than are appropriate or they can't be placed at all."

The Los Angeles County Short-Doyle Plan admits that the need for community residential care facilities and various categories of alternative care that remain unmet ranges from 79 to 100 percent.

Continuing legal counsel representing the Mental Health Association (plaintiffs) are Dan Stormer and Mary Burdick of Western Center on Law and Poverty and James Preis of the Mental Health Advocacy Services Inc.

Counsel for the defendants, Gov. Deukmejian, state and county agencies, are Richard Magnasin of the Attorney General's office and Philip Miller, country counsel.

Stormer said he will argue in the trial that failure to provide least restrictive setting for the mentally ill violates their rights. He will use the present laws, including Lanterman/Petris/Short Act, the Community Residential Treatment Act, the Short-Doyle Act, the Fourteenth Amendment and the California Constitution.

PASADENA

CONTINUED FROM PAGE 3

works with the provider and the family.

Mandel said that the center has a lot of tradition and a sense of history and continuity among the clients, families and community.

The thrift shop, Cherub-Bin, is staffed and operated by about 100 women and has been open five days a week, 11 months a year, since 1960.

A new community support group, PIRATES (People Involved Restoring Pirates To Emotionally Scarred) is a "social group that does good things" for the clinic. It donated a therapeutic playground for children at the new center.

The Big Apple community group is comprised of 25-30 women who "organize and mobilize the community to attend functions," according to Mandel. They put on a major fundraising event each year.

The board of directors "devoted a tremendous number of hours" overseeing construction of the new buildings, from "inception to the raising of dollars," Mandel said.

"We try to keep our eyes always forward looking without forgetting where we came from. We try to be responsive to the community."

Pasadena Guidance Clinics' comprehensive mental health center is located at 66 Hurlbut St., Pasadena, CA 91105. Its phone number is 795-8471.

CALENDAR

Not meeting in August:
Advocates for the Mentally Ill
Alliance for the Mentally Ill-San Gabriel Valley
Help Anorexia-West Los Angeles chapter

July

Airport Marina Counseling Service: A one-time crisis/walk-in consultation service where no appointments are necessary is available four times a week: Mondays, Tuesdays and Thursdays from 5 to 7 p.m. and Saturdays from 10 a.m. to 1 p.m. at the center, 6228 W. Manchester Ave., Westchester.

Call 670-1410 for more information.

July 2, 8, 9

Los Angeles Commission on Assaults Against Women: Free four-hour workshops will be offered to prepare women to deal with sexual assault both psychologically and physically. They will be held at different locations throughout July: from noon to 4 p.m. at Echo Park Recreation Center gymnasium, 1632 Bellevue Ave., Los Angeles on July 2; from 10 a.m. to 2 p.m. at Lueders Park game room, 1500 Rosecrans Ave., Compton, on July 2; from 9 a.m. to 1 p.m. at the National Council of Jewish Women auditorium, 543 N. Fairfax Ave., Los Angeles, on July 8; from 8 a.m. to noon at Los Angeles Trade Technical College gymnasium, room J212, physical education building, 400 W. Washington Blvd., Los Angeles, on July 9; and only for women with physical disabilities from 9 a.m. to 1 p.m. at Daniel Freeman Hospital fitness center, 333 N. Prairie Ave., Inglewood, on July 9.

Call 651-3147 for more information.

July 5, 12

Focus Center for Education and Development: Interested persons may still sign up for a continuing group for single parents meeting from 7 to 9 p.m. at Focus Center, 14640 Victory Blvd., Suite 211, Van Nuys. Child care will be provided. A \$2 donation is requested, but no one will be turned away for lack of funds.

Call 989-4175 for more information.

July 5, 12, 19, 26

Ups and Downs: This self-help group for persons with depression or manic-depressive illness will meet from 7:30 to 9:30 p.m. at San Fernando Valley Community Mental Health Centers, 6740 Kester Ave., Van Nuys. A speaker will address the group on July 26.

Call Carol Frye at 988-8050 for more information.

July 6

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

July 6, 13, 20, 27

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

Call Barbara Taylor at 639-4080 for more information.

SPECIAL POPULATION MATERIALS AVAILABLE

As part of the "Friends Can Be Good Medicine" program, the California Department of Mental Health materials for "special populations" are now available.

Materials available include "We Are These People," the American Indian film, and "Feeling Good — Body and Soul — Together We Can," the black film and pamphlet. Print materials have been developed to supplement the films and include booklets, flyers, posters and in some instances even bumper stickers.

Other special populations include Asians and Pacific natives (Chinese, Samoan and Vietnamese), Hispanics and senior citizens.

The materials were distributed to each Los Angeles County Department of Mental Health region and a limited number of each are available at regional offices.

Information on the entire "Friends Can Be Good Medicine" campaign may be obtained by calling the Los Angeles County Department of Mental Health, 738-4961.

July 6

Merv Griffin Show: A segment on teenage suicide will feature Susan Ronc, Mental Health Association in Los Angeles County vice president; a teen-ager who has attempted suicide; and psychologist Dr. Michael Peck. The show will air at 4 p.m. on KTTV, Channel 11.

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:

July 12

San Gabriel Valley Region RCLC will meet at 7 p.m. at El Camino Mental Health Center, 11729 E. Telegraph Road, Santa Fe Springs.

Call 960-6411 for more information.

July 14

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

Call 533-3154 for more information.

July 20

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.

These meetings are open to the public.

San Fernando/Antelope Valley Region and Southeast Region RCLCs will not meet this month.

July 6, 20

Help Anorexia: The North Hollywood/San Fernando Valley self-help chapter will meet at 7:45 p.m. at 6240 Laurel Canyon Blvd., Suite 202, North Hollywood. Psychotherapist Abbe Goodman, M.A., facilitates this group.

Call 766-5663 for more information.

July 7, 14, 21

Human Services Association: The "What is Parenthood" series of workshops on effective parenting conducted by Genevieve Lopez continues with "Stress in the Family" on July 7, "Community and School Influences on the Family" on July 14 and "Coping with Separation/Divorce/Single Parents" on July 21. All sessions will be held from 7 to 9 p.m. at the Bell Gardens Park Ross Hall, 6662 Loveland Ave., Bell Gardens. They will be conducted in English and Spanish, and child care will be provided.

Call 773-3911 for more information.

July 7-24

Theatre 40: "Dusa, Fish, Stas and Vi," a play by Obie winner Pam Gems, is a humorous and insightful look at contemporary crisis and stress filled situations of four women. It will be presented Tuesdays through Sundays at Theatre 40, Beverly Hills High School campus, 241 Moreno Drive, Beverly Hills.

Call 277-4221, 1-7 p.m., for reservations.

July 7, 14, 21, 28

San Fernando Valley Child Guidance Clinic: An ongoing therapy-support group for recently divorced or separated mothers and their children, age 6 and under, will be offered from 6 to 7:30 p.m. at the clinic's Family Stress Center, 7347 Van Nuys Blvd., Van Nuys. Program cost is on a sliding scale based upon ability to pay.

Call 993-9311 for more information.

July 9

California Graduate Institute: A consumer's guide to mental health services, a free public service workshop, will be held from noon to 2 p.m. at 1100 Glendon Ave., Suite 1119, Westwood Village.

Call 208-3120 for reservations or information.

July 9

UCLA Extension's Department of Continuing Education in Health Sciences: "MFCC License: The Requirements and Your Career" will offer concentrated clarification of every aspect of the past and currently adopted MFCC requirements. The presentation will be held from 9:30 a.m. to 4:30 p.m. in 2221E Bunche Hall, UCLA. Fee is \$55.

Call 825-6701 for more information.

July 9

Portals House: The S.O.S. (Social on Saturdays) Dance, open to board and care home residents and community mental health program clients, will be held from 6:30 to 9:30 p.m. at Wilshire Christian Church, 634 S. Normandie, Los Angeles. The dance will be hosted by Portals members, and admission is 25 cents.

Call 386-5393 for more information.

July 11

Help Anorexia: The monthly speaker meeting will be held from 7:30 to 9 p.m. at Torrance Memorial Hospital auditorium, 3330 Lomita, Torrance.

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

July 11, 18

San Fernando Valley Community Mental Health Centers Inc.: Topics of the Manos de Esperanza in-service training sessions are "Newer Therapeutic Techniques" on July 11 and "Child and Adolescent Therapy" on July 18. They are open to interested mental health professionals and will be held from 10 a.m. to noon at the center, 6740 Kester Ave., Van Nuys.

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

July 12

Alliance for the Mentally Ill — Norwalk: This relatives and friends of the mentally ill support group will meet from 7 to 9 p.m. at the Norwalk-La Mirada Unified School District administration building, 12820 S. Pioneer Blvd., Norwalk.

Call 864-4412 for more information.

July 13

Relatives and Friends of the Mentally Disabled in Redondo Beach: This support group will meet from 10 a.m. to noon at the Office of Mental Health Social Services, 2810 Artesia Blvd., Suite D, Redondo Beach.

Call 772-2188 for more information.

July 13, 27

Mental Health Association in Los Angeles County and Augustus F. Hawkins Community Mental Health Center: A family and friends of the mentally ill support group will meet at 5:30 p.m. at the center, room 1119, 1720 E. 120th St., Los Angeles.

Call 629-1527 for more information.

July 14-15

California Primary Prevention Network and Focus Center for Education and Development: "Stepping into the Future — Tools for Change," a conference on prevention, will be held at California State University, Northridge, Student Union. Preregistration deadline is July 7, with fees of \$25 for CPPN members and \$35 for non-members. Registration at the door is \$30 for CPPN members and \$40 for non-members.

Call 989-4175 for more information.

July 15-17

California Alliance for the Mentally Ill: The summer conference, "Design for Mental Health: A Team Effort," will be held at Sportmen's Lodge, 12825 Ventura Blvd., Studio City. Hosted by the Los Angeles County Alliance for Mental Health, the conference will include speakers and workshops. CAMI is a statewide organization of parents of the mentally ill affiliate groups. (See page 2 of this issue.)

Call 738-4961 for more information.

July 18

South Bay Relatives and Friends: The 7 p.m. meeting of this parents support group will be held at Torrance First Christian Church, 2930 El Dorado, Torrance.

Call 518-6870 for more information.

July 18, 25

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. Claudia Martin, R.N., is facilitator to this group.

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

July 19

Emeritus College of Santa Monica College: A screening of "Reach Together: The Dynamics of Senior Peer Counseling," a new informational video tape, will be held from 5 to 7 p.m. in Santa Monica College's board room, 1900 Pico Blvd., Santa Monica. Admission is free, and there is free parking on campus.

Call 784-2816, days, and 454-8757, evenings, for more information.

July 20

Association for Mental Health Affiliation with Israel, Southern California Chapter: "Cults and the Jewish Community," with panelists Louis J. West, M.D., and Heiman Van Dam, M.D., will be held from 6:30 to 10 p.m. at Thaliens Auditorium, Cedars-Sinai Medical Center, 8700 Alden Drive, Los Angeles. The lecture is approved for three hours of continuing education credit for social workers, physicians and psychologists. Fee is \$10 for non-members, \$6 for members and \$4 for students and seniors citizens. R.S.V.P. is requested by July 17.

Call 995-3484 for more information.

July 21

Hollywood Human Services Project Mental Health Task Force: "Therapy for Incest Victims" will be discussed at the noon meeting, held at the State Department of Rehabilitation, room 301, 6855 Santa Monica Blvd., Hollywood.

Call 467-3605 for more information.

July 23

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

Call 474-3501 for more information.

July 27

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.

July 28

Mental Health Advisory Board: The board will meet at noon at the Hall of Administration, room 739, 500 W. Temple St., Los Angeles.

Call 738-4772 for more information.

CONNECTIONS

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