

SOCIAL SERVICES SOCIAL SERVICES SOCIAL SERVICES SOCIAL SERVICES SOCIAL



This issue of Counterpoint takes a look at some of the social services in the East Lansing area available for a number of mental and physical problems. The Listening Ear, Catholic Social Services, Ingham County Mental Health Clinic, the Free Clinic and the Drug Education Center are explored. Other agencies not covered in this issue also serve the area. Some of their telephone numbers are listed on page 3.

Volunteers keep DEC doors, phones open



photo by Bruce Remington

The Drug Education Center, housed in this building at 405 Grove St., offers round the clock information and emergency help concerning overdose, legal and emotional problems with drugs. Volunteers are trained by professionals to handle both walk-in and telephone queries and crises.

By Jeff Gutsell

The phone rings. The line one light flashes. A blue jeaned woman jumps, startled from a dreamy, late night conversation, and grabs the receiver.

"Hi. Drug Education Center."

Long pause. She frowns, troubled. A faint, insect-like voice can be heard talking frantically over the phone.

"What did he take? ...I said, what did he take?"

The woman is Cindy, one of several dozen young people who volunteer their time to keep the phones and door of the East Lansing Drug Education Center open around the clock.

Confidential

She begins filling out a confidential form as the voice at the other end rambles on. Reasons for the call and the type of drug involved are noted, nothing is said of names. In an average month, over 1,000 of these forms will be filled out for callers with problems ranging from a problem pregnancy or drug overdose to a legal problem.

Another volunteer and some visitors gather in the doorway. Covering the receiver with her hand, Cindy turns to the group.

"A Quaalude OD."

(Methaqualone, or Quaaludes, is a powerful depressant. It is considered more dangerous in some ways, than heroin.)

"Well, what are his vital life signs? ...His vital signs, breathing, pulse."

It is difficult to explain anything to the caller, for she seems to be stoned. She tells Cindy that when she looks at her watch's second hand to check her boyfriend's pulse, it seems to stop and start.

The caller's friend is close to passing out. He must be kept awake. The caller isn't sure she can do that.

"Slap him. Try to sit him up," Cindy says. "Try to get him to cough up whatever he can."

Much of what a DEC volunteer says is designed to console the distraught caller.

No, he would not be booked by the cops if she took him to the hospital, the caller is told. There are laws protecting him from that. Most importantly, yes, there are things that can be done to help him.

In this instance the volunteer has given information that others dispute, something that happens rarely. According to volunteer Bob Zerby, hospitals cannot be relied on to remain silent to the police.

"Their policy can change overnight," he said.

The pencil that was writing on the form is laid down. Cindy hangs up the phone. The adrenalin seeps away as she returns to her sagging lounge chair. Sigh.

Volunteer's mood

Now is one of the few times when the light, enthusiastic mood about the volunteers may be missing.

"In spite of all the training I've gone through," one

volunteer said, "I still occasionally wonder if I've done anyone much good."

The training program takes three weeks - almost 70 hours - to complete now. The original program two and a half years ago, consisting of reading a 12-page pamphlet, has since been elaborated.

Doctors, lawyers and psychologists help train the volunteers to deal with their own and others' emotions, to handle drug overdose problems and legal drug problems.

Personal experience

Nearly all of the volunteers and the small paid staff have had personal experience with drugs in the past. This background, they feel, helps them deal with drug problems more personally than the stark institutions they rebel against. There is never a suggestion at the 405 Grove St. house that using drugs is immoral.

Still, DEC volunteers don't hesitate to say the use of certain drugs is dangerous. In doing so, they try to help drug users distinguish between using drugs for what they call the Life Culture and the Death Culture. The Life Culture seeks to use drugs for "mind expanding" experiences, while the Death culture seeks to withdraw from life through heavy drug use.

The center grew out of the efforts of several young people, using drugs, who saw a need for a place that would handle drug problems frankly, without a commitment to stopping

drug usage by scare tactics and moralizing.

"About three years ago, I realized some of my friends were dying because of their using cocaine," Randy Buschman, co-director and co-founder of the DEC, said. "There was no trusted place they could turn for help without moralizing speeches."

As a result of his and others' efforts, the center was established, funded by three sources. The Tri-County Community Mental Health Board supplies state funded money, the East Lansing City Council contracts with the DEC to provide services and about \$10,000 in donations from private sources make up the DEC's yearly operating budget.

"On a budget of around \$83,000 we provide services you couldn't touch with a \$110,000 professional program," Buschman said, "because we use volunteer help."

The free medical clinic on the second floor at 405 Grove St. is open on Monday and Thursday nights and absorbs most of the budget for medical supplies and salaries for the doctors.

Saved lives

Buschman said he is sure many lives have been saved by DEC volunteers helping inexperienced trippers or those who have taken an overdose.

Not all the people the DEC reaches out to and helps appeal over the telephone. Some walk into the DEC or are brought by

friends worried about a bad trip.

"When we deal with a bad tripper who walks in off the street," volunteer Zerby said, "we basically try to talk him out of a bad trip into a good one."

In the home-like atmosphere of the DEC, the drug user is isolated from things that may frighten his sensitized mind. The voices he hears are quiet and reassuring.

If his problem is too serious for the volunteers to handle, the person is taken to one of the local hospitals.

The house seems to be a center for expressing the ideology that institutions and old ways are useless.

Kitchen laboratory

The walls carry a barrage of posters announcing the need for abortion reform, radical politics, new religions.

In the kitchen - converted - to - technical - lab instructions for using the coffee percolator and blood test equipment are taped side by side. The happy face drawn near a technical chart seems to mock the traditional concept of centers, agencies and institutions.

And in the midst of a hodge-podge of bulletin board papers, a note calls out for an alternative.

"Does anyone know where my book is?" it queries. "It's called Tranquility Without Pills."

Thursday, November 30, 1972

Clinic offers free health care, especially diagnostic services

by
Ellen
Grzech



A staff member at the Free Health Clinic, 405 Grove St., talks with a patient. The health clinic, affiliated with the Drug Education Center, provides a number of diagnostic services.

The University Health Center plays the Bonanza theme by 101 Strings and the Free Health Clinic plays Jethro Tull.

The director of Olin health center has a Norman Rockwell picture of a venerable doctor with a rosy - cheeked mother and three kids on his wall and the Free Health Clinic has a hand - printed sign announcing there is to be no selling or holding dope in the house.

The free clinic is a diagnostic clinic allied with the Drug Education Center (DEC) offering free non - emergency medical treatment for those who request it.

The free clinic is located on the second floor of a large old house at 405 Grove St., directly above the DEC's offices.

"We're mainly interested in providing medical service for people who need it through institutions controlled by the community," Scott Huffman, co - director of the DEC, said.

The clinic tests for and diagnoses venereal disease, hepatitis, infections, rashes or non - emergency illnesses, tuberculosis and pregnancy, Huffman explained. They either treat the problem or provide a referral service for serious cases.

The clinic, with a staff of 55, is funded by the East Lansing city government, the Community Mental Health Board and private donations.

"We have a staff of doctors, several medical students, professional nurses, lab technicians and clinic volunteers who handle interviewing and asking histories," Huffman said. "We'd like to involve a lot of people in the community."

The clinic opens at 6 p.m. on Mondays and Thursdays, and serves about 25 to 30 people a night. Numbers are distributed and patients are interviewed by medical students or medical para - professionals, and the most serious cases are taken first.

A special VD clinic is operated on Monday evenings by specially trained technicians from the Ingham County Health Dept.

"Most of our patients are between 18 and 25," Huffman said. "We've gotten really good community response. We have



Arrows point out the different methods of birth control available either by prescription or at a drugstore. The Free Health Clinic offers free pregnancy tests if a woman suspects one of means has failed. In addition, the clinic will diagnose a number of other conditions and illnesses.

to turn people away."

East Lansing Mayor Wilbur Brookover said the clinic is valuable to the community.

"The fact we're supporting it with funds shows the city council thinks it's worthwhile," he said. "We think the whole program's served a very useful purpose."

Huffman said the clinic, started in the summer of 1971, is quicker, easier and cheaper than the University Health Center.

"There is a lack of places for people who aren't students to get medical help," he said. "It's often hard to get a doctor,

especially if you're not a student."

Dr. James S. Feurig, Director of University Health Center could not be reached for comment on the clinic.

"He's been very quiet about it," Gretchen King, Feurig's secretary, said.

Because of money, space and time problems at the free clinic, MSU students should try the University Health Center first, but no person is refused service at the clinic, Huffman said.

The clinic does not provide surgery, complete physical examinations or intrauterine device insertions because of limited facilities, Huffman said.

Phone numbers

The following is a list of telephone numbers of the agencies explored in this issue of Counterpoint supplemented by those of other area supportive services.

Cristo Rey Community Center	482-1387
Draft Information Center	351-5283
Drug Education Center	351-8108
FISH	371-1555
Free Health Clinic	351-8108
Legal Help	337-1532
Listening Ear	337-1717
Catholic Social Services	372-1560
Problem Pregnancy Counseling Center	332-6410
St. Lawrence Community Mental Health Center	372-7900
Ingham Medical Hospital Community Mental Health Center	372-8460

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IT'S WHERE YOU BELONG

Funds don't appear and legal aid center fades slowly out of business

by
Craig
Gehring

The phone isn't answered too much anymore and the tiny cubbyhole of an office isn't staffed on a regular basis now.

The barely year-old Human Rights Center, in the midst of a financial crisis, may be on the verge of dying.

The center, founded last November by the Human Rights Party to dispense free legal aid to the community, can't afford to pay its monthly rent and phone bill, which run to \$80.

Zolton Ferency, associate professor of criminal justice and a founder of the center, has been picking up part of the tab, but won't be able to do that indefinitely.

"We've got to get some financial help or we won't be able to stay in business," Ferency says. He also has provided most of the counseling which requires an attorney.

The center, located above Lum's on M.A.C. Avenue, averages about 20 calls and contacts each week and is open five hours a day. When you consider that local lawyers charge \$30 an hour and upward for their services, that adds up to a lot of freebie legal advice.

Ferency, no cheap lawyer himself — charging \$50 an hour to his paying clients — has taken most of the burden of the legal work. Figuring his cost at a rock-bottom, bargain basement price of \$30 an hour, Ferency estimates he has provided some \$400 in free legal service.

An advocate of "judi-care" (a legal form of medicare), Ferency doesn't think that a lack of money should mean that a person with a legal problem should not get some help.

The center does not give aid to those with an attorney and refers individuals with problems to existing agencies already handling them. Drug related problems are turned over to the Drug Education Center, women's problems to the Women's Center and draft-related questions to the Draft Counseling Center.

The center serves mainly as a counseling service, giving what Ferency calls "peace of mind to those hassled with legal hang-ups." While on occasion it provides the court attorney for a client, the center usually just talks over the procedural problems with the individual.

"We tell them what their rights are, how much a legal action will cost and how long it will take," Ferency says. "Quite often when an individual knows what to do, he will be willing to tackle it himself."

While the center comes up

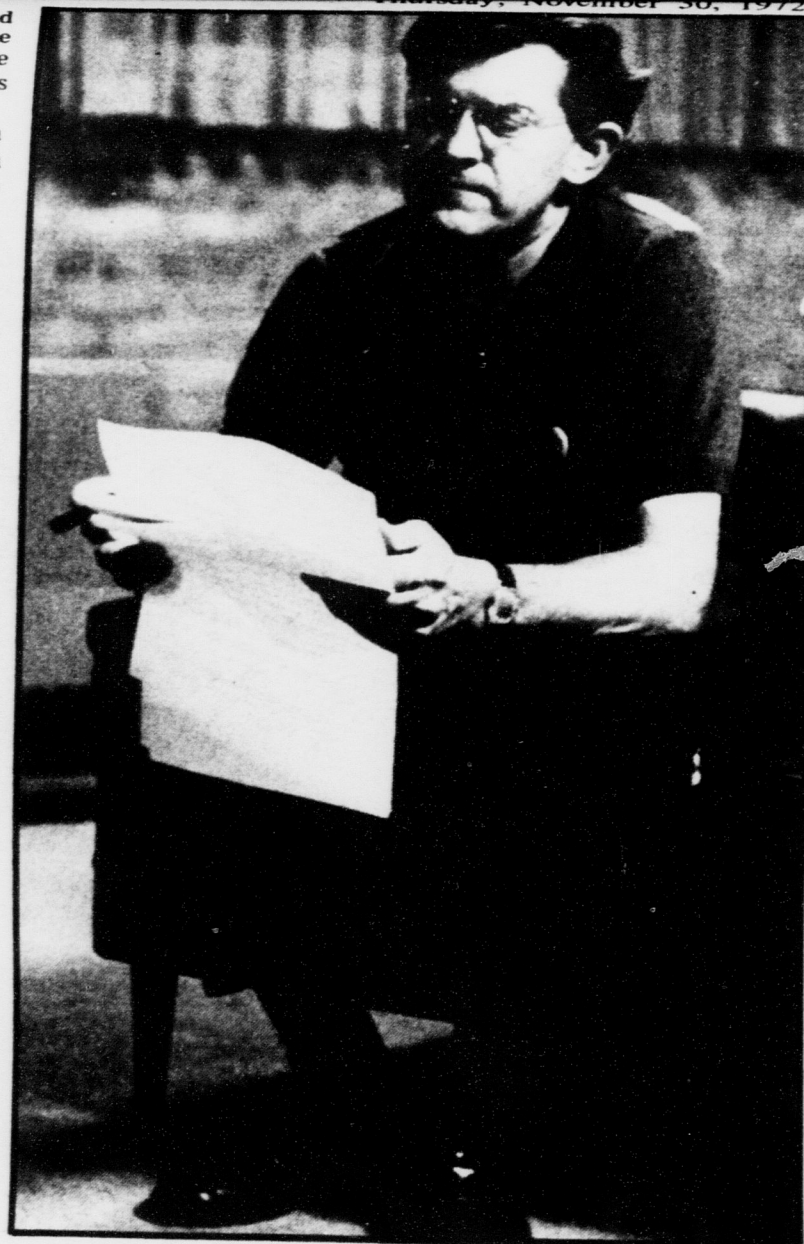


Photo by Nick Jackson

Zolton Ferency, associate professor of criminal justice and a founder of the Human Rights Center, believes a lack of money should not prevent a person from getting legal help. But he says the center has to get some financial help to stay in business.

against the gamut of legal problems, landlord-tenant hassles are the most common.

"Tenants are at a tremendous disadvantage," Ferency relates. "They generally don't know what is in the lease they have signed and don't realize the problems they are getting into."

"Without mentioning any names, these guys (landlords) all have lawyers they can call up in a minute for advice," he says, ticking off a list of local landlords.

Ferency says the center helps tenants fight some landlords who use illegal practices, such as invalid eviction notices.

"We tell them what the landlord can and cannot do and tell them what recourse of action they can take," he relates.

"Sometimes it is just a matter of calling a landlord's bluff."

Ferency points out that when a landlord discovers a tenant has been given legal

advice he often backs down, realizing he can't follow through on his claims.

Family relationship problems rank number two in the number of cases. The center provided legal assistance to three women who wanted to obtain their own divorces. The savings amounted to some \$500 in legal fees in each case.

The center also handles employment relations problems, including job discrimination situations and criminal cases.

Ferency sees the center as providing a valuable community service and says the center has helped individuals obtain their legal rights.

What happens now?

The center will become a 24-hour answering service and Ferency is hopeful it can find free space in the University.

"An ideal situation would be to have a storefront location where we could get people coming right off the street," he says.

However, the center is not undertaking any fundraising at the present time nor has it investigated the availability of office space on campus in anticipation of the change to a 24-hour answering service.

But if the center can't afford an answering service and is unable to attract enough lawyer and non-lawyer volunteers, it will have to close up shop.

"If we can't provide service the way we should, then we'll have to give up," Ferency says.

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RESIDENCE HALLS

**SNACK
SHOPS**

Counterpoint

Counterpoint is a biweekly supplement to the Michigan State News published by students of Michigan State University. Editorial offices are in 341 Student Services Bldg. Editors are Andrea Austin and Sylvia Smith.

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? Adoption parenthood ABORTION

Catholic Social Services counsel problem pregnancy

by
Nancy
Jablonowski

Editor's note: Although Carolyn is a student and all the circumstances surrounding her pregnancy are real, reporter Nancy Jablonowski supplied a fictitious name, status, home state and major to protect the woman's anonymity.

"There may be worse things than being pregnant — but I can't think of any," a young woman said recently, with a wistful smile.

Her name is Carolyn. She is an Illinois junior majoring in anthropology. And she has one very valid reason for expressing such pessimism — she is unmarried and 8½ months pregnant, and she knows how it feels.

"Funny how one small slice of bad luck can twist your entire perspective on life," she said softly, recalling a cloudy April day when a routine visit to renew a birth control prescription turned into a nightmare.

"I had an appointment with my doctor at the (University) health center and almost missed it," she recalled.

"It was so gloomy outside that I hated to leave my apartment to walk over. When I finally left his office two hours later, I almost wished that I had never kept the appointment."

Carolyn had been taking birth control pills for 11 months when she went in to discuss the prescription with her doctor and have it renewed. After preliminary questions, he asked her if she had noticed any complications while taking the contraceptive.

"I told him nothing serious, just two missed (menstrual) periods," she said. "I started to laugh about how absurd it sounded — me, missing two periods — but he never even cracked a smile."

When questioned, Carolyn estimated that she had forgotten to take her pill one night about seven weeks before her visit to the health center.

At that point, Carolyn said, the "wheels of medical bureaucracy" begin to spin full circle.

The physician urged her to have a urinalysis performed — for a \$2.50 fee in the health center lab — to determine if she was indeed pregnant.

When the results proved negative, he recommended a second test two weeks later.

Urinalysis tests are rarely faulty, health center officials say, but the chance of error does exist — particularly during the first weeks after conception. Therefore, a second test usually is urged.

A second trip to the health center lab registered a positive reading to the test, Carolyn said, but her doctor refused to let her give up hope.

"He encouraged me to have a pelvic examination, which I agreed to. By that time, I was willing to go to any lengths to prove those tests wrong," she explained.

A pelvic examination can positively establish pregnancy and determines the size of the fetus — important information when normal delivery or premature abortion are considered, health center physicians say.

When her pregnancy was ascertained, there was "little else my doctor could do for me," Carolyn said.

"All he could offer me were regular checkups to keep an eye on my health and the progress of the baby," she explained. "I wasn't quite ready to accept myself yet, much less someone else depending on me for life. At the time, his concern seemed ludicrous."

Faced with the reality of an unplanned and unwanted child, Carolyn weighed the available alternatives: to carry the fetus to full term and decide between keeping it or placing it up for adoption; and abortion.

Abortion, she decided, was out of the question. She called her boyfriend for the first time since the pregnancy was confirmed to tell him just that.

"He told me that he could only see helping me if I was willing to help myself," she explained, "and 'helping' to him meant an abortion."

"I felt that I could do better without that kind of help, and when he finally said goodbye, I knew that would be his last statement. I haven't heard from him since."

The first days after the conversation with her boyfriend were "real bummers," Carolyn recalled.

"I started rationalizing that maybe an abortion would be the best solution, but I just could not reconcile myself to killing that life inside of me. I needed someone to talk to — and really fast. My tolerance was wearing pretty ragged about then," she said.

Through the MSU Counseling Center, Carolyn learned of local agencies where she could receive problem pregnancy counseling.

Included in the list were the Women's Center, Drug

Education Center and Listening Ear in East Lansing and the Catholic Social Services agency in Lansing.

She decided to call the Catholic agency, she said, because the Catholic Church's antiabortion position closely paralleled her own views on the issue.

The agency, a nonprofit counseling service funded through Community Chest, employs 11 full-time certified counselors who deal with all phases of family and child welfare counseling. In addition, the agency maintains a 24-hour open line, staffed by volunteers, for persons seeking counseling help.

When Carolyn visited Catholic Social Services, she was introduced to one of two counselors at the agency who deal exclusively with problem pregnancy cases. The coun- or scheduled a "get acquainted" session with Carolyn and talked over the alternatives she could take.

"They didn't tell me one route would be better than another," she said, "and they certainly didn't try to talk me out of an abortion if that was my choice — religious affiliation never entered the picture. They tried to present clear-cut alternatives to that step."

Carolyn admitted that her first sessions with the counselors were "anything but smooth."

"I thought that my decision to have the child would make things a lot easier, but the choice seemed more complicated after I thought I had finally decided on what to do," she explained. "I hated to endlessly question my initial choice."

After three months of

counseling at the agency, Carolyn said she felt ready to face the final step — telling her parents. She had not been home in five months, and her family expected her to return for a family reunion on the Fourth of July.

But on July 2, a telephone conversation swayed her decision to attend the reunion.

Carolyn's mother called to share local gossip about a childhood friend who had just delivered a child "without benefit of a wedding band," as her mother phrased it.

"Mother ranted and raved about the girl's morality for 20 minutes, then told me how proud she was of her daughters, because they would never place her in a defensive role like that."

That comment, Carolyn said, forced her to stay in East Lansing. She does not plan to return home until after the baby is born.

Carolyn is now 8½ months pregnant and expects her baby about mid-December — without support from boyfriend or family.

She is still visiting the agency, and plans to continue to consult with the counseling staff after her baby is born. And, she is still trying to decide whether she will keep the baby or place it up for adoption — a choice she alone can make.

"Every day I think I've made all the decisions I'll need to make concerning what has happened to me these last 8½ months," she said.

"Then I brush the cobwebs out of my mind and say 'grow up kid — you'll never be young and innocent again.'"

"I guess that's all I can say right now. Grow up — and wait."

You've got a friend: Listening Ear

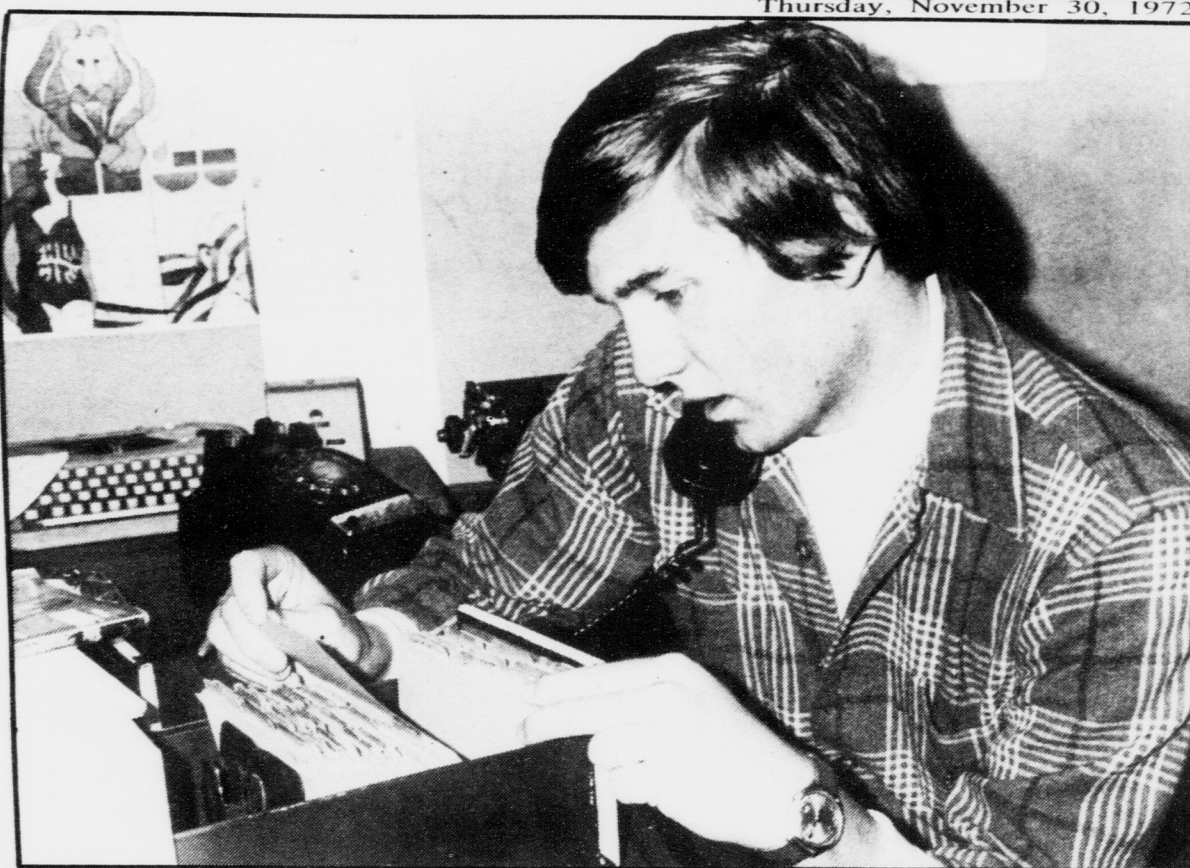


photo by Nick Jackson

Kevin Burke, Listening Ear volunteer, receives almost 2,000 calls each month — an average of one every 15 or 20 minutes.

by
Sylvia
Smith

They save lives. They try to prevent tragedies. They help in the right-now, immediate crises that we all face sometime in our lives.

The volunteers at the Listening Ear provide a crisis intervention center for Lansing area residents— a phone number to call and a person to talk to when no one else is there or can help.

*When you're down and troubled
And you need some loving care**

"We operate on a crisis theory model," explained coordinator Becky Hollingsworth. "If the normal way the caller copes with things isn't working, we try to help him. We help him sort out what is going on and what he's feeling."

Volunteers at the Ear are

emphatic in explaining the function of the telephone crisis intervention center.

*And nothing, nothing is going right
Close your eyes and think of me*

"It's for a crisis. It's not an on-going thing," Rita, one of the 110-member staff, said.

"Our purpose is to intervene in a crisis so they (the callers) regain their functioning power in a shorter period of time and at the same coping level as they would without us," Becky added.

*And soon I will be there
To brighten up even your darkest night.*

The Ear is a referral service, a helping hand at a trying time. But some people are not cognizant of what the

Listening Ear is not.

"Our counseling does not involve giving advice," Becky said. "Oh, if a 14-year-old girl called in about VD, we'd tell her what to look for and what she should do about it, but in terms of making decisions like 'should I break up with my boy friend' or 'should I drop out of school', callers have to do it themselves.

*You just call out my name
And you know wherever I am*

"We can't do therapy," she said.

The Listening Ear operates on the assumption that at some point in everyone's lives he faces a situation that— for the moment—leaves him unable to cope with his emotions and problems.

*I'll come running to see you again.
Winter, spring, summer or fall*

Ear volunteers believe that at that time people in trouble should be able to receive some kind of support to help them recognize the difficulty, their feelings about it and the alternatives open for its resolution.

*All you have to do is call
And I'll be there*

"A really important thing working here is not to get pulled under," Vic, a volunteer who joined the Ear staff this fall, said. "It's not very helpful for us to get angry or depressed too.

"We act as a backboard," he explained.

*You've got a friend,
If the sky above you*

The Listening Ear is a three-year-old operation functioning on a \$6,000 yearly budget, most of which is received through donations. The East Lansing City Council

contracts with the Ear to offer a crisis intervention service and provides them with \$2,700 each year.

*Grows dark and full of clouds
And that old north wind begins to blow*

Most of the agency's costs are the rent on a second-floor set of offices at 547 E. Grand River Ave. and telephone bills. Although there are a number of professionals on the Ear staff, none is paid for the four hours of volunteer service each is expected to give every week.

*Keep your head together
And call my name out loud*

A big white board in the Ear's inner office lists the five shifts and two or three counselors assigned for each time period. Because more calls come in the midnight to 8 a.m. shift, the Ear tries to have three staff members ready to answer the phones on that shift.

And usually there is one man and one woman per shift in case a caller expresses a preference.

*Soon you'll hear me knocking
at your door.
You just call out my name*

Ear volunteers are trained to react to and help with almost any kind of situational or immediate emotional problem a person can experience. Each fall and spring, the Ear solicits new applicants, screens them and selects about 60 to undergo an intensive 70-hour training program.

*And you know wherever I am
I'll come running to see you*

During their training, volunteers are lectured on suicide, loneliness, depression, problem pregnancy (although there are 10 staff members trained specifically for problem pregnancy counseling), drugs and adolescence.

In addition, they are taught listening skills — the ability to look behind the caller's words and extract the emotions or motivations causing the anxiety, depression or other emotional crisis.

*Winter, spring, summer or fall
All you have to do is call*

"Every person gives a double message. We focus on listening to both parts of the message—the content and the feelings involved," Betsy said. "There are some clues to hearing the second message. We listen to the voice tone and the non-verbal behavior and then reflect that to the person so that he realizes it's OK to have those feeling and it's OK to talk about them."

*And I'll be there.
Ain't it good to know that
you've got a friend?*

Betsy said the Ear also trains its staff members in clarifying skills.

"We try to help the person sort out what's going on without being judgemental," she said.

Sometimes a caller will ask the volunteer what he or she would do in similar circumstances. The Ear staff is instructed to explain to the person that it's immaterial what someone else might choose to do— that what is important is the caller's decision.

*When people can be so cold
They'll hurt you, and desert you*

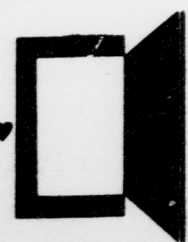
"A person might want us to become responsible for the way he's feeling," Vic said. "It can be a flamboyant as a person saying 'give me one good reason why I shouldn't' (continued on page 7)

Need a Solution?

We have good people
who'll talk with you about . . .

- * drug problems
- * pregnancy
- * depression
- * everyday hassles

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Mental health care covers community

By Andrea Austin

The padded wall and straightjacket have succumbed.

Mental health care, often associated with the men in white with nets coming to take you away, is crawling out of those dark ages into the light of advanced government thinking and community action. Social laboratories and home - town rap groups are part of comprehensive care.

The Ingham County mental health program is a shining reflection of the new ideal.

Lansing - tricity people with mental problems used to be shipped off to the state home in Kalamazoo, a number of miles from home, breaking significant ties, Eugene W. Friesen, director of the Ingham Medical Hospital Community Mental Health Center, said.

Others were packed into psychiatric wards. Length of professional care averaged 30 days. Clients remained on waiting lists for six months to a year.

The revolution started with the Community Mental Health Centers Act of 1963. Legislation required that a community psychiatric care unit serve a maximum of 200,000 people. Because Clinton, Eaton and Ingham counties numbered about 375,000, they were divided into two catchment areas: one, serving Clinton County and Ingham County north of Lansing, is centered at St. Lawrence Hospital; the second serves Eaton and south of Lansing and is located at Ingham Medical Hospital.

Today, the goal of tricity mental health care is to make hospitalization unnecessary, Friesen said. It strives to preserve most of a patient's accustomed environment. Programs are designed to promote self - help, and focus on crisis intervention.

"What is really good," Anne De Rose, program coordinator, community services, of the St. Lawrence Community Medical Health Center, said, "is the initial concept of continuity of care for the individual in a particular community, regardless of the symptoms."

"What is unique here," Friesen said, "is we have refused to have a traditional in - patient psychiatric ward. We try to place psychiatric patients in general medical wards as anybody else."

"People have fantasies of plunging over a cliff into the abyss of mental illness," Friesen continued. When professionals respond to people in crisis by putting them into wards of behaviour they define them as they are expected to behave. Patients with relatively minor mental illnesses then tend to perform along with the traditionally held concept of mental illness.

The Ingham County Mental Health Center is trying, Friesen said, to serve as a catalyst to influence the system to carry on programs started by mental health center groups. He cited recreation programs at apartments for the elderly as an example where the center's efforts have been carried on by the community.

De Rose said community support has been instrumental in creating an alternative to the extremes of hospital bed and outpatient care for mentally ill persons. With the tricity governments and residents behind the mental health board, programs have been created to meet people's needs rather than bending patients to fit existing treatments for psychiatric problems.

"We have a top - notch volunteer program," DeRose said. "It demonstrates ways the community citizenry can really be involved."

Community input is mandatory under mental health law, though details are left up to each center.

"We have 22 different assignments," DeRose said. "They are not just paper shuffling."

All one has to do for psychiatric help is call either center. Fees are assessed on a n ability to pay basis, though most funds come from federal, state and local governments. Patients are encouraged to come to the center particularly in times of crisis. The centers strive to help people handle their own problems.

"As people get more adept at handling crisis, they need us less and less," Friesen said. "If

they can handle their problems, they can function with renewed confidence."

"I feel there is real merit that the psychiatrist is a consultant to a person," Friesen continued. "He helps the patient develop strategies to cope with stress."

Mental therapy varies from short - term crisis intervention to group therapy to cooking groups.

Group therapy is essentially a social laboratory, Friesen said, for relatively safe exploration of self and others in realistic situations.

Patients who are treated at the Kalamazoo home and return to the tricity area may stay at the Ingham center's half - way house prior to reentering society. Patients there live under supervision of the mental health center in a setting in which people normally relate.

Efforts to provide decentralized mental health care go far beyond the two major centers in the three counties. In establishing programs to serve residents from preschool age to geriatrics, the mental health board brings comprehensive care to residents practically in their neighborhoods.

Satellite programs, staffed

by professionals, bring the mental health centers' services to where the people are, Friesen said. Outpatient treatment in Charlotte, Mason and St. Johns serves all ages and a broad range of mental and emotional difficulties.

Programs for the retarded and the emotionally disturbed make up a growing part of community mental health care. The Lincoln center program for children includes a primary prevention project to teach problem solving ability to pupils, and encourage high school vocational education students for jobs in mental health.

The drug treatment program offers a variety of alternatives for various drug - related problems. A methadone and detoxification program, a half - way house and a multi - lodge residential unit synthesize community resources into comprehensive drug treatment opportunities.

The Ingham county mental health program is fortunate. Most other communities in the country suffer from lack of funds and community support. This area happens to have the right combination of a cooperative government and an educated public that rises from the myths of mental illness to lead to an innovative, successful system of public psychiatric care.

With community mental health care that goes beyond hospital bed treatment to crisis intervention and group therapy, the community mental health centers are more than just places for treatment. They are places to belong.

press

(continued from page 8)

No matter how hard publishers and presidents might work at presenting "balanced views" in their respective mediums, their first objective is to show an annual profit. Therefore, reporters are not assigned to cover certain meetings, editors "cut" stories, no matter what the consequence, interpretive

columns are not printed and important stories lack depth and perspective for lack of time, and news space is reduced so that overhead costs are stabilized.

To summarize, the State Journal and WJIM-TV - and their counterparts everywhere - manipulate public opinion for two reasons: politics and profits.

In speaking before a high school class 11 years ago about the newspapers which employed me, I began with a cautioning remark:

"Remember, the Sun Newspapers are owned by one man - his name is Herman Silverman - and he is in the newspaper business to make money. I work for him."

To conclude, then, I don't have any complaints about the media's coverage of my actions and those of the council generally. I merely have a strong sense of the reality of the situation now that I am the subject of the interview, rather than the one asking the questions.

women

(continued from page 8)

graceful, good hostesses and all - round assets to their husbands. If you look closely, you'll notice that the women in the number 1, 2, 5 and 7 positions fit this description. What have they done in their own right? Are they on the list because of something that they have done or because of the

men they married?

I'm not implying that all of the women who ranked should not have. I am saying that some of them did not do so by themselves. But then, it was women who decided the winners after deciding the values. It is the values that ranked these women that must change.

minorities

(continued from page 8)

toward black women. Black women have thought of themselves as being superior to white women because of their ability to handle the real problems in the world and function healthily in it. Black women envy the white woman's easy life and the attention they get from me,

but fear the economic control that they have over black women.

Black women are faced with two problems. First of all, the struggle of the liberation of black people as a whole, and second, the liberation of black women. If the first is achieved, the second may not be necessary.

Ear gives a hand

(continued from page 6)

kill myself. We don't give him a reason. We let him know that he's the only one who can make the decision."

*And take your soul if you let them
Oh, but don't you let them.*

But suicide, though dramatic, is not a major part of the calls the Listening Ear receives.

In an average month the Ear receives between 1,500 and 2,000 calls - about one every 15 or 20 minutes. Only three per cent have attempted or are threatening suicide. Two-thirds of the calls are from the general community (as opposed to MSU or Lansing Community College students) and there is an equal distribution between male and female callers.

*You just call out my name
And you know where I am*

The biggest single problem callers express is loneliness or depression. Closely following is anxiety or hassles with school, work or personal relationships.

However, many calls request referrals - where to obtain legal advice, or draft counseling. Infrequently the Ear staff member might answer the phone expecting a caller with a problem. There will be a problem at the other end, but it will be in the form of "how do I make a pumpkin pie" or "what's the Jewish word for candlestick."

*I'll come running to see you again
Winter, spring, summer or fall*

In addition to its telephone counseling and referral services, the Ear offers an anonymous drug analysis program. The Ear will take the responsibility for having any drug analyzed for

content and then explaining the function of the drug. The service, like all the Ear's services, is free.

*All you have to do is call
And I'll be there
You've got a friend.*

The 10 staff members who are specifically trained to counsel problem pregnancies will make appointments for women to come in to the Ear office for help.

Problem pregnancy counseling is the only long - range counseling the Ear volunteers perform, however. Becky emphasized the role of the Listening Ear is not therapy; that if extensive counseling is required, the Ear will refer the person to a therapist or mental health clinic.

**Courtesy of Screen Gems -
Columbia Music, Inc.
Words and music by Carole King*

Women's liberation: does it use blacks?

minorities

Black women of today have a decision to make concerning women's liberation. Should they be a part of it or not and if not, why not? Black women distrust the women's movement because of its color being white. Too many movements have made attempts to enroll blacks and have ended up by rolling them. Black women don't want to be used to help someone else get power and in turn have this newly gained power used on them. White women are just as much the enemy as white men. Racism is not confined to white men.

Though we all live in America, it is obvious that we are not all treated alike, therefore black people have to look at situations not only for what they are, but for what they mean to the black race. The difference between white and black females is that white women have always been



Patricia Yancey is a Detroit freshman.

considered ladies. Black women were unworthy of respect because they were tough, capable, independent and immodest. White women insist upon the "woman" label as a sign of their rejection of softness, helplessness and modesty. These are the characteristics which served to secure their bondage to men.

Another point is the fact of the relationship of black men and women toward each other. Black men have never had anyone to let out their frustrations on but black women. For years black women have accepted this as one of their more unpleasant duties. By doing this, they never really became the "true slave" that the white women see in their own history. The black woman did the housework and reared children, often alone, but she did that and maintained a job at the same time, a place the black man could not get or which his pride would not let him accept. She had no one to fall back on: no males, no whiteness, no ladyhood, no nothing. Out of all this comes the black woman.

With more black pride and independence, the black man is broadening his scope in the variety of female choices of which the white woman is part. The reason black women are angry is war continues to shoot them up; a good portion of the men are talking black but living and sleeping white, so the black woman complains because she is eliminated from the contest and ends up unable to get her man. Also this thing doesn't work vice versa — there aren't any white men responding in the same manner

(continued on page 7)

We must change our value system

Achievement is a powerful word. It denotes a possible strain or long, bitter struggle to an eventual goal. We are all caught up in achievement of one sort or another, pushing to satisfy that certain need present in the back of our minds.

When little children are asked what they'd like to be when they grow up, their answers are pretty much the same. They say, "I'm going to be a doctor," or "I want to be a teacher." Regardless of gender, all children want to be something when they get older. Achieving that goal proves to be the hard part. It is obvious that achievement and motivation play large roles in our everyday lives. In fact, we look up to and model those people who do achieve their goals.

women

There seem to be plenty of men who fit into this category, but what about women? In keeping with the "Ten Best Dressed Women" tradition, Good Housekeeping magazine conducted a poll entitled "The Ten Most Admired Women." Here was America's chance to choose women throughout the world whom they admire and hold in high esteem. Those given the task of nominations were female employees of Good Housekeeping and other sister magazines.

The list of candidates included such well-known women as Rep. Bella Abzug, Dr. Joyce Brothers, Sen. Margaret Chase Smith, Rep. Shirley Chisholm, Dr. Margaret Mead, Betty Frieden and Dr. Mary Calderone.



Elaine Berkowitz is an Oak Park freshman.

Ultimately, those women who comprise the "top ten" are: 1) Mrs. Rose Kennedy 2) Mrs. Dwight David Eisenhower 3) Pearl S. Buck 4) Patricia Neal 5) Mrs. Richard Nixon 6) Premier Golda Meir 7) Mrs. Ethel Kennedy 8) Helen Hayes 9) Prime Minister Indira Gandhi and 10) Princess Grace of Monaco.

Many of the women judges felt that courage was a very important factor in the decision making. What the judges really said is that charm, poise and chic clothing make a woman great. There is not any mention of actual achievement, even though two of the women are acting heads of state and two more, accomplished actresses.

Any mention of achievement comes last. It must be that way because women are not expected to make great scientific discoveries, treat illnesses or lead nations. Instead, they are supposed to be charming,

(continued on page 7)

Media's objectives--politics, profit

In the past year, I have been interviewed dozens of times, either for publication or for a class assignment. I've never hesitated answering the many queries about my objectives as a councilman or about my political philosophy. But in my last interview, which took place last week, I received a question which made me pause and carefully think through my position. That question was: "What is your opinion of the media coverage of the city council since you were elected?"

A "gut reaction" would have been to complain about how the State Journal and WJIM-TV have created the impression that George Griffiths and I were representing only student interests on the council and

that our goal was to make life miserable for the "permanent residents" of East Lansing.

I doubt if George and I will ever shake our reputation during the course of our

Most of my life between 1957 and 1970 was spent on newspapers. The one great lesson I learned in those years was that the press (print and electronic) is not objective; in fact, I learned that it cannot be objective. As long as the

four-year terms, although a laudatory editorial in the East Lansing Towne Courier on Nov. 8 might help change the opinions of a few people in the city's homeowner population.

I refused to give voice to my "gut reaction" last week because most of my life between 1957 and 1970 was

spent on newspapers. The one great lesson I learned in those years was that the press (print and electronic) is not objective; in fact, I learned that it cannot be objective. As long as the

president of WJIM and the publisher of the State Journal live in a plush East Lansing subdivision, and as long as reporters and editors work for corporations that are in the business of making money, the press will not let George Griffiths or George Colburn enjoy a favorable reputation

with their readers.

Because of the business nature of the press, the views of the corporate officers will be reflected to some degree by the reporters and editors who are paid to provide services which help sell advertising.

These observations should not be construed as a criticism of those who publish newspapers or own TV stations. My views are an attempt to make a few more people aware of the realities of the media business because I know there is no possibility of changing the system which disseminates the news.

Nationwide, many publishers and presidents work hard at providing a "balanced view" in their news coverage because they take seriously their great responsibility in our free society. However, let's be realistic — it's extremely difficult for anyone to balance

deeply held viewpoints, especially political ones, even when he/she is trying to be "objective."

(continued on page 7)



George Colburn is a first-term member of the East Lansing City Council.

press