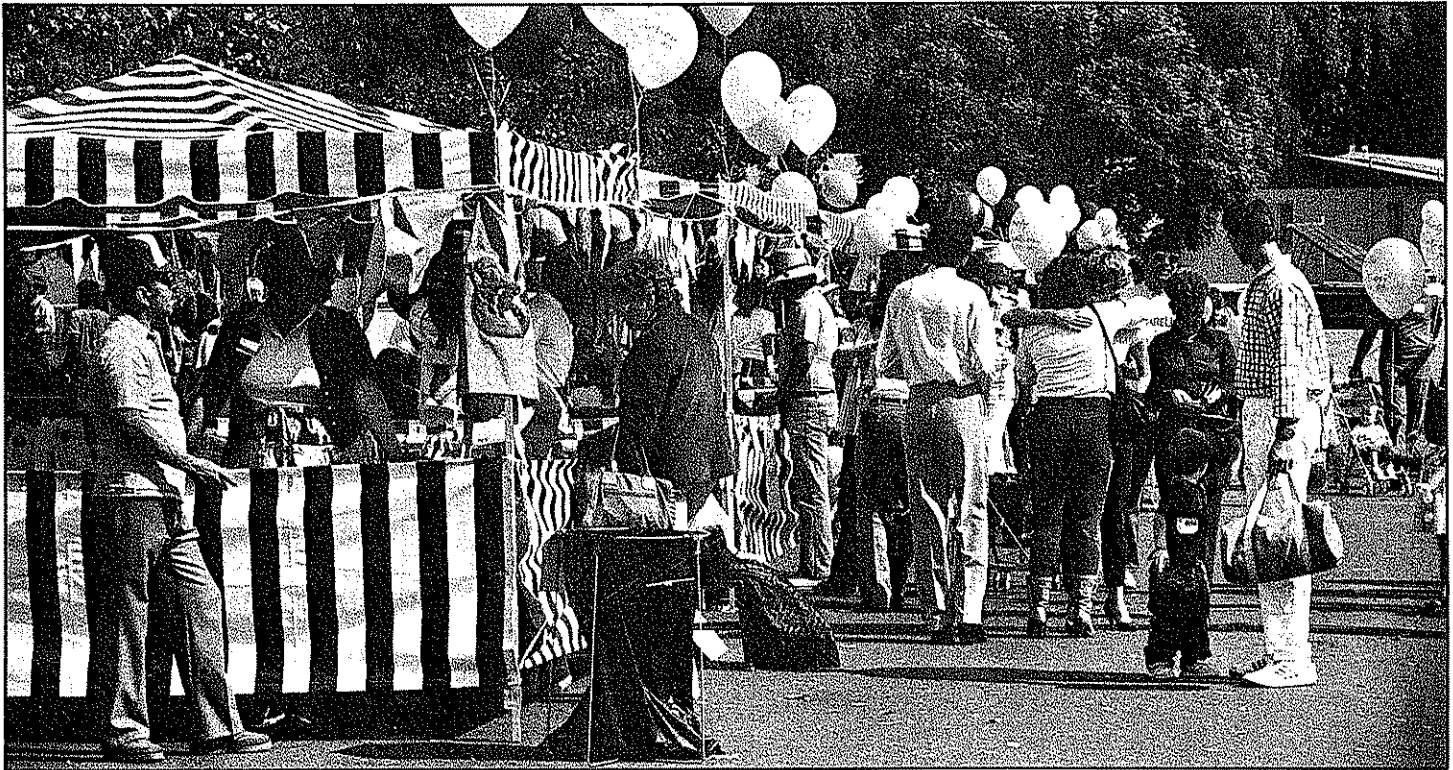


# CareNews

Vol. 2 No. 3

A quarterly publication of Comprehensive Care Corporation

Fall 1984



## Los Angeles CU hosts celebration of sobriety

*CareUnit alumni from throughout Southern California were treated to camel rides, barbecued chicken and plenty of fun during festivities at the CareUnit of Los Angeles.*

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## First Lady dedicates Nancy Reagan CareUnit

*First Lady Nancy Reagan chats with adolescent patients receiving treatment at the CareUnit named for her in Spokane, Washington.*

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## Gallup, CompCare release results of poll on adolescent attitudes toward drinking, drugs

"Drugs, Drinking and the American Teen-Ager," a new Gallup Poll commissioned by CompCare, reveals that six out of 10 teen-agers surveyed had at least an occasional drink of alcohol, up dramatically from four out of 10 just two years ago.

The poll, which received widespread national media attention, was released in New York City in September by George Gallup, Jr.

The poll revealed that 59 percent of teens aged 13 to 18 admitted they had used alcohol more than once, with an additional 17 percent saying that they had tried alcohol once.

Only 23 percent of teen-agers questioned said they did not drink, the smallest figure ever reported by the Gallup Poll.

When asked about drug use, one of four American teen-agers admitted to using marijuana. But after age 15, the percentages rose sharply with 39 percent saying they had used mari-

juana and 86 percent admitting to having used alcohol.

One in eight of those surveyed admitted to having combined drugs and alcohol.

An overwhelming majority said they had friends who were regular drug users or drinkers. Two of three adolescents said they had at least some friends who are regular marijuana users, while eight in 10 said they have friends who regularly drink alcohol.

Among those of driving age, one-fourth reported that they had driven after using alcohol or drugs.

Fifteen percent said use of chemicals had been a cause of trouble to themselves or others and the majority believed that drug and alcohol use were not just adolescent phases.

More details about the poll may be obtained by calling the Communications Division at (714) 640-8950.

## Use of substances by teen-agers

### The Question:

For each of the following please tell me if you, yourself, have never used the substance, tried it only once, or have used it more than once.

	Used More Than Once	Used Once	Never Used	No Answer	Total
Alcohol	59%	17%	23%	1%	100%
Marijuana	16	10	72	2	100
Pills	4.5	4.5	89	2	100
Cocaine	2	2	94	2	100
Hard drugs	1	1	96	2	100

Base: 416 teen-agers

**Staff** CareNews is a quarterly publication for the employees and friends of Comprehensive Care Corporation, 660 Newport Center Drive, Newport Beach, CA 92660. Phone (714) 640-8950.

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# First Lady dedicates Nancy Reagan CareUnit at Deaconess Medical Center in Spokane

More than 600 people attend ceremony in which Mrs. Reagan releases results of major Gallup Poll on teen-agers' attitudes towards substance use and praises the CareUnit for its involvement of parents in the treatment process

First Lady Nancy Reagan in September drew national attention to the nationwide CareUnit network by dedicating the Nancy Reagan CareUnit in Spokane, Washington.

The unit has been operating since June 1983 at Deaconess Medical Center.

"This is a great personal honor for me," Mrs. Reagan told the audience of 600 which included Washington Gov. John Spellman. "I'm very touched by this dedication."

"All of you deserve enormous credit and all our gratitude for creating the Adult and Adolescent CareUnit programs," the First Lady added. "There is a great reservoir of love for those in need."

Praising the Adolescent CareUnit for its emphasis on parental involvement, Mrs. Reagan said that "parents are a key to freeing our kids from drugs."

During the outdoor ceremony,

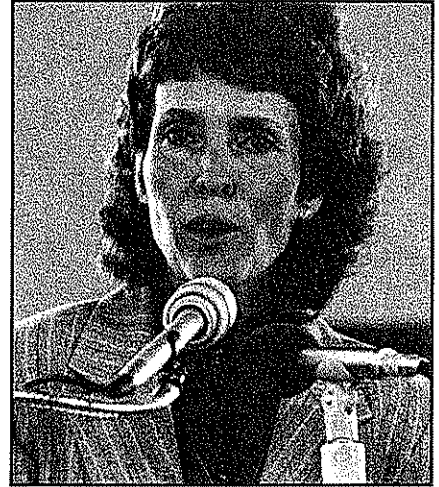
Mrs. Reagan also announced the results of a major Gallup Poll, "Drugs, Drinking and the American Teen-Ager," which revealed that six out of 10 American teen-agers have used alcohol (see story page 2).

"I was so shocked and saddened—even frightened—to discover the scope of our drug abuse epidemic," the First Lady said.

Following the dedication, Mrs. Reagan visited with several teen-age patients at the CareUnit.

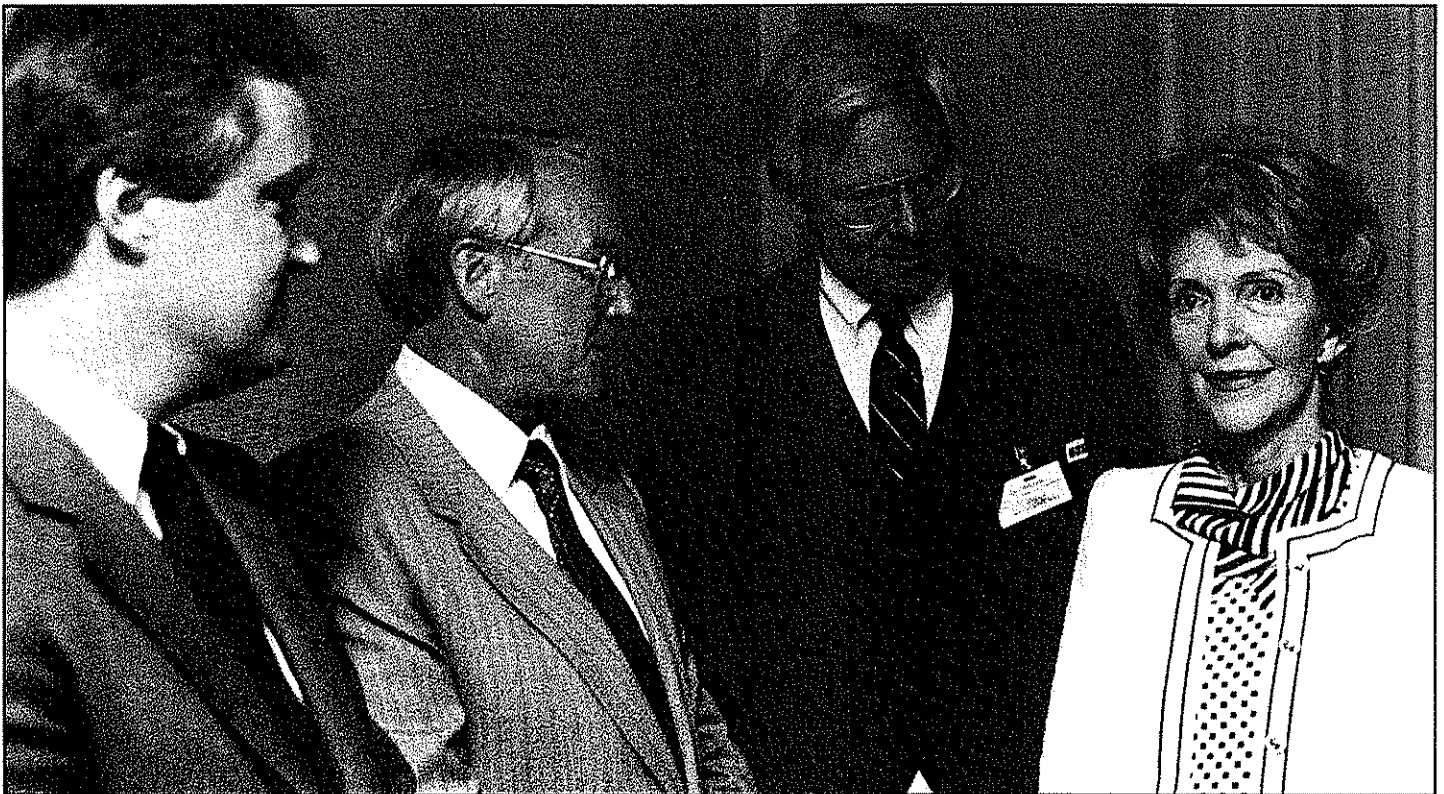
"All of us in the Adolescent CareUnit Network commend Mrs. Reagan for her ongoing interest in the field of adolescent substance abuse," said B. Lee Karns, president of CompCare.

"By lending her name to the Nancy Reagan CareUnit, she has not only drawn national attention to the problem, but she has also endorsed a solution in the form of inpatient treatment," Karns added.



CareUnit Community Services Coordinator Karen Porter addresses the audience of 600 who gathered for the opening of the Nancy Reagan CareUnit.

Nancy Reagan is greeted by: (from left) John Mitchell, president of Deaconess Medical Center; B. Lee Karns, CompCare president, and Ray Brown, director of the Deaconess Foundation.



## Parents' involvement essential in teen's treatment

By Gary Mangiofico  
Professional Services

One of the most pressing problems facing the Adolescent CareUnit staff is getting parents actively involved in their teen-agers' treatment program.

That resistance is due to a number of factors.

Understandably, parents often have difficulty relinquishing care of their child to total strangers.

Some feel they've failed to help their teen-ager and resent the prospects that the CareUnit will get all the credit once the adolescent is back on track.

Another common problem is that parents are often in denial about their child's illness, asking how their 14-year-old, bubbling ray of sunshine could be an alcoholic.

Unfortunately, still other parents have a negative view of the CareUnit as the last stop for their teen-ager and regard it as a place they'd rather avoid.

Perhaps the most difficult situation is one in which the parents are themselves chemically dependent and try to sabotage a child's treatment to cover up their own disease.

However, surmounting these obstacles is vital since parental involve-

ment is essential in treatment of most adolescent patients.

The entire family needs to work on strengthening interaction and communication so the recovering teen-ager will make a smooth transition back home.

Making the parent an ally who places full confidence in the program can also prevent AMAs and increase the likelihood that the parent will return the adolescent who has gone AWOL.

To fully involve the parent in treatment entails remembering that the patient isn't just the adolescent—it's the entire family.

Bonding among the therapists, parents and child should begin within 48 hours after admission.

The parents' concerns about abandoning their child should be addressed at this time.

Parents also need reassurance that there's nothing wrong with being temporarily relieved of the burden of a troubled adolescent. In fact, parents should be encouraged to relax since their child is finally receiving the quality treatment he or she needs.

Instead of relying on contacting parents during their visits to the unit, staff should make daily telephone calls to the mother, father or

guardian during early phases of treatment to report on their child's conduct, whether it is positive or negative.

The mother and father should also be informed as soon as possible of any changes in treatment regimen, such as the cancellation of a pass.

Maintenance of good relations with parents should extend long after a child leaves the facility through AfterCare and the alumni group. In addition to increasing chances that the family will remain stable, these programs are excellent avenues for developing long-lasting relationships.

In some cases, no matter what you do, there will always be parents who resist involvement in treatment. In those cases, special attention should be paid to dealing with the adolescent's anger at what appears to be the parent's lack of concern. This will help the youngster to avoid sabotaging his or her own sobriety out of spite.

Further questions on strengthening the family's commitment to an adolescent's treatment program should be addressed to the program consultant.

*Gary Mangiofico is a program consultant for Professional Services/West.*

## B. Lee Karns provides bright picture of CompCare at annual meeting in Irvine

Chairman Lee Karns expressed unbridled optimism about the company's future as CompCare's 12th Annual Shareholders Meeting unfolded in Irvine, California, in late September against a backdrop of good news.

The meeting came on the heels of record first-quarter earnings and on a day when census in the CompCare system stood at an all-time record high of 3,012.

In the 30-minute meeting, Karns recapped CompCare's performance for Fiscal 1984 and the first quarter of 1985, talked briefly about plans for

expansion and answered questions from shareholders.

CompCare registered a 24 percent increase in earnings during the quarter ending Aug. 31. Profits were \$4.1 million, or 36 cents per share, compared with \$3.3 million, or 29 cents per share, for the same period last year. Revenues for the quarter were \$33.9 million, up from \$25.8 million last year.

Karns traced CompCare's growth over a three-year period to illustrate the fact that the company has more than doubled in size and noted that

several analysts have forecast a similar growth pattern for the next three years.

Approximately 100 people attended the meeting at the Irvine Marriott Hotel.

Other official business included the reelection of the current board of directors. Members of the board are: Karns, chairman, Walter W. Heller, Dr. Stewart B. Hoover, Dr. Robert B. Hunter, George J. Lyon, Jack A. McLeod, and Dr. Joseph A. Pursch.