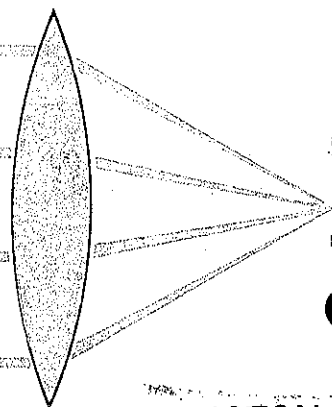


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FOCUS ON ALCOHOLISM

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OCTOBER, 1960

Alcoholism - a new challenge in nursing

By KATHLEEN BURWELL, R.N.
Public Health Nursing Consultant
Washington State Dept. of Health

The role of a public health nurse in a community alcoholism program can be two-fold: first, as a participant in the over-all Health Department program of education and prevention; or second, as a nurse with a caseload who wants to give the best possible health service to her families. We are concerned with the second aspect.

In order to be prepared for this kind of family health service it is important for the public health nurse to know as much as possible about the disease, alcoholism, and its effect on the families of its victims.

A high level of suspicion toward alcoholism may help her to discover the disease in its early stages. For example, if she finds a family which cannot afford to take Johnny to the doctor for an eye check, although the father's income is good, she may discover that an inappropriate amount of the family funds is being spent on liquor. Many nurses complain that a family has made no attempt to obtain needed medical care, although "there are cases of beer bottles stacked on the back porch." Could this be a family with an alcoholic member?

This kind of "case-finding" often is necessary since the family tends to

(Continued on page six)



Miss Burwell, left, consults with June Stein, nutrition consultant in the Division of Child Health Services, Washington State Department of Health.

State aid granted to assist two new clinics

The first step toward bringing new alcoholism treatment facilities to local Washington communities through utilization of existing agencies has been completed by the State Health Department, through its Alcoholism Program.

State aid has been granted to assist in establishing alcoholism treatment centers in Vancouver and Tacoma.

The Vancouver facility will be located in the Clark County Mental Health Center at 1204 Esther Street.

It will provide individual and group therapy, in its first year, for a selected 50 cases of chronic alcoholism.

The Tacoma-Pierce County Health Department will expand its mental health program to include treatment for alcoholism as soon as appropriate staff can be recruited.

Both clinics will use the services of consulting psychiatrists, with the bulk of the therapy being carried on by a clinical psychologist in Vancouver and psychiatric social workers in Tacoma.

Introductions are in order . . .

BERNARD BUCOVE, M.D., D.P.H., *Director,*
State Department of Health



We hope you will be pleased with FOCUS, the new bi-monthly publication of your State Alcoholism Program. In part it is a result of the interest expressed in the June-July issue of WASHINGTON'S HEALTH, an edition devoted entirely to alcoholism. It is also a step in following the State Alcoholism Program Advisory Committee's recommendation that people of the State be provided with current information about alcoholism and the State Alcoholism Program.

FOCUS will attempt to provide all interested citizens of our state with important and timely articles by local authorities in all fields related to alcoholism. In addition, news articles from around the nation and the state will be particularly useful to everyone connected with local alcoholism programs.

A completely new service to FOCUS readers will be reprint summaries of important articles appearing in the QUARTERLY JOURNAL OF STUDIES ON ALCOHOL. This is made available to this state through our exclusive contract for the Treatment Digest Service of Yale University.

We are most anxious for the magazine to be a useful tool for people actively interested in this health problem. Let us know what you think. Your comments about our new publication will be a guide to our future editions. Also let your friends know that they, too, can receive this magazine by sending their names to FOCUS, State Health Department, Smith Tower, Seattle 4, Washington. Mrs. Nell Long, Information Supervisor of the State Alcoholism Program, is editor of FOCUS.

Nurses get in-service training at clinic

In-service training in the treatment of alcoholism was provided for four Seattle-King County Health Department nurses this summer at the Seattle Alcoholism Treatment Clinic.

Frances Parks, Fay Sweeney, Muriel McCall and Ruth Jusela, nurses representing four different districts, each spent one week at the Clinic, substituting for Mary Szczerba, the psychiatric nurse, who was attending the Yale Summer School of Alcohol Stud-

The nurses spent one morning at the Seattle Committee Information and Referral Center, to learn how patients are screened, saw day care patients at the Clinic, received instruction from Dr. Ruprecht, the medical director, and Mr. Connaughton, the senior psychiatric social worker, and attended an AA meeting.

An opportunity also was given to study the Clinic's case charts and read selected material in the reference library.

Local authors write for journals

Two articles on alcoholism by local authors were published in the June issue of nationally distributed journals.

The Quarterly Journal of Studies on Alcohol carries the story of the alcoholism training program at the University of Washington School of Medicine by Joan K. Jackson, Ph.D., Margaret Mykut, M.S.W., Roscoe C. Burr and Ronald J. Fagan.

The article describes the clinical clerkship in the Department of Public Health and Preventive Medicine which is a required course for all senior medical students.

The Quarterly Journal may be obtained by writing to the Laboratory of Applied Biodynamics, Yale University, 52 Hillhouse Ave., New Haven, Connecticut.

Richard J. Tatham, supervisor of the State Alcoholism Program, is the author of *The Alcoholic Parolee*, appearing in *Crime and Delinquency*, the journal of the National Council on Crime and Delinquency.

Mr. Tatham, a former pre-parole supervisor with the Washington State Division of Probation and Parole, discusses the importance of the parole officer's attitude toward alcoholism and emphasizes the necessity to learn about the dynamics of the disease.

Crime and Delinquency may be obtained from the National Council on Crime and Delinquency, 821 Market Street, San Francisco 3, California.

FOCUS

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A bi-monthly publication of the Alcoholism Program, Washington State Department of Health, 1327 Smith Tower, Seattle 4, Wash.

Albert D. Rosellini, Governor

Bernard Bucove, M.D., D.P.H.
Director of Health

Richard J. Tatham, Supervisor
Alcoholism Program
Nell Long, Editor

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FOCUS—October 1960



Workshop to feature Mrs. Marty Mann

Mrs. Marty Mann, Executive Director of the National Council on Alcoholism, will be the chief participant in a special workshop on community organization and action, to be sponsored by the Alcoholism Program.

The program, to be held from 10 a.m. until 3 p.m. on Friday, October 28, will be directed toward members of local committees on alcoholism and citizens interested in spearheading local alcoholism activities. Invitations to the program, which will be held in Room 1317 Smith Tower, may be obtained by writing to the State Health Department Alcoholism Program, Smith Tower, Seattle 4.

Mrs. Mann, a renowned author and lecturer, is a recovered alcoholic of long standing. Her opinions are highly respected by both professional and lay people.

While in Seattle, Mrs. Mann also will speak at the annual meeting of the Seattle Committee on Alcoholism and at a public meeting to be held at 8 p.m. on October 28 in Meany Hall, University of Washington.

Winifred Foster dies

Mrs. Winifred Foster, former secretary in the Alcoholism Program, died July 20 in Madigan General Hospital after a long illness. Mrs. Foster, who had been with the Program since it was transferred to the Department of Health, formerly was employed in the Business Management section.

Mrs. Berniece Phelps, formerly with Child Health Services, has taken over the position of secretary. Before coming to the Department of Health, Mrs. Phelps was with the State Department of Fisheries for three and one-half years.

• The National Council on Alcoholism has set April 5, 6 and 7, 1961 as the dates for its annual meeting to be held in Washington, D.C.

Governor praises AA -- urges cooperation for more services

Cooperation of all groups and individuals concerned with alcoholism is necessary to build up needed services for the treatment of alcoholics, Governor Albert D. Rosellini told Alcoholics Anonymous members in Seattle August 26. The Governor spoke to a capacity audience at the Seattle Inter-group open meeting in I.O.O.F. Hall.

"AA has a central role," Governor Rosellini said, "in the cooperative picture."

The Governor expressed his personal admiration for the AA program. He pointed out that the key to sobriety lies in close, personal, sympathetic understanding. This key is used, not only by AA, but by all other agencies that work effectively with alcoholics, he said.

Governor Rosellini pledged the State's continued effort to promote and maintain communication among the various agencies working with alcoholics. He cited the importance of local health departments as centers of development and coordination for services. He stressed the importance of the work of the Seattle Information and Referral Center and of the State Department of Health Alcoholism Program.

Dr. Wallace Lane, Chief, Division of Adult Health, State Department of Health, also spoke. He pointed out that, before badly-needed facilities materialize, the public will have to come to an understanding of alcoholism and the alcoholic.

He noted with pride the increasing activity of the public health nurse working with the families of alcoholics. He also expressed the hope that the State Department of Health will adopt a personnel policy, relative to the alcoholic employee, which will set an example for other agencies and industry.

Governor Rosellini also announced that the State Alcoholism Program has

been authorized to employ a recovered alcoholic to serve as field representative. One of the primary functions of this position will be to assist in the development of local programs through local health departments.

Recruiting will begin as soon as the State Personnel Board approves job qualifications and issues an announcement for a competitive examination. The three top candidates will then be referred to the State Alcoholism Program.

Inter-faith clergy conference planned

A three-session inter-faith clergy workshop on alcoholism is scheduled for January 17, 24 and 31 under the sponsorship of the Seattle Committee on Alcoholism and the State Alcoholism Program.

The opening session will be devoted to orientation and introduction to the problem of alcoholism, with speakers discussing the nature of the illness, symptoms and progression.

The second session will cover a historical review of church attitudes toward alcoholism and community resources available for its treatment.

The Rev. Dr. H. J. Clinebell, Jr., renowned authority on pastoral counseling, has been invited to lead the final session, which will be devoted to counseling and the use of community resources by the clergyman. Dr. Clinebell, Associate Professor in Pastoral Counseling at Southern California School of Theology, is the author of the book "Understanding and Counseling the Alcoholic through Religion and Psychology."

Happy 25th anniversary!

12,000 alcoholics - city still intact

Twelve thousand persons unable to drink alcohol without making a federal case of it convened in Long Beach, California over the July 4 weekend.

There were no fights, no arrests, no hotels torn up, no cars smashed.

Those running a circuit of Municipal Auditorium, the Lafayette and Wilton hotels, Veterans Memorial Stadium, etc., were men and women from throughout the world attending the 25th anniversary convention of Alcoholics Anonymous.

Bill W., of New York, the surviving co-founder of AA, and the headquarters staff of the society or fellowship met with other ex-drunks and their families from all over the planet.

There were three major meetings, multiple divisional sessions.

The gatherings were held at times beginning at 8 a.m. and winding up at 3:30 a.m. Sleep was scarce—coffee and yammering plentiful.

In nearly every one of his several appearances Bill urged his fellow salvaged sots to "Move to greatness in spirit and action."

He and others, notably Dr. Harry M. Tiebout and the Rev. Samuel M. Shoemaker, emphasized the need to steer clear of smugness, complacency and pride over the fact that AA embraces 250,000 of the 5,000,000 alcoholics in the United States.

Tiebout, of Greenwich, Connecticut, a non-alcoholic AA trustee, is a famed psychiatrist, or skull jockey as he styles himself. He is one of the earliest friends of AA.

Also a friend from the start is Father Shoemaker, formerly a priest in a tough part of New York and now rector of Calvary Episcopal Church, Pittsburgh, Pennsylvania.

Fr. Shoemaker appeared in the final session, the spiritual meeting, Sunday morning with Bill and a Catholic prelate, the Rt. Rev. Msgr. John J. Dougherty, president of Seton Hall University.

A high point was the Friday night meeting when Bill told his story of long and painful alcohol addiction followed

by a hospital session. He experienced a thunderous spiritual awakening and faith in God that led him to sobriety.

He told more of his story in the final Sunday session under a hot sun in the stadium. Bill said he by nature was a gambling type seeking excitement.

He gave credit to the late Dr. Bob Smith, of Akron, Ohio, the other founder, as a more levelheaded ex-booze battler, who injected prudence into the movement.

As was the 1955 convention in St. Louis, this mightiest of AA meetings to date was marked by the presence of Ebbie T. of Dallas, regarded as a vital link in the transmission of thought that led to AA's formation.

When Bill was still an active alcoholic Ebby, briefly sober, told him some of the ideas regarding honesty etc. of the old Oxford group.

Years after Bill and others became sober, Ebbie faltered in the throes of alcoholism.

He finally gladdened the hearts of AAs everywhere by recovering several years ago and joined the AA way of life: Staying sober one day at a time with the aid of God.

Among numerous famed non-alcoholics who spoke or headed meetings were the witty Archibald B. Roosevelt, of New York, non-alcoholic AA trustee, Clinton Duffy of the California Adult Authority, and Chief Justice John M. Murtagh of the New York City Court of Special Sessions.

Duffy, who as warden abolished the infamous dungeon in San Quentin

Prison, is the humanitarian who sparked formation of the first AA group within prison walls.

Today there are prison groups from coast to coast, a fact credited with keeping many inmates from becoming repeaters.

As in many preceding meetings the need for members to maintain silence about their AA membership at the public level (press, radio, etc.) was hammered by Bill and others. Said Bill:

"The alcoholic out of the sheer need to survive and become emotionally mature must decline any and all prestige or public honor for the work he does in Alcoholics Anonymous."

In his closing address, Bill urged the movement to try harder to spread the message of sobriety to alcoholics who still suffer.

He said 25,000,000 men and women in the world are still engulfed in alcoholism.

"And out of that we have fished one out of 100. We need better communication. Millions would come in if only we knew how ill they were and what we could do to cooperate with other agencies."

He added: "Alcoholics Anonymous has come to the age of responsibility, Dear Friends, its work has only begun. Let us perfect therefore our communications."

Bill and his non-alcoholic wife Lois were given repeated standing ovations by gatherings wary of sentimentalism and hero worship, but deeply moved by the sight and sound of leaders in what many students of human affairs regard as one of the most dynamic, profound movements away from materialism and toward a more spiritual life.

FRED W.

(Reprinted by permission from the Davis Enterprise, Davis, California)

Seattle alcoholism clinic in new home

The Seattle Alcoholism Treatment Clinic moved into larger quarters at 1110 Harvard Avenue on September 1. The clinic occupies a suite of offices on the second floor, with convenient access by elevator.

The enlarged quarters enable the staff to conduct its program of treatment, education and research under one roof. Formerly, orientation talks were held in a classroom at Seattle University. Group therapy sessions, held each Thursday evening, are more easily accommodated in the home-like atmosphere of the new reception room.

Another advantage of the new location is its proximity to major city transit lines.

With additional office space for staff members, the clinic now has room for an additional psychiatric social worker. This position has been approved by the State Health Department and recruitment is under way.

Dr. Nevitt Sanford to head commission

Appointment of Dr. Nevitt Sanford, professor of psychology at the University of California, Berkeley, as general and scientific director of the new *Co-operative Commission on the Study of Alcoholism* has been announced. The announcement came from H. David Archibald, executive director of Toronto Alcoholism Research Foundation, who as president of the North American Association of Alcoholism Programs has been serving as chairman of the interim commission.

Dr. Sanford, a native of Chatham, Virginia, at the age of 51 brings to this new post a wide-ranging experience in many areas of psychology. With degrees from the University of Richmond, Columbia and Harvard, he served as a research psychologist in the Harvard Growth Study of Children from 1935 to 1940, when he moved to the University of California as an assistant professor. He has been professor of psychology there since 1949, and over the years has been associ-

Governor appoints two new advisory committee members

Governor Albert D. Rosellini has announced the appointment of Miss Katharine A. Wolfe and Mr. Harrie O. Bohlke to the State Alcoholism Program Advisory Committee.

Miss Wolfe is assistant in health and physical education for the Seattle Public Schools. Her responsibilities include coordination of teacher committees which plan the health education curriculum for elementary grades, and for the required twelfth grade course. Units on alcohol are included for all grade levels. She also coordinates teacher committees which select books, pamphlets and films for health education courses.

An important aspect of her work is the encouragement of cooperation between schools and community agencies, including Alcoholics Anonymous, Public Health services and temperance groups.

Miss Wolfe says her interest in the problems of alcoholism is primarily from the educational point of view, recognizing that today's school children will be tomorrow's adults and that some are even now faced with very personal problems relating to alcoholism.

Miss Wolfe holds A.B. and M.A. degrees from the University of Nebraska and a B.Sc. from the University of Washington.

She represented the Seattle Public Schools at the first Pacific Coast Conference on Alcohol Studies presented at Reed College in Portland by the Yale University Laboratory of Applied

Physiology and Section on Alcohol Studies.

Mr. Bohlke is public relations director for Washington Brewers Institute, where his responsibilities include assisting the State Liquor Board and other agencies in the proper enforcement of the liquor laws. The Brewers Institute cooperates with all agencies which believe in handling liquor in moderation.

His interest in the problems of alcoholism was aroused when he was chief inspector for the Washington State Liquor Board, from its organization in 1934 until 1942. He attended the Yale Conference on Alcohol Studies at Reed College, and has spent much of his time since then in work with the State Legislature toward establishment of the present Alcoholism Program. His efforts in this direction took him to meetings all over the state.

Mr. Bohlke spent four years with the Seattle Chamber of Commerce in the Seattle and Washington, D.C. offices as a member of the industrial department. In 1946 he was appointed to former Mayor Devin's Seattle Industrial Commission. He joined the Washington Brewers Institute in 1949.

A 1926 graduate of Washington State University, Mr. Bohlke is a member of the Alumni Board and the Athletic Council. For the past ten years he has been a national director of Lambda Chi Alpha fraternity.

He is married and has a son, Captain Douglas Bohlke, an attorney with the Air Force, stationed in Guam.

ated with the Institute of Personality Assessment and Research, the Tavistock Institute in Human Relations (London, England), and the Berkeley Public Opinion Study. During the war he served on the United States OSS Assessment Program. Dr. Sanford is co-author of two books, *Physique, Personality, and Scholarship*, and *The Authoritarian Personality*, and author of numerous scientific papers.

The California professor expects to take over active direction of the comprehensive five-year alcoholism proj-

ect in July, 1961. In the meantime he will be concerned with locating the project headquarters in a suitable university and recruiting key members of his staff.

Financed by an unprecedented million-dollar grant from the National Institute of Mental Health of the United States Government, the new international commission will spend five years delving into every field of study relevant to the understanding and relief of alcoholism in the United States and Canada.

Alcoholism, a new challenge in nursing

(Continued on page one)

draw itself around the alcoholic to screen him and itself from the public. It may be only after long contact with the nurse that the alcoholic's wife will break down and discuss the problem.

When this happens, the nurse must recognize that the family as well as the alcoholic has a problem. Her own attitudes toward alcoholism and the alcoholic will be of utmost importance. Unless her approach is positive and hopeful, she may actually add to the family's plight.

One wife of an alcoholic gave the following responses which would have been helpful to her while she was living through her problem:

1. *Acceptance of the wife as a person with a special problem, worthy of being helped.*
2. *Treatment as an individual rather than as an adjunct to the treatment of the alcoholic family member.*
3. *Help in understanding that she could not be expected to control the compulsive behavior of her alcoholic husband.*
4. *Assurance that she was not to blame for his drinking behavior.*
5. *Support in her efforts to define and solve her problems, whether or not they are related to alcoholism.*

Unhelpful responses listed by this wife were:

1. *Disbelief or devaluation of her problem.*
2. *Advice on ways to control the alcoholic's drinking.*
3. *Advice to talk it out with the drinking husband.*
4. *Tips on ways in which she might modify her behavior to the alcoholic husband, implying that she is the cause of the problem.*

Just as the alcoholic is obsessed with alcohol, the alcoholic's family is obsessed with his drinking. They tend to relate all their problems to drinking, and the wife anxiously tries to determine if her relationship to her husband might be causing the alcoholism. Therefore, the unhelpful responses would tend to further undermine family morale.

The nurse can help the wife of the alcoholic to define her problem and can indicate resources available to help her work it out. In some communities, resources may include casework services; in others, an Alanon family group may be available to provide group therapy. An understanding physician or clergyman can also be a source of help. And don't overlook the use of pamphlets or books dealing with the subject.

Usually the nurse works with the non-alcoholic in the family to help solve health problems. However, there are times when she may be involved in directly helping the alcoholic to decide whether he has a drinking problem and in finding a treatment resource.

Referral of the alcoholic may be blocked by his denial that he can control his drinking or his reluctance to do anything about it. The practice of acquainting the homemaker with treatment resources for her family may prove ineffective in working with the alcoholic family. The wife, because of emotional involvement may be the least able to help the alcoholic obtain treatment. This is where the nurse, working directly with the patient, can be of great help.

Ann Collett in her paper, "The Alcoholic and You", gives these ground rules for public health nurses working with alcoholics:

1. *Accept him as an individual. Show an interest in him. Give him all the warmth you can.*
2. *Don't be afraid to talk about the subject. If discussed in a general way, not pointing the finger at him, such a conversation could cause him to do some thinking.*
3. *Don't expect immediate or any results.*
4. *In making a referral to a treatment agency or Alcoholics Anonymous, let him follow through. A slip of paper with a name, address and phone number will be used when he is ready.*
5. *Do not threaten unless you can carry it out.*

The nurse must remember that the

alcoholic patient may use varieties of manipulative or testing behavior toward her. She needs to understand this behavior and her own responses to it. If she helps too much, she may reinforce his sick childish side. If she rejects the patient because of his behavior, she reduces her chances of being able to help him. If she tries to push him into treatment, he will simply push back. If she invests too much emotional energy in the patient's recovery, she is due for a disappointment because this patient may have many relapses before he conquers his problem.

Additional "don'ts" for working with the alcoholic patient, as given by Miss Collett:

1. *Don't shame him into sobriety. It won't work.*
2. *Don't pour liquor out. This just angers him.*
3. *Don't shoulder his responsibilities for him.*

In supporting treatment, the public health nurse does not deviate from her usual role. She gives periodic information concerning the patient and his family to the treatment resource, family physician or agency. She assesses progress of medication. She gives supervision in related health problems such as nutrition. She gives the family information about the technical aspect of the treatment and answers any question they may have. She supports the family through the course of treatment with its relapses and changes in patient's behavior.

In addition to working with families the nurse should keep an eye open for concentrations of alcoholism. Does she know of ten families with a problem of alcoholism in Blank Housing Project? Does she know of twenty teenagers from these families who attend Blank High School? It is important that her health officer and school administrator know about these. In this way eventually, community and school facilities may be provided to care for the problem; i.e., a chapter of Alateen

(Continued on page seven)

Community activities

SEATTLE—After several unsuccessful attempts to get local support for their Information and Referral Center, the Seattle Committee on Alcoholism received confirmation from the Community Chest that they will receive about \$8,000 per year through that organization . . . A meeting was held recently with selected social agencies to discuss current problems in providing care for the indigent and low income alcoholics. A medical sub-committee was appointed to review the problem and recommend further action . . . Mrs. Marty Mann, executive director of the National Council on Alcoholism, will be guest speaker at the Seattle Committee's annual report meeting October 27 . . . Richard Silver, executive secretary of the Seattle Committee, attended the Yale Summer School of Alcohol Studies . . . H. H. Hill, member of the executive board, attended the International Congress on Alcoholism in Stockholm, Sweden.

* * *

TACOMA—Following considerable study of the alcoholism problem in Tacoma, the Tacoma Committee on Alcoholism sponsored a series of public information meetings to interpret their findings and to determine public attitude about the need for a local treatment program. Later, the committee, through its sponsor, the Tacoma-Pierce County Association for Mental Health, went on record sup-

Alcoholism nursing

(Continued from page six)

another social worker in the guidance clinic, or school guidance facilities.

Preparation for work with families with an alcoholism problem is most helpful in a family health service. As the public health nurse contacts these families and gives them supportive and educational attention which will help them solve not just their alcoholism problem, but also the nutritional, dental and other health problems of family members, it becomes evident to the family and community that this service is extremely desirable.

FOCUS—October 1960

porting a proposal that an out-patient treatment program be started in the Tacoma-Pierce County Health Department.

* * *

VANCOUVER—As the result of an extensive local survey, the Vancouver Committee on Alcoholism submitted a proposal for the addition of alcoholism treatment services to the Clark County Guidance Center. The proposal was accepted by the State Health Department and funds are being provided to underwrite the expenses of the pilot project.

* * *

WENATCHEE—The Wenatchee Committee recently urged its members to WRITE TO THEIR LEGISLATORS in support of the State Alcoholism Program. They also reported their interest in seeing State Patrolmen and other law enforcement officers presented with workshops on alcoholism. Plans are being made to observe Alcoholism Information Week November 28-December 2.

Staff members go to summer school

Two members of the State Alcoholism Program central office staff attended summer sessions on alcoholism. Richard J. Tatham, supervisor, attended the fifth annual Alcoholism and Community Action training course at Columbia University, co-sponsored by the National Council on Alcoholism. Mr. Tatham served as a panelist during a discussion of state programs.

Mrs. Nell Long, information supervisor, was enrolled in the two-week Seminar on Alcoholism at Seattle University, then spent two weeks at the first annual Conference on Alcoholism at Los Angeles State College.

• Alcoholics Anonymous led all sources of referral to the Seattle Alcoholism Treatment Clinic during the fiscal year concluded July 1. Twenty-seven of the Clinic's 159 patients were referred by A.A.

General hospital can treat alcoholics

Alcoholics can be treated successfully in a general hospital without segregation, without restraint and with no more trouble than any other acutely ill patients, according to the report of a 14-month study at Mt. Zion Hospital, San Francisco. The study included all groups of alcoholics from the homeless to wealthy executives.

The report stated in part, that:—"Alcoholics as a group were, in our experience, easier to handle than many other seriously ill diagnostic groups."

It was noted that many alcoholics were periodic drinkers, and that the drinking episodes or "binges" ran their course unless there was intervention or interruption.

"A binge may last several days or weeks and a great deal of damage can be wrought, in even a few days, to the patient's physical and psychological condition, to his home life and to his means of livelihood.

"Access to the general hospital may mean an interruption of the cycle at an early stage. The patient can be admitted, sedated and watched carefully, and his physical resources can be built up again"

Tranquilizing drugs developed in recent years, and chemical "fences" have made sedation of the alcoholic patient simpler and more effective and helped to simplify and facilitate nursing and medical care during detoxification treatment and withdrawal symptoms.

"On the other hand", the report stated, "our increased understanding of the psychological aspects of illness has prompted us to treat alcoholics in a routine, non-punitive atmosphere with understanding and an absence of discrimination. The alcoholic has responded to both drugs and the atmosphere, and has become manageable."

The report, published by the American Hospital Association, is the work of Mt. Zion Director Mark Berke; Dr. Jack D. Gordon, assistant chief of medicine; Dr. Ralph I. Levy, assistant in psychiatry; and Charles B. Perrow, research associate in sociology.

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Two new alcoholism films in library

Two new films on alcoholism are available in the State Health Department film library. Health Department films may be reserved by writing to: Film Library, State Department of Health, Smith Tower, Seattle 4.

The first film, *Profile of an Alcoholic*, is based on a study of 554 male alcoholics. It tells the story of Mr. X, who began social drinking at the age of 18. It traces his progression through 18.2 years of drinking and ends when he finally admits that he is powerless over alcohol and leaves his home to enter a hospital for treatment.

Mr. X is shown at home, at work, and in other normal situations. The devastating effect of alcoholism is graphically portrayed.

High school seniors, college students and adult groups seeking more information about alcoholism and its progression would find this film helpful.

(16 mm, black and white, 37 minutes)

* * *

New Road Ahead is part two of *Profile of an Alcoholic* and should be shown in conjunction with it. *New Road Ahead* takes Mr. X through the steps to recovery, beginning with his detoxification in the hospital and continuing through his return to home and business, his "slips" and re-treatment.

At the conclusion, he has learned that he is an alcoholic and not a social drinker, and as a recovered alcoholic has taken his place as a respected member of his family and of the community.

(16 mm, black and white, 34 minutes)

Articles of general interest are invited from local committees, groups or individuals concerned with alcoholism. Mail contributions to: Department of Health, Alcoholism Program, Smith Tower, Seattle 4. Anyone wishing to be placed on the mailing list should write to the same address.

Tacoma clinic seeks two psychiatric social workers for staff

Because of their new alcoholism treatment program, the Tacoma-Pierce County Health Department needs two qualified psychiatric social workers who would be interested in working with alcoholics

Those interested should contact C. R. Faragher, M.D., Director of Health, Tacoma-Pierce County Health Department, 930 South Tacoma Avenue, Tacoma 5.

British Columbia has traveling clinic

A regional traveling clinic for alcoholics commenced operation in British Columbia in July.

The service will bring to one section of the province direct and immediate benefits of the Alcoholism Foundation of British Columbia's experience in the treatment of alcoholism, gained over the past five years through its outpatient and residence treatment programs in Vancouver.

The one-day once-a-month service is designed to provide counseling and treatment to any person in the area with an alcoholic problem and a desire to do something about it. It will provide counseling and guidance to the wife, husband or family of a problem drinker. The clinic will offer consultation to assist doctors, public health nurses, social workers, court and corrections staffs, etc.

Few hospitals use hypnosis, study shows

Only seven out of 168 hospitals in the United States queried by the State Health Department Alcoholism Program indicated that they make use of hypnosis in an effort to establish an aversion to alcohol.

The survey was conducted by the Alcoholism Program staff to determine if hypnosis would be a useful means of therapy in conjunction with individual and group psychotherapy at the Seattle Alcoholism Treatment Clinic.

One hospital reported extensive use of hypnosis for reinforcing abstinence from alcohol, but no attempt to create an aversion. This hospital also teaches the alcoholic self-hypnosis, having him give himself the suggestion not to drink, or to call for help if he feels that he needs to drink. No evaluation has been made of self-hypnosis, although the hospital is enthusiastic about its use as an adjunct to therapy.

Another hospital, where patients were given posthypnotic suggestion for procedures to follow at the moment they felt the need for a drink, reported success among middle class patients. It was found that upper or lower class alcoholics were too suspicious to be good subjects.

At present there are no plans to include hypnosis as a part of the Seattle Clinic program.

• Of the adults in the U.S. who drink, one in 13 is an Alcoholic. The Health, Education and Welfare Department recently stated that this disease is claiming 200,000 new victims every year in the U.S. alone.

FOCUS

1327 Smith Tower
Seattle, Washington

APPLICATION FOR SECOND CLASS
PRIVILEGE PENDING AT SEATTLE

Hon. Albert D. Rosellini
Office of the Governor
Legislative Building
Olympia, Washington