

**SHADEL HOSPITAL STAFF**

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James W. Smith, M.D., *Chief of Staff*

**MEDICAL STAFF**

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Frederick Lemere, M.D.

*Associate Medical Directors*

John F. Shefveland, M.D.

William A. Young, M.D.

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*Assistant Director*

Mrs. Dorothy Domeyer

**COUNSELING STAFF**

Richard E. O'Hearn, *Manager*

Herbert R. Chambers

Mrs. Marjorie Furtwangler

Charles C. Johnson

Leslie B. Nelson

Alton G. Smith

**CONSULTING DIETITIANS**

Mrs. Pat Henderson

Mrs. Nancy Cook

**CLINICAL RESEARCH DEPARTMENT**

Robert F. Chapman, Ph.D., *Research Coordinator*

Daniel W. Burt, M.S., *Research Associate*

Upward bound! — for a new health — for a new life!



*When alcohol causes problems . . .*

**Schick's**  
*Shadel*  
**Hospital**



*for better health, for a new life*

ADEL HOSPITAL's rambling suburban beauty greets the arrival at the 50 bed, specialized treatment center. A "YES" answer to that difficult first decision to seek expert help has brought patients with drinking problems from every state in the nation and nine foreign countries.



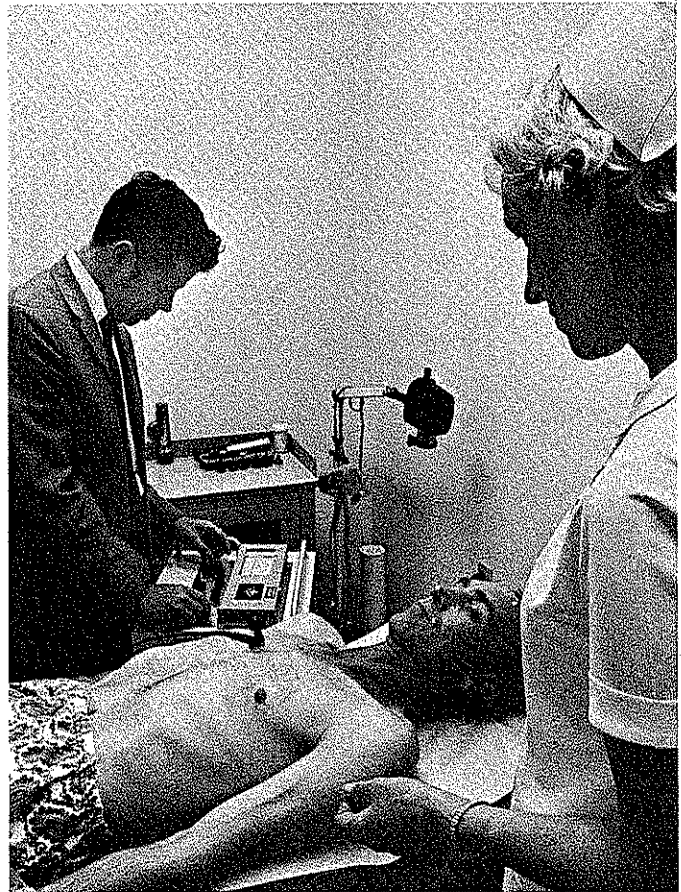
SHADEL HOSPITAL was founded in 1935 for the specific purpose of helping those suffering from the disease of alcoholism to regain their lost health and a normal life. It is located in the suburban community of Burien just south of Seattle.

Both Hospital and Medical Staff have a proud heritage. The basic treatment series is based upon conditioned aversion therapy, in conjunction with sodium pentothal therapy, methods now widely accepted but which Shadel physicians pioneered more than three decades ago.

Experience with over 17,000 patients has proven the success and safety of this therapy when used under proper medical supervision. (Shadel therapy should not be confused with other techniques using medication that may cause serious reactions if the patient should later take alcohol, even inadvertently.)

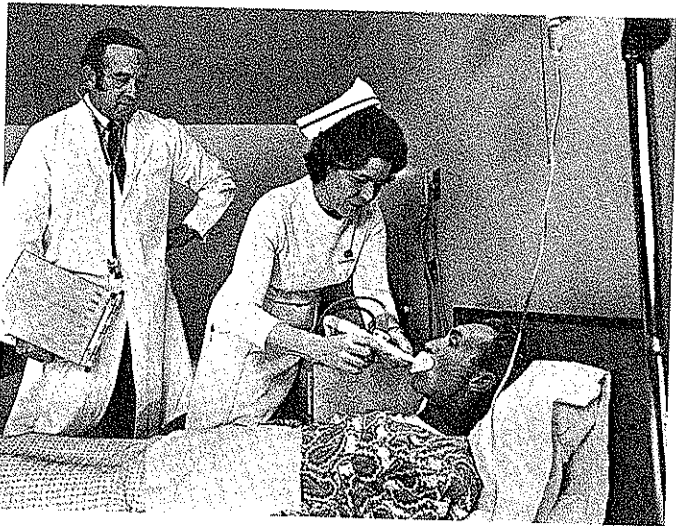
The Medical Staff has made many contributions to basic research and improved treatment techniques in alcoholism. This tradition continues with an ongoing program of projects in neurophysiology and psychophysiology conducted by both staff research specialists and Medical Staff members. They also work with and support public and university scientific projects in alcoholism.

Complete medical examination upon the patient's admission is an important first step in the detailed evaluation the Medical Staff must make of each individual's condition. The patient's entire medical profile including problems not alcohol related must be considered before treatment is prescribed.



Sodium pentothal therapy, used along with aversion therapy, was pioneered by the SHADEL STAFF. Conditioned aversion treatments remove the desire for alcohol. While sodium pentothal is especially effective in relieving nervous tension and helps in diagnosis of emotional problems if any.

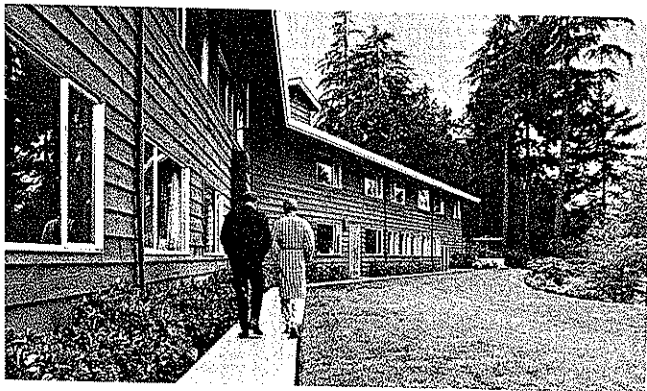




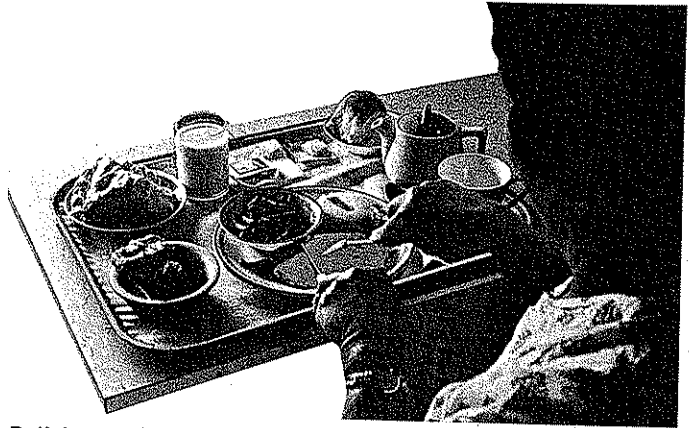
Acute medical services and intensive care often must be provided the seriously ill patient who may be suffering from other medical problems in addition to alcoholism. In every case an effort is made to contact the patient's personal doctor.



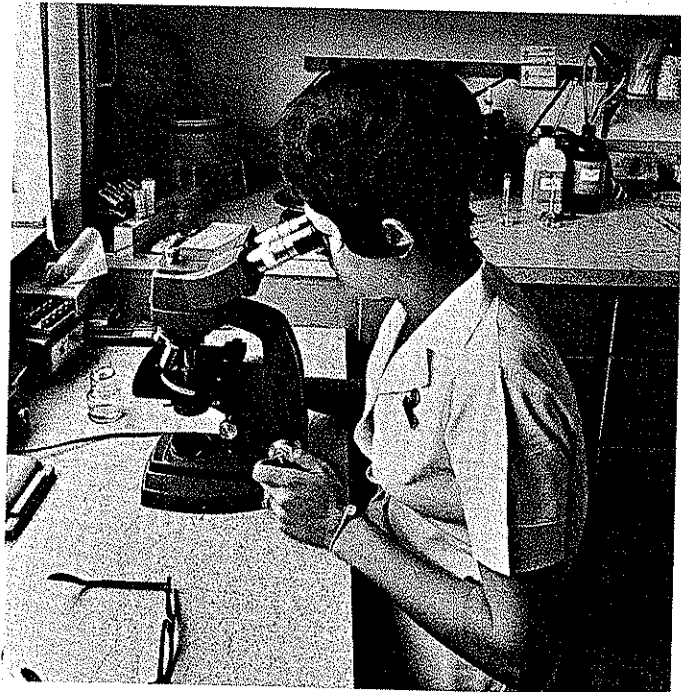
Crucial to complete rehabilitation is the large counseling staff. Their depth of understanding and years of experience working with every aspect of patient problems is illustrated by this counseling workshop. More detailed information about medical procedures will be sent you or your doctor on request.



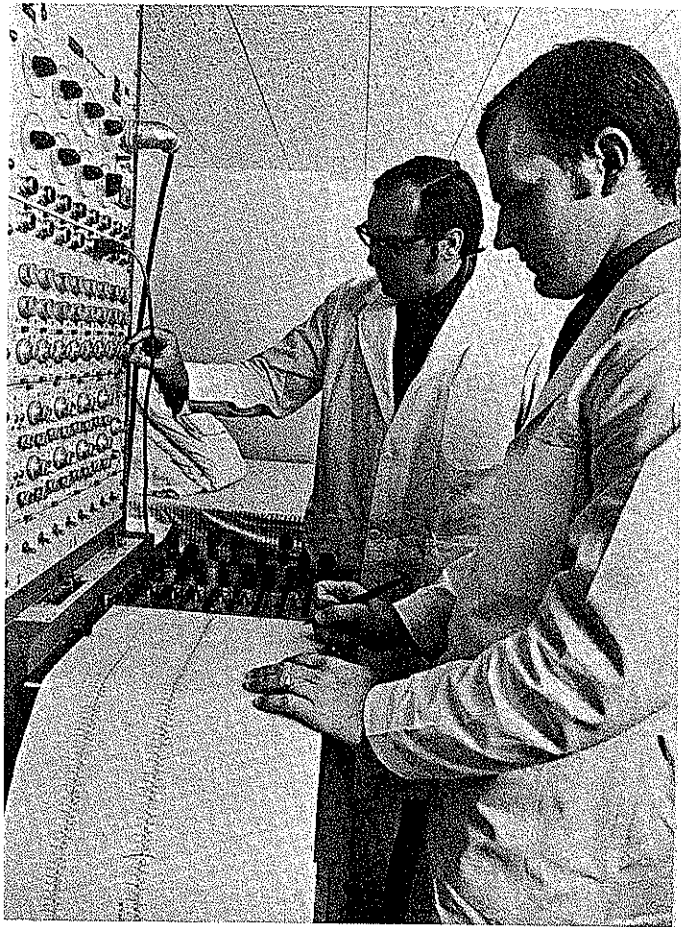
A relaxing stroll outside helps provide the rest needed for recovery and rehabilitation. The 50 bed treatment center nestles in a spacious, suburban setting in a beautiful wooded area. There are comfortable recreation lounges inside for both men and women. The usual hospital stay is ten days.



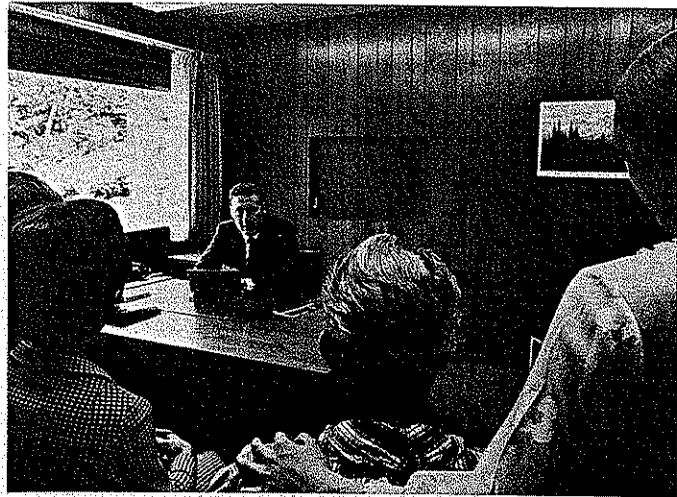
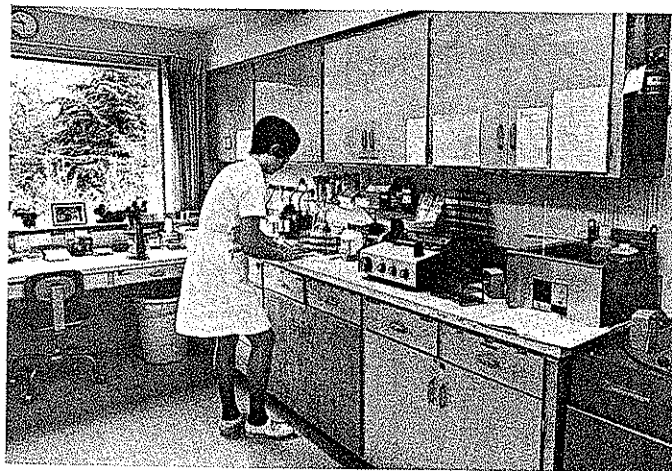
Delicious wholesome food from SHADEL's kitchen brings pleasures and better health to each day. Two consulting dieticians direct the preparation of special diets as needed.



The hospital maintains complete medical laboratory facilities necessary to support diagnostic testing and treatment procedures. Following treatment, the Medical Staff forwards a medical and laboratory report to the patient's doctor.



Ongoing research projects in neurophysiology and psychophysiology continue a 35-year tradition at SHADEL HOSPITAL. The staff pioneered in conditioned aversion therapy and sodium pentothal interview techniques. SHADEL also works with researchers in alcoholism from universities and other agencies. The staff has published many research papers.



Helpful step in total rehabilitation of the patient is counseling of the patient's family by the attending physician. Those closest to the patient must learn his special needs along the recovery road, in preparation for the return trip home.

#### WHAT EVERYONE SHOULD KNOW ABOUT ALCOHOLISM

Thanks to public education, many are now aware that:

- Alcoholism is a disease.
- Some 9,000,000 persons are enslaved by it, doomed to early death or mental illnesses at enormous cost in suffering, tragedy, and dollars in lost health and wasted ability — unless the disease is arrested.
- Advances in safe techniques now offer to thousands a high degree of successful medical treatment.
- Mental illness or psychiatric problems do not cause alcoholism, and play a part in only a small fraction of cases. Inherited physiological differences cause some peoples (Indians, Eskimos, Irish, Scotch, Northern French, Scandinavians, etc.) to be more susceptible than others to alcoholism.
- The best hope of success is to recognize the disease in its early stages and seek competent, professional help from a medical facility specializing in its treatment.



Write to: Director James W. Smith, M.D.

**SCHICK'S SHADEL HOSPITAL**  
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Phone: (206) 244-8100

- Accredited by Joint Commission on Accreditation of Hospitals.
- Member of the American Hospital Association.
- Approved by Major Insurance Plans.