

Work Shop on Alcoholism Vancouver Wash.
"Quay Motel"
October 29th & 30th 1971

8:00 - 8:30: Roll Call

8:30 - 11:30: A.I.R.C. Staff - Recovery House Staff - Treatment Centers

John Saltman: SWARP - chaired meeting... He spoke of different kinds of centers in Florida. Some are "all family centers" - \$380.00 per week, some \$300.00 per week. Johns' feeling was that we need to include the family in treatment.

We need to have follow ups on the client, a quickie treatment does not usually work.

Merril Scott: Sun Down M. - 21 day treatment - \$350.00. Sun Down M. Ranch with help from Jim Oldham; they call the ranch 80 acres of sobriety. The staff are mostly former alcoholics. Group therapy used and Alcoholics Anonymous used. They claim 1200 clients. Credit was given to the A.I.R.C. and staff for their success. Men learn to know themselves, self understanding is important.

Bob Bach: Counselor, stresses the fact, they all like each other. Counselors all agree with each other, still they all counsel somewhat differently. They do better with smaller classes for therapy. He says the alcoholic is a little boy and he must learn to relive. Clients do want to get well. They are strong on A.A., they must learn to swim or they will sink. Self examination, self courage, must learn to trust people and themselves. He makes the choice, but must learn to follow thru and build self respect.

Eve McClellan: Womens Studio Club. Have been operating 24 years. Now have moved and have both men and women. It is a 21 day treatment for 50.00 per week. Each one does own thing using dignity to find their own needs; seeing self as having a bad problem, not that they are a bad person. We need help for the higher stable person who can't afford money and still can't get welfare help; they are not on Skid Row. Getting some help and understanding from Public Assistance. Washington State is far ahead of other states. They have practiced T.L.C. (Tender Loving Care).

Mel Ashwater: Supervisor: The honor of A.A., V.A., and B.S. Get intimate with client and see that they level with us and that we level with them. Spark motivation in client. One client had taken 13 different treatments, no luck, but now has been sober 2 years. Use A.A. and Al-Anon and Al-Ateen; involve the total family in Counseling. Alter self image, treat client as a person, not just another drunk. In some meeting they have a Bitch & Gripe session. They bring in good speakers for the residents. Learn to revive self, get their self respect back and know and understand what therapy really is.

Workshop on Alcoholism
(Workshop held at the Quay Motel,
Vancouver, WA on October 29-30, 1971)

Dr. Howard: American Lake: Hoping for an 8 week treatment instead of 12 week. "We care even if we don't like the client. We demand respect and we must earn it." They are limited on medical services. If the man is ill, not interested in really getting well - The A.I.R.C. either didn't know true picture or they lied. A mans treatment costs the Government \$3200.00 a year. It is important to have a follow up. They get some clients to late.

Children take advantage of the alcoholic and sometimes wishes the parent not to get well as they have learned to take advantage of him financially and other ways. (I have a hunch Dr. Howard meant our office pulled the boo boo. Could be, but we were never told whether John P. arrived there or not). Treatments places have not fully cooperated with A.I.R.C. Poor communication is fault of all of us.

John Saltman: SWARF: Operating 2 $\frac{1}{2}$ years now on a 21 day treatment - \$420.00 - Claim 550 patients. They have individual counseling group therapy - A.A. family counseling psychological testing, assistance in job finding and alcohol education. A 2 year follow-up program for graduates is provided. Detoxication available in a general hospital under supervision of SWARF for additional fee. Joe Patterson: A.I.R.C. sends client to treatment; says both organizations fall down on communication. Dick Silvers A.I.R.C.: Follow up is not good as communication is lax. The family needs special counseling. Should go to Industry and Insurance Co. for money - need to change legislation.

11:30 - 1:00: Luncheon

1:30 - 2:30: Ed Kenealy, Supervisor: Bob McCann, Finance: John Bushnell, State Auditor.

Ed must show what he does with money. If fraud, must go before Pros. Attorney office. The Auditor is responsible to people of the state. Standards are set and Ed must abide by them. In order to get more money we must show new services and why extra money is needed.

The alcoholism section will be moving and will be in same building with Mental Health. Mental Health should understand us, we should understand them. Our offices here do not combine but should cooperate better with each other.

3:00 - 4:00: Hal Mischke: Information System: Other states are not as far advanced as we are in Washington. The A.I.R.C. should do more follow ups. Full information on client. Who? Why? What? Look in to all these; what has he done before, what is he willing to do? A complete form should be filled out and sent along with the client. The Treatment Center should then inform A.I.R.C

Ed Kenealy spoke of Bob Harrington who is transferring to Alaska and how much he will be missed, he will be hard to replace. The Alcoholism section has a new Secretary, Miss Elliott. *Jean*

Do we need Federal money? If so we must prove that we do. We must be convincing. Which way are we going to get the Federal money? Local -

State - Federal money-we get in this order.

How much research do we need to have the colleges do? How can they help us? Be ready with this at our next workshop in January.

Bob McGann: Contacted Telephone Co. over and over and now feels sure we will have a scan line for each A.I.R.C. and Treatment Centers. Then we should use scan line and benefit by this service.

Norm Chamberlain: Director of Pioneer House. He is concerned over Half-Way and Recovery Houses being closed down because of restricted areas. One Home in Seattle for Women closed because neighbors objection. They say "Sure we need the Home, but not next to me."

High standards must be set and met. Have people appointed to look in to L.E.A. Grant. Make standards high, but do not over do. A resolution made and passed in the Treatment Center Meeting (going on while A.I.R.C. meetings in progress). Setting up a committee called *Ad-Hoc*

4:00 - 5:00: Sober thoughts for Tax-Exempt Organizations. John Boggs and Gene Salvee. Pamphlets given us that should be studied if we are interested. Dismissed.

Washington State Dept. of Social and Health
Vancouver Wash. - Quay Motel

Washington State Council
October - 30 - 1971

8:00 P.M. - 29th: Meeting of standing committees - Legislation - George Kase and Nick Hughes. Finance - James Smith M.D. Nomination Lenore Lambert Public Relations - Walt Huffine.

8:30 - 9:00 A.M. Registration - 10.00(includes Luncheon)

9:00 A.M. President: Alice Ralls (Lawyer)
Welcome - Host Council - Wes Rainey, President. City of Vancouver:
Mayor Stromgren. History of Council: Jim Oldham.

Alice's Birthday: She said a trick was pulled on her parents when she was born, she really wasn't a treat. (She is great) She met with Senator Magnison and Senator Harold Hughes. She is a friend of Magnison and had not met Senator Hughes before.

Mayor Stromgren: Says you can accomplish anything if you make an effort.
Question: How can you carry water in a sieve? Answer: Freeze it.

Jim Oldham: In 1954 talk of forming on Alcoholism Council. 1959 first operation, functioning in June 1965. They had need of Local interest information and lobbyist. The council in state ask Health Dept. for approval of a draft in 1966.

In 1969 Ed Kenealy took over Alcoholism Section at W.S.H.D. Olympia. The State was divided into regions. May 1969 - Port Angeles formed a Committee on Constitutions. A number of Countys still do not have Centers or delegates. Nick Hughes office did some revising. 1965 the Focus put out information on State Council Local Boards and State Boards were told to put out publicity; working some with State Health Dept. The Washington State Council will provide what is good for schools, such as Films, literature and educational materials.

Suggested to involve your young people. Yakima has a teen - age girl volunteering in their A.I.R. Center that is doing much in educating other teenagers. It is suggested we try this system is possible.

12:00 Noon: Luncheon: Followed by Dr. Moore Jr. Ex. Director of National Council on Alcoholism and Dr. Spear and Don Horvitz assistant attorney general for Washington State Dept. of Health and Social Services.

We must work together with Mental Health and Drug Abuse. Alcoholism Section is afraid of loosing their identity, but Dr. Spear says that we won't. The staff of each at Olympia is combining to keep cost and repetition down and to save money. Hospitals, institutions need more education and better programs.

Gena from Pasco ask, "After we have tried over and over to help someone should we then say, 'no more help'?" No do not refuse, try to push and if there is no other way, it just might work but it might not.

Asked if our office and Mental Health Office should combine here and Dr. Spear said no that you will stay seperate. He suggested the cost of the workshop was so high and that people could not afford this. Our cost here alone was \$90.95, plus what the Alcoholism Section paid for Dwight Bond for 1 day. Dwights luncheon ticket of \$10.00 was included in our centus \$90.95.

Eve from Studio Club said Alcoholism is being left out of the program entirely and she wrote a resolution to have this amended.

Awards given to Dr. Spieholz (not present) for his help over the years. A bill introduced in 1965 to treble the intake of money for Alcoholism. Bill drafted and was given to Alice Ralls to present to Ray. Dr. Moore suggested a book, "Guide on how to handle the Alcoholic." Judge Truax could be contacted. Silent treatment is worse than no treatment. Alcohol is a drug, it is an addiction and it is the largest one.

Social acceptance of drinking creates more problems for the Alcoholic. Alcoholism needs more attention. We are in a new era fighting the problems for the Alcoholic problems and we have progressed. N.C.A. has been in 27 years and financial problems not solved.

Alcoholism is a Community problem and the N.C.A. is needed to guide us. All of us in the Community should become involved. (Law, Clergy, Business, and all people). Private funding, volunteer citizens, involvement is a must. Better understanding is also necessary.

Norm Chamberlain : says 4 regions involved in the new Program. Ask to have this resolution passed, it was. Rules were suspended & Alice Ralla will serve a 3 year term instead of the 2 years.

If we join Wash State Council . Cost is 50.00. We paid in 1970 - but for lack of money did not pay in 1971.

The A.I.R.C. - State Membership is \$ 25.00. We did not pay this, lack of funds.

Submitted by Blanche Stafford : Director.
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