

The Newsletter



of
GATEWAYS HOSPITAL
and MENTAL HEALTH CENTER

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ADOLESCENT RESIDENTIAL CARE PROGRAM

Adolescents between the ages of fourteen and eighteen who are in need of mental health services and special education, but are unable to remain with their families, will be eligible for placement in Gateways' new Adolescent Residential Care Program. Referrals may come from parents, physicians, therapists, and placement agencies. Surrogate parents, assisted by Gateways' staff, will provide a psychiatrically-oriented group living experience in three cottages adjacent to Gateways' grounds. They will attend classes run by the Los Angeles County Schools in a recently constructed schoolhouse on Gateways' grounds which has been scheduled for dedication on April 2.

This twenty-four-hour, seven-days-a-week program will be under the direction of Yale Gancherov, M.S.W. Solon Samuels, M.D., is the psychiatric consultant. The services of Gateways Hospital and Mental Health Center will be available to the adolescents as needed. They will be encouraged to visit their parents on weekends and holidays when home visits are clinically indicated. Parents and other family members will be included in counseling when appropriate.

Mr. Gancherov is a member of the Board of Directors of Los Angeles Hillel Council and formerly was a member of the Board of Directors of Valley Cities Jewish Community Center. He has also been the District Director of the San Fernando Valley District of Jewish Family Services of Los Angeles.



L to R: Dr. Schwartz, Mrs. Gales, and Mr. Diener check the progress of the nearly completed schoolhouse.

A FEW WORDS FROM THE EXECUTIVE DIRECTOR . . .

After forty years of leadership, I am stepping aside at the end of this year. Through these four decades I have kept our agency true to its original course of serving the mentally ill and the criminal offender. We have grown in both the character and physical nature of our agency, but the care of the mentally ill and the social offender remains the thrust of our program.

We started life in 1921 as a sectarian welfare agency operating a prisoner's aid program and a personalized social service to patients in state hospitals. In 1953 we created our first landmark when we built a psychiatric hospital and rehabilitation center in



Louis Ziskind, Executive Director

metropolitan Los Angeles. We shifted our base of operations from institutions located throughout the state to this community centered hospital.

Up to this time we worked solely in other people's institutions subject to their controls and regulations. The move to our own hospital gave great stability to our programs and a solid base upon which to build future growth and quality of care. It provided tremendous flexibility and latitude to create and develop innovations in treatment.

For instance, it permitted us to combine the skills, tools, and talents of all the behavioral sciences such as psychiatry, psychology, law, social sciences and criminology. This flexibility made us ideally suited to experiment with new methods and modifications of the traditional methods of care, with new forms of administration and delivery systems of care.

We retained our roots in the general community, our reliance on and dedication to the volunteer and the consumer. We remained a people to people movement in that our control

and support was rooted in the private, voluntary sector of our community.

However, we have in the last fifteen years made very sharp moves away from sole reliance on the private sector. We have moved into the area of contracting with the public sector to serve their clients and needs. As the government moves toward National Health Insurance, we are becoming more and more involved and dominated by its control. Our financial involvement with them grows daily. Since 1953 it has grown from less than 1% to approximately 70% today. There is a possibility that health care in the United States will, in the foreseeable future, be completely dominated by governmental controls.

Government will have to make special and conscious efforts to forestall this if private agencies are to survive. Up to now we have managed to keep our roots protected and vital, to retain our autonomy, and our base of support in the private sector of the community at large.

The struggle for the future is summed up in our ability to retain our autonomy. Should government policies drastically change, and should the government withdraw its financial support from the private, voluntary sector we would still survive. As long as we retain our sectarian roots, we shall have definite survival value.

I leave at a time when this drama is unfolding. I am confident that we have led Gateways up a road of devotion to service and increased effectiveness, made possible by the amalgamation of private initiative and public support.



Gateways' new schoolhouse was carefully constructed with the highest standards of quality control.

GATEWAYS INTERIORS REFLECT THE PSYCHOLOGY OF INTERIOR DECORATION

What do you get when a professional social worker becomes an interior decorator? A hospital that is decorated with the needs of the patients in mind.

The comfortable and eye-catching interiors of Gateways Hospital are the creation of Jessica L. Gales, who was also asked by Louis Ziskind, Executive Director, to decorate the original hospital in 1954. He felt that she was eminently qualified to create an environment for Gateways' patients because she knew their needs so well; prior to becoming a professional interior decorator, Mrs. Gales was a licensed social worker with Los Angeles County and with the State of California and a qualified member of the American Association of Social Work. She also was the Assistant to the Administrator of the original Gateways Hospital for about seven years.

Trained at Pepperdine University by Mrs. Mildred Chase, noted consultant in hospital interior design, Mrs. Gales has consistently selected materials and colors that are durable and stimulating to the patients and staff. All the materials involved in the interior decor of the hospital, including paintings, must conform to hospital laws. In addition, Mrs. Gales works closely with Nora Patterson, Gateways' Head of Housekeeping, to insure that materials used can be fire-proofed and maintained according to the highest standards of cleanliness. All elements in Gateways' interior decor are constructed of non-flammable stock or have been fire-proofed. For example, oil paintings, which are non-flammable, are used rather than posters, which are highly flammable. The care and cleaning procedures for new items must be approved by the County Health Department.

Mrs. Gales has an astonishing ability to create a serene atmosphere with a minimum budget. Many items have been donated to her cause. Most of the lamps were donated; many of the paintings were donated, including five paintings by an ex-patient that are now hanging in Gateways' recreation room. In spite of preventive measures, wear-and-tear and theft have taken their toll, so Mrs. Gales is constantly searching for needed items for Gateways.

Andrea Rogers, Gateways' Director of Recreational Therapy, comments, "Gateways' indoor-outdoor design and soothing atmosphere stimulates interest in leisure-time activities, which provide an outlet for patients' emotions and teaches them to structure their time. The outside space is coordinated therapeutically with the indoor space."

Mrs. Gales resides with her husband, Arthur, in the Hollywood area. Now retired, Mr. Gales volunteers his time at Gateways, where he is a cashier. A Life Member of Los Angeles Chapter of Gateways Associates, Jessica Gales is a vital volunteer at Gate-

ways, for she has helped to make Gateways literally what you see today. Mrs. Gales' vitality and numerous interests have kept her active and constantly involving herself in new areas.



L to R: Mrs. Jessica Gales, Gateways' interior director (center), reviews her selection of materials used in the adolescent residential cottages with Mrs. Nora Patterson, Head of Housekeeping; Michael Diener, Administrator; and Arnold Schwartz, M.D., Medical Director.

SPOTLIGHT ON THE AUXILIARIES

More than thirty years ago, Mrs. Gussie Selden drove a friend out to Pacific State Hospital to visit a patient. While she was waiting, Mrs. Selden encountered volunteers from Personal Service Associates of Jewish Committee for Personal Service, the forerunner of the Los Angeles Chapter of Gateways' Associates. From this beginning, Mrs. Selden has continued her active involvement with Gateways and has left her mark in many areas. Among her contributions are: She founded the beauty shop at Gateways Hospital; she founded the former Valley Chapter of Gateways' Associates; she started the first Ad Journal Calendar, and the first Aides' Annual Ball; she hosted a contest for the name of the new hospital that evolved from JCPs, and it was in her home that the name Gateways Hospital, submitted by Charlotte Rosen, was chosen.

In 1961, Governor Pat Brown presented Mrs. Selden with an award from the State of California for her work in the field of mental health. According to Mrs. Selden, "Gateways was originally a stepping stone for patients from state hospitals to the community. Now Gateways is a stepping stone, so that patients do not have to go to state hospitals. It is very gratifying to see people out on the streets and know they are there because of Gateways." Today she continues her involvement as a Life Member of the Los Angeles Chapter, a Charter Member of Aides, and an Honorary Member of Gateways' Board of Directors.

Another indication of Mrs. Selden's commitment to Gateways is her involving her two sisters, Mrs. Fanny Chavin and Mrs. Ida Malin, in Gateways' Associates. Both are Charter Members of Aides, and both have been Aides' presidents. Mrs. Chavin currently takes care of the books for Aides' travel service.

Currently, the Aides are planning their Annual Spring Luncheon, scheduled for May 6, 1978 at the Beverly Hilton Hotel. Their Eighteenth Annual Dinner-Dance will be held at the Beverly Wilshire Hotel on June 17.

In March, the Los Angeles Chapter held their Donor and Thrift Shop Luncheon at the Miramar Hotel in Santa Monica. Their May Festival Luncheon is scheduled for May 28, 1978 at the Beverly Wilshire Hotel. Last year the Los Angeles Chapter raised over \$100,000 for Gateways Hospital.

The Beverly Guild and Wilshire Chapters are planning raffles, and the Westside Chapter and the Wilshire Chapter are planning theater parties. The Friends of Gateways held their successful Annual Dinner-Auction last November.

Information about any of the auxiliaries' activities can be obtained by calling Mrs. Eleanor Goodley, Director of Associates and In-service Volunteers, at 666-0171 extension 236.

A check for \$50,000, the culmination of Gateways Mens Club's 1977 Heal-A-Mind Campaign, was presented to Louis Ziskind, Executive Director, at the Mens Club's Ladies' Night Dinner-Dance at the Sportsmen's Lodge in March. The check was presented by Harry Gold, immediate past-President, Sam Jacoby, Campaign Chairman, and Irving Ninberg, Co-chairman. Gateways Mens Club's prestigious Humanities Award was presented to Dr. Oscar B. Shieff at this affair in recognition of his meritorious contributions to mental rehabilitation.

Information about the forthcoming Mens Club Memorial Day Weekend in Palm Springs and other Mens Club activities can be obtained by calling Nate Bank at 845-4312.



L to R: Mrs. Gussie Selden, Mrs. Ida Malin, Mrs. Fanny Chavin

RESEARCH

DR. DAWSON DELVES INTO DEPRESSION

Depression can be a normal healthy condition, or it can be a disabling psychiatric illness that is prevalent today as one of the leading causes of admissions to psychiatric hospitals. Anti-depressant drugs and electroconvulsive shock therapy, administered in California only by court order, are frequently effective in alleviating depression. The beneficial effects are unfortunately temporary in some patients.

Made possible by a grant from the Andrew Norman Research Foundation, a Gateways psychologist, Michael Dawson, Ph.D., with the assistance of a part-time psychologist, Anne Schell, Ph.D., and a research assistant, Jeffrey Catania, has measured physiological responses of depressed patients at Gateways Hospital in order to increase understanding of this emotional disorder. The results of their research were reported in the November, 1977 issue of *Psychophysiology*.

These investigators measured two types of physiological responses: (1) heart rate and (2) sweat gland activity. It was found that both of these physiological measures were quite different between depressed patients and nondepressed, nonhospitalized volunteers. The depressed patients showed abnormally small amounts of physiological reactivity to stimuli in the environment. These physiological findings parallel the depressed patients' loss of interest in activities and people around them. In addition, the amount of reduced sweat gland activity was directly related to the severity of the depression. The more severe the depression, the smaller was the sweat gland reactivity. The patients were later tested following a series of electroconvulsive shock treatments. Most of the patients' depressive symptoms significantly improved following the shock treatments. The patients who showed the most improvement following treatment exhibited the least physiological abnormalities during the initial pre-treatment testing.

Although most patients clinically improved following treatment, there were only small physiological changes following treatment. In addition, the little physiological change which did occur was unrelated to the amount of clinical improvement. The latter finding suggests that depressed patients may have a relatively persistent physiological abnormality. Finally, it was suggested that these physiological measures may help in the early detection of depressive episodes among outpatients who are vulnerable to such episodes. If detected early, preventive treatment may be used to ward off re-hospitalization.

Dr. Dawson, who has been a full-time member of Gateways Research Department since 1969, is also studying cognition and the effects of cognitive factors in physiology; he is attempting to relate physiological re-

sponses to awareness. The results of his studying the effects on physiological responses will be presented when he delivers a paper titled, "The Orienting Response and Subjective Assessment of Stimulus Significance" at an International conference sponsored by the Scientific Affairs Division of NATO in June, 1978 in the Netherlands. Also, *Emotions and Bodily Responses*, a textbook by Michael Dawson, Ph.D. and W. W. Grings, Ph.D., is scheduled for publication this summer by Academic Press.

PSYCHOPHYSIOLOGICAL STUDIES OF HYPERKINETIC CHILDREN

Recently, James H. Satterfield, M.D., Director of Gateways Hyperkinetic Childrens Clinic, spoke at the University of Southern California School of Psychiatry on the topic "Multimodality Treatment of the Hyperactive Child: Follow-up Study." The staff of the Hyperkinetic Clinic is currently completing a three year follow-up study to determine longterm positive and negative effects of multimodality treatment of multi-handicapped children.

ANTISOCIAL PERSONALITY DISORDER PROJECT

Antisocial Personality Disorder Project is being considered for the new name of the Sociopathic Research Project in order to conform with the terminology currently being used by the International and American psychiatric classifications. Six studies are currently underway in this project, and are funded by grants from several sources, particularly the Andrew Norman Research Foundation under the kind auspices of George Olincy, and the Bain Foundation. In addition to the six longterm projects focusing on the antisocial personality disorder, a new one has been added for the treatment of uncontrollably violent patients. The six continuing projects are: 1) diagnostic criteria, 2) psychophysiological studies, 3 and 4) treatment projects, 5 and 6) field studies of Gamblers Anonymous and Gam-Anon.

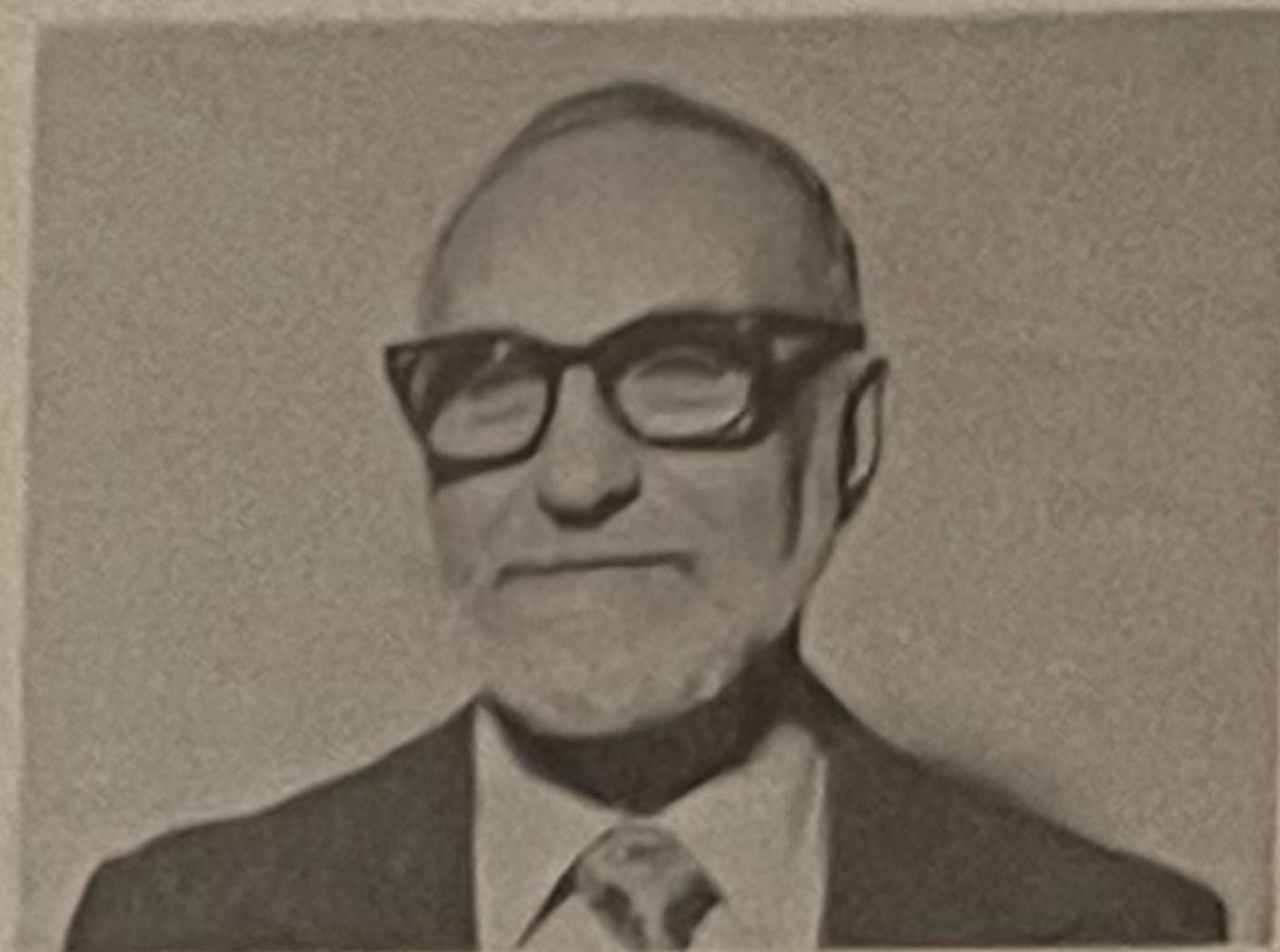
Eugene Ziskind, M.D., is the principal investigator. Irving Maltzman, Ph.D., Professor of Psychology at UCLA, and Robert B. Livingston, M.D., Professor of Neurosciences at UCSD, are consultants and co-investigators; Van K. Tharp, Ph.D., is the experimental psychologist.

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Arnold D. Schwartz, M.D., Gateways' Medical Director

DR. SCHWARTZ IN A CAPSULE

During his past eight months as Gateways' Medical Director, Arnold Schwartz, M.D. has been involved in analyzing, organizing, program planning, implementing and reporting his observations and goals to Louis Ziskind, Executive Director. For example, in order to maximize the use of Gateways' facilities, Dr. Schwartz has been working on the development of formats for specialized services for geriatric patients and burn victims. As medical director, he is responsible for the rules, regulations, by-laws, and procedures for the entire treatment staff.

Dr. Schwartz's background in public health and psychiatry is evident in his views about patient care. He is concerned about the total life and environment of each patient; these interests are more comprehensive than treatment for immediate psychiatric needs, and he is anxious to strengthen the continuity of services provided by Gateways and other agencies. He is concerned about the entire spectrum of services to people before, during, and after treatment: prevention, effective and brief treatment, and rehabilitation. Dr. Schwartz would like to develop programs of home visiting and broad emergency services at Gateways, and also sees the need for long term care of chronically ill patients. He is an advocate of fluoridated water, no smoking, and cradle-to-the-grave medical services. Dr. Schwartz agrees with Linus Pauling's view that 90% of mental illnesses are genetic. He has been, therefore, interested in genetic surgery and behavior modification as well as other treatment modalities. He also is concerned with the economic and environmental influences in patients' lives. For all these reasons, Dr. Schwartz is delighted to be at Gateways, which has historically pioneered in many areas of service.

Prior to his coming to Gateways, Dr. Schwartz was a Professor of Public Health at the University of Hawaii, where he was known for his liberal views about human rights. He developed an ecology program, and in 1970 was the President of the United Nations Association of the State of Hawaii. A native of Boston, Dr. Schwartz and his wife, Elaine, currently reside in her home town, Pasadena. Their two boys and two girls are involved in personal projects in various parts of the country.

JCPS-GATEWAYS "FOUNDING ANGEL"

by Maurice Simon

Rabbi Edgar F. Magnin, in his own imitable way, is an individualist — a product of the Golden West. He is a member of two of California's older families. Born in 1890 in San Francisco, he became a product of the Reform Movement, and one of its most famous and representative leaders. When he joined Wilshire Boulevard Temple as associate rabbi in 1915, the Temple had a membership of four hundred families. Today the congregation numbers more than twenty-seven hundred families. His opinions and convictions have made him synonymous with the Temple, and his direction has transformed it into one of the most important Reform congregations in the country, if not the world.

His influence continues to radiate throughout Los Angeles. The single quality that has made him a force to be reckoned with is his interest in people — his insatiable search for understanding them and reaching out a helping hand. To this end he authored, *How to Live a Richer and Fuller Life*. Gateways reflects Rabbi Magnin's philosophy in the treatment of the mentally ill.

This prominent person — author, civic leader, lecturer, teacher, columnist — was the founding and first president of the Jewish Committee for Personal Service in Los Angeles, which later evolved into Gateways Hospital and Mental Health Center. He guided, inspired, and protected JCPS in its formative years. For fifteen years he was its president; he is today a Life Member of Gateways Board of Directors, and as always is ready to run interference for Gateways programs whenever threatened by those who oppose spending community dollars in support of needed care for the mentally and emotionally ill. Rabbi Magnin is not simply one of the leading rabbis of the nation; because of his forceful, forthright and unconventional approaches, he is an institution. He is an Adjunct Professor at Hebrew Union College and is a Founding Member of the Board of Directors of United Way. Louis Ziskind, Executive Director of Gateways, refers to Rabbi Magnin as the hospital's "founding angel".

Rabbi Magnin's wife, Evelyn, persuaded and led Wilshire Boulevard Temple's Sisterhood in developing a friendly visitation program for the residents of state hospitals and penal institutions, and promptly got other temple sisterhoods to assist. Eventually many other sisterhoods participated in this humanitarian project. Mrs. Magnin's action gave rise to a system of auxiliary support groups which today forms the base of the hospital's fund-raising programs and growth potential. These groups gave the original support grants from which Gateways Hospital was formed.

When residents of institutions are ready to return to the outside world, they are frequently bewildered and



Mrs. Eleanor Goodley, Director of Associates and In-service Volunteers, discusses her ideas for volunteer involvement in the new Adolescent Residential Care Program with Michael Diener, Administrator.

frightened by the change outside. JCPS and Gateways, with the cooperation of the sisterhoods, offered them a helping hand, helped to arrange parole, secured a home for those who were homeless, offered psychiatric counseling, vocational re-training and job placement. A helping hand was offered in a quiet, helpful manner, without sensation or fanfare.

Rabbi Magnin's invaluable participation in the rise and growth of JCPS has left a permanent impression on the spirit of Gateways that permeates the hospital to this day — the emphasis is on spiritual and compassionate concern for the less fortunate. It is this inspiration, sometimes overt, at other times subtle, that is the legacy which Rabbi Magnin and his wife, Evelyn, have given to Gateways.

Surveying the progress of Gateways Hospital and its parent agency, the Jewish Committee for Personal Service, Rabbi Magnin is proud of the many accomplishments in the treatment of the mentally ill. While Gateways' origins are as a sectarian social service agency involved with persons in penal and psychiatric institutions, Gateways today serves the needs of people of all races and creeds and from all parts of Los Angeles and the country.

GOODLEY'S GOAL: MORE COMMUNITY INVOLVEMENT WITH GATEWAYS

Ms. Eleanor Goodley was appointed to the position of Director of Associates and In-service Volunteers at Gateways recently. Ms. Goodley's background includes forming hospital auxiliaries, training volunteers, and working with fund-raising groups. She has lectured and taught in Los Angeles and Tucson, working with groups in the fields of politics, medicine, community relations, entertainment and philanthropy.

Ms. Goodley discussed her goals in a recent interview. "My first priority is extending to the community the opportunity to associate with the fine work being done at the hospital and its many programs, through their becoming active in new chapters being formed. Many people are needed to help extend ourselves out into the community. Our San Fernando Valley Office will be able to take care of many more people than it does at the moment through the efforts of people who would like to exercise their leadership abilities when they form chapters dedicated to this task. People from out of state who have not joined social philanthropic groups are especially invited to call and become one of our Gateways family."

She encourages anyone interested in joining a chapter, forming a new chapter, or working in the hospital to call her at 666-0171, extension 236.

Thank You!
Your Compassion Helps To
Rebuild Lives. Continue
Your Support Of Gateways.



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