

Mental Health

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month to weekly consultations over a period of four months. Period of treatment may involve only three visits to visits lasting several months.

The Few Or The Many?

The big problem faced by any clinic is what aspect of mental health to concentrate on. Should it emphasize intensive work with a few serious mental cases or should it concentrate on preventive mental hygiene for a large number of individuals?

The Harbor District Mental Health Service has chosen this latter course, with particular emphasis placed on preventive work with children.

The clinic's approach with adults as well as children is one of guidance, Mrs. Walsworth explained. The patient is not told what to do and what not to do.

Instead an attempt is made to help the patient and those immediately affected gain an insight into his own problem.

It then becomes possible to remove or lessen the causes which lead to disturbed behavior.

While the clinic is largely an early treatment center, it does deal with all aspects of emotional disturbances and mental illnesses.

If the patient cannot be treated locally the clinic will

recommend treatment or refer the case to the proper center. Severe methods of treatment (drugs, electro-shock and others) are never administered at the clinic. Serious cases are referred to a hospital.

All phases of the clinic's activities are strictly voluntary and it is up to the patient whether he wishes to accept the clinic's counseling services and recommendations or not.

Group Therapy

One interesting aspect of the clinic's work is its group therapy. This is carried out primarily with adults whose problems are similar.

Meetings are set up at which time the members "talk

out" their problems. Discussing their mutual problems often leads to gaining insight into their solution.

And so, despite threat of increasing mental illness and decreasing facilities which has cast its fearful shadow across every corner of the land, clinics, like the Harbor District Mental Health Service, are making valiant efforts to meet the staggering needs of their community to the best of their ability.

(Editor's note: The next two articles will deal with the following aspects of the local mental health picture:

Problems and Case Histories Handled by the Clinic (no names or addresses mentioned); A Matter of Life and Death—a Unique Experiment in Mental Health.)



CHEF MILANI AND ZIMBO

An estimated one-thousand youngsters attended Chef Milani's colorful "Food Circus" which visited Clark's market Saturday. In addition to the chef and Zimbo, the clown (above), the children saw such acts as the Latinos, world-famous tight-wire team; Chico Dell, with his magical chimpanzees and monkey act; Captain Charles Franks and Sonita the trained Indian elephant; Captain Bill Dedrick with his pony and dog act from the Clyde Beatty circus.—Press Photo.

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