

All 20 coordinators to be elected

GENERAL ELECTION, MAY 30th

At the general meeting on Wednesday May 30th, all 20 MPA salaried positions will be up for election. The meeting, to be held at the West End Residence, 1754 West 11th, will begin at 7:30 p.m.

The 20 positions are:

One East End Residence Coordinator
One West End Residence Coordinator
Two South End Residence Coordinators

Two Farm Residence Coordinators
Two Community Coordinators
Six Drop-in Center Coordinators
One Office Coordinator (Secretary)
One Communications Coordinator
One Transportation Coordinator
One Crafts Coordinator
Two Research Coordinators

People now holding many of these positions will be running for re-election. There is, of course, no assurance they will be re-elected and applicants are invited to run for any positions they wish. However, it may be helpful to know that, as of the present time, the following incum-

bents have stated they are *not* re-applying: One South End Residence Coordinator; One Farm Residence Coordinator; Two Drop-in Center Coordinators; One Office Coordinator; One Research Coordinator.

While it is time-consuming to hold regular elections, it is felt that this is the only way of making sure MPA is run democratically. Coordinator reviews tend to be haphazard and members are often reluctant to voice criticism. Regularly standing for re-election is the best form of review, ensuring that the group is truly deciding on who holds office.

Election procedures are as follows. Positions will be elected in the order listed above. For each position, candidates present themselves in alphabetical order. Each of the applicants states his or her interest in the job, followed by five minutes of questions and comments from the floor. Balloting occurs when all applicants for the position have spoken. Following announcement of results, the next

position is considered.

Those eligible to vote are members who have been around MPA prior to the announcement of the elections. A candidate may run for a maximum of three positions.

A word to the wise: generally the group is favourable to candidates who have shown their interest by voluntarily working at MPA prior to the election.

For further information on the job definitions and on other points related to the elections, contact Patty Servant at the Drop-in Center. The deadline for applications is 5 p.m. Tuesday, May 29th. You can apply by giving either a written application or just your name to Patty.

APPLICATION DEADLINE: TUESDAY
MAY 29, 1973, 5 P.M.

ELECTION MEETING: WEDNESDAY
MAY 30, 1973, 7:30 P.M.
1754 W. 11th

Kits Meeting Calls Halt on Mental Health Team Hiring

A meeting of Kitsilano residents called a halt to further expansion of community mental health facilities in the area.

At a meeting attended by about

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Kits Meeting Calls Halt on Mental Health Team Hiring

A meeting of Kitsilano residents called a halt to further expansion of community mental health facilities in the area.

At a meeting attended by about 85 interested Kitsilano people some mental health workers received a forceful expression of the desire for community control of any and all proposed health care schemes.

The meeting was held Wednesday May 16 at Kits United Church. It was called by community groups who had been meeting with some mental health workers over the past few months on plans for the new program. The program itself was part of a provincial government plan to move mental health care services into the community and away from large hospitals such as Riverview.

The program was to be funded by the provincial government Mental Health Branch and administered by the city of Vancouver through the Metropolitan Health Coordinating Committee. This committee was to recommend persons to be hired as mental health team workers.

Til the meeting acted these team workers were to be 'professionals' hired by the provincial government, through the Metro Health Committee. Now, for Kitsilano at least, the community itself wants a say in these matters.

The meeting was to be largely an informational affair; it turned into an action group as motion after motion affirmed the principle of community control.

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Then the committee began to take some power as it moved that no team workers be selected until the committee has formally met and constituted itself as a decision making group.

If that isn't audacious enough the meeting decided that the committee request funds from the appropriate level of Metro Health

LICENSING



Fran (2nd from left) and Grace (2nd from right) attend the May 7th meeting on cutting through red-tape for licensing at the Greater Vancouver Regional District. Leonard Minsky (centre) is GVRD's Public Participation organizer.

Services in order to run itself.

The barrage of progressive motions--all endorsed overwhelmingly--came after over an hour of presen-

Coull from MPA who was explaining the structure of health services ran out of blackboard and when Ray Goodacre of the provincial government disclosed that the Metro Health Coordinating Committee was set up in 4 minutes.

The first open committee meeting is set for Tuesday, May 22 at Kits House. The time is 7:30 p.m.

The motions of the meeting mean that for the first time the people of a community are demanding a say in matters vital to them. The Kits meeting on mental health services may mark the end of the hitherto passive acceptance of service where communities have relegated the say to professionals.

Where the committee goes from here depends on the people who get involved and their numbers. It will be essential for the committee to expand its membership and to represent as many segments of Kits as possible. Should that happen it will be hard for any city or provincial agency to ignore it.

- Dick Betts

Staff Dilemma

Staff at the UBC Health Sciences Hospital reacted with anxiety when patients circulated a newsletter last month suggesting that the interests of patients and staff are not always identical.

Essentially the situation was as follows:

The patients said, "Sometimes we disagree with you."

The staff said, "You're wrong."

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Then it actually struck one to be voluntary in nature and open to anyone with anything to do with the Kitsilano area.

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The barrage of progressive motions--all endorsed overwhelmingly--came after over an hour of presentations on "Existing Services", "The Structure of Mental Health Services", and "Suggestions on Citizen Involvement". Two high points of the presentation came when Barry

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Rumour has it that a second newsletter will be published shortly.

Watch the NUTSHELL for developments.

editorial

THE NEWSLETTER SHOULD TELL WHAT MPA IS REALLY ABOUT: PRIORITY NO. 1 IS HELPING PEOPLE

The great majority of MPA's activities fall in the area of 'services'. A very minor portion of energy goes into what can be called high-falutin theory about 'mental health'. Anyone who is around the centers knows this to be true.

Our newsletters, for whatever reason, have tended to reflect the opposite of these priorities, devoting little space to the daily concerns and needs of the membership. Most of the content has been theoretical, often of a muckraking and aggressive variety.

This policy has alienated too many people, mainly those whose only contact with MPA is through the newsletter. Beginning with this issue, therefore, we hope to correct the imbalance and to make the NUTSHELL a more accurate barometer of the actual activities of the group.

While not renouncing our previous publications, we do feel the new direction indicates one of MPA's many strengths, namely, that we are capable of making mistakes.

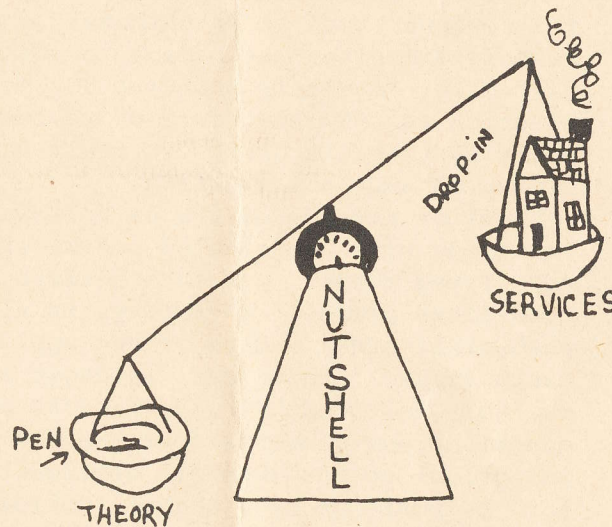
And of learning from them.

And of making positive changes.

Our relationship with mental health professionals is closely related to what has been discussed so far. Some professionals have wondered aloud whether MPA is designed to help ex-patients or to indoctrinate them. Based on previous newsletters it is easy to see how such a question would

hospital to stay. They can see the food on the table in the residences. They can see the supportive community at the drop-in center.

The newsletter has at times misrepresented our priorities and we hope to change it so as to bring words and deeds into alignment.



Another common question asked by professionals is whether the newsletter is actually written by expatients or by others taking advantage of a politically opportune situation. To answer this we have checked through the past five issues. They contain 78 pieces of writing. Forty-one were written by people who have been hospitalized mental patients. Eleven were written by people known to have

ones who have had no first-hand contact with MPA. One professional told me recently that some of his colleagues are critical of the organization, though all recognize us as a group that is alive and kicking.

"Kicking whom?" you might ask... and the answer, as provided by the newsletters, seems to be 'professionals'. Without suggesting that MPA and the Psychiatric Section ought to be bedfellows, it should be stressed that we have taken pains to criticize the mental health system and not professionals as a group or as individuals.

So long as MPA cannot meet the needs of certain people (as indeed we cannot) and so long as mental hospitals remain sometimes necessary, we are defeating our purpose by antagonizing those whose services we require.

For the most part, we see professionals as dedicated and well-intentioned people, working under often-impossible conditions. We seek to cooperate with them in providing services to individuals and in struggling to improve the conditions under which we all must work. (The thought just crossed my mind that some professionals may be disappointed to see us relinquishing the aggressive rhetoric with which they secretly agree.)

Be that as it may, the change in newsletter policy will hopefully ac-

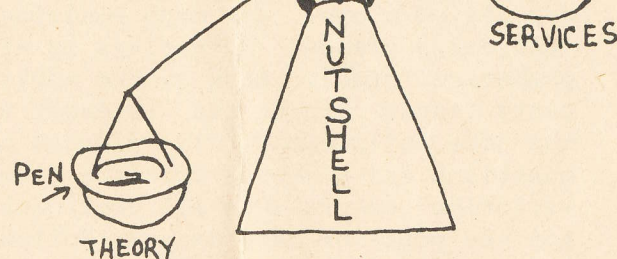
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And of learning from them.

And of making positive changes.

Our relationship with mental health professionals is closely related to what has been discussed so far. Some professionals have wondered aloud whether MPA is designed to help ex-patients or to indoctrinate them. Based on previous newsletters it is easy to see how such a question would arise (though it is in a sense insulting to imagine that ex-patients are so easily indoctrinated). Appearances notwithstanding, the answer to the question lies more in our deeds than in our words. This is known to the many professionals familiar with and fully supportive of our services. They can see the 41 beds for people who would otherwise have nowhere but



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Clearly, the newsletter is not the product of outside agitators, but of actual members (who are more political than the group as a whole).

For the most part, antagonistic mental health workers tend to be the

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Be that as it may, the change in newsletter policy will hopefully accomplish two goals. First, to heal the antagonisms held by some professionals toward MPA. Second, and more important, to produce a paper which is readable, interesting and reflective of our programs and activities.

Feedback from readers on these ideas and on this NUTSHELL will be appreciated.

- Lanny Beckman

STAFF THIS ISSUE:

Lanny, Dick, Barb, Marie, Brian, Paige, Stan, Nancy, Carla and special thanks to Kini for photo dark-room work.

IN A NUTSHELL can always use staff, people to help with typing, layout, editing, proof-reading, all the tasks that go along with putting out the paper. If you would like to help and learn newspaper skills in the process, contact Stan at the Drop-In Centre.

We get many requests for subscriptions to IN A NUTSHELL. We have no fixed rates for this but any per-

West End

KNOTS

Troy and Lone tied the nuptial knots May 3rd. Molly treated the house to a salmon dinner May 8th. Thanks Molly.

Extensive renovations were done to meet fire regulations. Clyde, Everett, and other residents were involved in helping, enduring and finishing up the job.

Grace is back from tripping to San Francisco and Prince Albert.

We awarded our Most "Amiable" Resident-of-the-Month Award to 8 month old Erin.

732-8222 - West Residence - 1754
W. 11th Avenue.
874-9422 - East Residence - 369
E. 21st Avenue.
872-5526 - South Residence - 166
W. 19th Avenue.
462-7750 - F.U.N.N.I. Farm - 26942
108th Ave., Whonnock, B.C.



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We get many requests for subscriptions to IN A NUTSHELL. We have no fixed rates for this but any person who is able to contribute towards the costs may do so. IN A NUTSHELL is free to all people in hospitals and to all hospital staff as well as MPA members or anyone else who has been in hospital. All movement and community service grass - roots organizations can get the paper free. Write and tell us who you are and where you are staying.

IN A NUTSHELL is the official publication of the MENTAL PATIENTS ASSOCIATION. Our address is 1982 W. 6th Ave., Vancouver, B.C. The telephone number is 738-5177.

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- Grace

HOW TO DO IT

Anyone who would like to visit the residences or become a resident is asked to please phone ahead and make arrangements. Prospective residents are required to attend at least one house meeting before they can be voted into that residence.

The coordinator at the residence you wish to apply for will give you the house meeting times and arrange for you to visit.

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Val (on the left) at the GVRD Social Services Policy Meeting May 8th, along with representatives from daycare centres and other community organizations.