

SIXTEENTH-SEVENTEENTH ANNUAL REPORT OF THE
ALFRED ADLER MENTAL HYGIENE CLINIC, NEW YORK

DANICA DEUTSCH, *Executive Director*

This report covers the period from June, 1963 to May, 1965. During the year ending May 31, 1965, there were 986 patients. These were treated in 7363 individual sessions with psychiatrist, psychologist, social worker, counselor, or trainee; and 437 group sessions embracing 3337 group-patient hours. Some of the developments during the two-year period are:

Increase in time. Our services were extended to include Saturdays from 9 to 5. These hours were especially helpful in treating adolescents without interfering with their school schedules, as well as working people for whom there were never sufficient evening hours available.

Family therapy program. The increase in time was particularly valuable for family therapy, enabling both parents to join their children who were in treatment. This program is a special function of cooperation between Ralph Abramson, director of social service, Dr. Beatrice Lieben, director of child and youth service, and the executive director.

Remedial services. Dr. Lieben also headed the remedial services which dealt with reading difficulties as well as other academic, social and emotional problems of schoolchildren. There was increased demand for such work by the schools and the community, based on the recent awareness that reading and other learning difficulties are related to behavior problems, dropping out of school and delinquency. As a result, the remedial services more than tripled and continue to expand. Our remedial-educational library and teaching and testing materials were also increased, so that individual learning needs could be more adequately evaluated and met.

Through the generosity of the Heckscher Foundation for Children, our play therapy program was enriched with a supply of toys and games.

Group therapy. To meet the need for parent education and child therapy in the most efficient way, two mothers' groups and one parent group were formed; the latter was held while the children were in art and play groups headed by Rose Garlock. In addition, the general group therapy program included three groups for adolescents, two for married couples, three for young adults, and two for adults.

Our Monday morning open discussion group continued to be partly theoretical, and helped participants, in a semistructured way, to apply the principles of Adlerian psychology to self-awareness in

child-rearing, family and marital problems. This is geared to the anticipation and prevention of possible emotional difficulties, as a means of improving mental health in the family.

Staff. Our activities required additional professional staff, consisting of two psychiatric social workers, two psychiatrists and two psychologists. We were also enabled to increase our services by the contribution of time by the entire professional staff and several volunteers, which helped to lighten our financial burden.

Financial support. The Women's Division, supported by the Board of Directors, again played a vital part in "keeping us going" through their imaginative fund-raising activities.

The humanitarian policy of our Clinic, under the medical direction of Dr. Alexandra Adler, has been recognized by the Department of Mental Hygiene in Albany and the Community Mental Health Board of New York, and has been acknowledged by regular increases in their contributions.

We are presently seeking additional funds from private foundations to undertake a research program for the evaluation of our work and to expand it.

Library. The Raissa Adler Library, sponsored by Mr. Sydney M. Roth of Chicago, has received a valuable contribution from the estate of our former colleague, Dr. O. Peter Radl, who passed away this Spring. This includes books by Adler, and books containing chapters on his theory.

Social club. The Social Club, which under the leadership of Rose Garlock, has been an integral part of our services for over ten years, was given a boost when it received financial support from the Community Mental Health Board.

Future plans. With regard to the future, we plan to keep the Clinic open for an additional hour each day beginning in September. On a weekly basis, this is equivalent to an additional full day. We plan, too, to supplement our group program by adding a therapy group for senior citizens and a workshop for "in-between-agers" to orient them for productive later years. Our teachers' course will be continued. This course, under the auspices of the Alfred Adler Institute, consists of a series of lectures and workshops. It proved to be so successful that many of the teachers requested an additional course in remedial work, a demand which we hope to be able to meet. This will encourage school personnel to make more extensive use of our clinic facilities for referrals of problem students.

In summary, to remain true to our ideals, we must sustain our optimistic involvement and deepen our commitment.