

Patient for an evening

Woodside treats mentally ill after work

By Margaret Neubacher
staff writer

By day John holds a job. At night he's home with his family. And for six intensive hours in between, he's a patient at Woodside, a psychiatric hospital in Pontiac.

The evening partial hospitalization is a transitional program between inpatient and outpatient programs," said Dr. Howard P. Friedman, the newly appointed medical director of Woodside.

Woodside is one of a few psychiatric hospitals which sponsors an evening partial hospitalization program (EPHP). The hospital also operates Michigan's first inpatient alcohol/prescription drug recovery program, designed exclusively for women.

FRIEDMAN, a Bloomfield Township resident, succeeds Dr. Richard Kaiman, who died in August. A University of Michigan Medical School graduate, he joined the Woodside staff in 1974. He has been the associate medical director there since 1982.

EPHP's premise is that some psychiatric patients need more intensive treatment than outpatients generally receive, but they neither want nor require hospitalization.

"The program has the essence of our inpatient therapy treatment. Patients attend group psychotherapy, seminars, occupational therapy, relaxation training as well as individual therapy sessions," Friedman said.

What makes EPHP unique, Woodside officials say, is that patients are free during the day to work and they go home at night. Typically, eight to 12 patients are enrolled in the "treatment team." Woodside's capacity is 30 in this program.

"Many people can't come conveniently during the day, and at the same time they profit from maintaining links with their families and community," Friedman said. "But this kind of program is for a higher functioning kind of patient."

EVENING PARTIAL hospitalization patients attend therapy at Woodside weekdays from 4-10 p.m.

"Often at the beginning, they come five days a week, but never less than three days a week," Friedman said.

"The program is not for someone with a little stress or who wants to stop smoking," said Wayne Isbell, director of community relations. "We treat psychiatric problems — depression, anxiety disorders, schizophrenia."

The patient-staff ratio is a low 3:1. The low cost of partial hospitalization is the chief reason it is considered the wave of the future, Isbell said.

"Partial hospitalization is half the cost of inpatient treatment, which at Woodside is \$195 a day," Isbell said.

"Generally, health insurance companies, such as Blue Cross Blue Shield, will pay half of inpatient costs. This means there's no cost to the patient."

The program has been well-received

by employers, HMO's and insurance companies who are looking for ways to cut inpatient cost, says Isbell.

WOODSIDE began an exclusive alcohol/prescription drug recovery program for women in October. Seven are currently enrolled. Capacity is 18.

"It's a big gamble on the part of the hospital," Friedman said.

"Traditionally, women don't come forward till the later stages of illness."

Fighting that reluctance will be an uphill battle, Friedman believes. Women who work are afraid they'll lose their jobs if they have to leave for treatment. Often women are the last ones hired and the first ones fired. They feel they have to be protective of their jobs, Friedman said. For the homemaker, there is a lot of stigma attached to being an alcoholic or drug abuser.

The Woodside program for women follows the recommendation of the Women's Substance Abuse Service. The state-coordinated service undertook a five-year study to determine the needs of alcohol and substance-dependent women.

Their findings: Middle-class women and working women were underserved by existing programs.

THE STUDY also suggested a different approach to treating women was needed, Friedman said.

"In men alcoholics, there is a pride problem, and confrontation is the important part of the treatment," he said. "In women, the problem is guilt. They may worry about being a good wife or



Dr. Howard P. Friedman
cost is appealing

mother. In treating them, we build self-esteem."

The Woodside program begins with a prescreening interview, usually done by telephone by Friedman or the associate director.

"Once a patient is admitted, they go through an intensive evaluation before we start treatment," said Friedman.

"Treatment is geared for 28 days, but the length of stay here varies depending on the person's needs. Some drugs take longer to detoxify."

Woodside, a 54-bed facility, formerly had a co-ed alcohol treatment program. It presently offers psychiatric inpatient treatment.

SKI PACKAGE SETS BIG SAVINGS



just in time for Christmas

FROM THE SKI SHOPS THAT ARE FAMOUS FOR LOW, LOW PRICES, EXPERT ADVICE & A TREMENDOUS SELECTION OF TOP BRAND NAMES, CHOOSE FROM MICHIGAN'S LARGEST SELECTION. HERE ARE A FEW EXAMPLES:

757 SET METALIC BLUE SKIS \$150.00 LOOK 39 BINDINGS 94.95 LOOK POLES 25.00 TOTAL 269.95	ATOMIC ACTIVITE SKIS \$175.00 TYROLIA 170 BINDING 84.95 SCOTT POLES-BLUE 25.00 TOTAL 284.95
PACKAGE \$139 PRICE	PACKAGE \$179 PRICE
ROSSIGNOL EQUIPE SKIS \$165.00 SALOMON 326 BINDINGS 79.95 LOOK POLES 25.00 TOTAL 269.95	DYNASTAR STARLITE SKIS \$185.00 TYROLIA 180 DIAGONAL 97.95 REFLEX SILVER POLES 29.95 TOTAL 312.90
PACKAGE \$149 PRICE	PACKAGE \$207 PRICE
ELAN RM 903 METALIC SKIS \$185.00 TYROLIA 170 BINDINGS 84.95 SCOTT POLES 25.00 TOTAL 294.95	OLIN 730 SKIS \$245.00 TYROLIA 180 DIAGONAL 97.95 SCOTT POLES 25.00 TOTAL 367.95
PACKAGE \$169 PRICE	PACKAGE \$269 PRICE

Plus RECEIVE OUR \$100
"LET'S GO SKIING" BONUS
FREE with all Alpine Skis purchased this week, WHILE SUPPLIES LAST

THE VERY LATEST IN CROSS COUNTRY SKIING

LET YOUR FRIENDS AT
BAVARIAN VILLAGE
HELP YOU GET
STARTED. WE HAVE
HIGH QUALITY
CLOTHING & EQUIP
MENT. ALL THE
EXPERTISE YOU'LL
NEED AND VERY
COMPETITIVE PRICES.

SNS* SKI PACKAGE
•ROSSIGNOL SKIS
•HEIERLING SNS BOOTS
•SALOMON SNS BINDINGS
•EXEL POLES
•SALOMON NORDIC SYSTEM
SUGGESTED
RETAIL \$220
NOW \$139

X/C PACKAGE SET
•TRAK SKIS
•ALPINA 75mm BOOTS
•DOVRE 75mm BINDINGS
•EXEL FIBERGLASS POLES
SUGGESTED
RETAIL \$150
NOW \$99

PRICES GOOD THRU SAT. DEC. 24

Bavarian Village

SKI SHOPS

•BLOOMFIELD HILL: 2540 WOODWARD at Square Lake Rd. 338-0803
•BIRMINGHAM: 101 TOWNSEND corner of Pierce 644-5950
•LIVONIA/RED FORD: 14211 TELEGRAPH at the Jiffrey Fwy 534-8200
•MT. CLEMENS: 12165 GRATIOT half mile north of 16MI. 463-3620
•EAST DETROIT: 22301 KELLY between B & J St. 778-7020
•ANN ARBOR: 3336 WASHTENAW west of J.S. 23 973-9340
•FLINT: 4261 MILLER across from Genesee Valley Mall. 313-732-6560
•ALPINE VALLEY SKI AREA: M-59 Milford 616-228-6700
•SUGAR LOAF: SKI AREA north of Traversa City 887-1970
•FARMINGTON HILLS: 27847 ORCHARD LAKE RD. at 12 MI 563-8665
•VISA •MASTER CARD •DINERS •AMERICAN EXPRESS
OPEN EVES 'TIL 9 •CHRISTMAS EVE 'TIL 4 P.M.

Daily 10:30 Sat. 9:30-5:30, Sun. 12-5

Skiers:

compare our prices...

Don Thomas
Sporthaus
6400 Telegraph at Maple
Phone 635-2500

ST. JAMES EPISCOPAL CHURCH

355 West Maple, Birmingham, MI 48011 • 644-0820

Christmas Eve
December 24, 1983
7:00 p.m. Family Choral Eucharist (Junior Choir)
9:00 p.m. Family Choral Eucharist (High School Choir)
11:00 p.m. Festival Choral Eucharist (Senior Choir)

There will be nursery care at the 7:00 p.m. Christmas Eve Service.

Christmas Day
December 25, 1983
10:00 a.m. Holy Eucharist With Carols
The Holy Name
January 1, 1984
(New Year's Day)
8:00 a.m. & 10:00 a.m. Holy Eucharist and Sermon
(No Church School)
There will be nursery care at the 10:00 a.m. New Year's Day service.

The Epiphany Of Our Lord Jesus Christ
January 6, 1984
6:00 p.m. Parish Epiphany Celebration
7:30 p.m. Feast of Lights and Holy Eucharist
Preacher: The Very Rev. Bertram Heslong Dean of Cathedral Church of St. Paul
(all Choirs will participate)

50% Off!

ONEIDA STAINLESS

5-Piece Place Settings

It's smart to start with the best... especially when you are planning stainless flatware purchases. For years of dining pleasure, choose Oneida! (Patterns shown: Michelangelo, Paul Revere, Dover, Plymouth Rock, Lakewood, Bathing, Chateau, 1,500 units, all items. When choosing Oneida, check out for BRIDAL REGISTRY.)

YANKEE PEDDLER

EASTLAND MALL 247-1102
LAKESIDE 247-4111
LIVONIA 622-1050
BRIARWOOD 791-1002
TWELEVE OAKS 948-0050
FARMINGTON 338-4388
BOUTIQUE 387-2122
Tel-X Plaza

SEMI-ANNUAL SALE

25% to 50% OFF

ON A SELECT GROUP OF FOOTWEAR
ALL SALES FINAL

GABE SHOES

Orchard 12 Plaza
Orchard Lake & 12 Mile Road
553-4401

Why Pay More?

The hams are the tenderest and best tasting that money can buy. Try one and we're sure you will agree that at \$2.29 per lb. the price is right!

HAM TOWER

Phone in your order!
855-4414

WHOLE HAM \$2.29
SPIRAL CUT 15¢ per lb.
HALF HAM \$2.59

HUNTERS SQUARE
ORCHARD LAKE ROAD at 14 Mile
FARMINGTON HILLS, MICHIGAN

Stop by for a FREE Sample!

Stuff Your Stockings With DURACELL Batteries

Your Choice
D2-Pack, C2-Pack, or 9 Volt 1-Pack — \$1.69
AA4-Pack — \$2.29

Plus... Win Up To \$25,000 In The Duracell Stocking Stuffer Sweepstakes!
(See Store Display For Details)

Colonial Card & Camera

LIVONIA 37629 464-3637
PLYMOUTH 44455 455-2930
DETROIT C254 General Motors Bldg. 6652 Telegraph 3-3366
BIRMINGHAM 6652 Telegraph 855-9836

SHARE THE SOUNDS OF THE SEASON

This holiday season, bring the unparalleled pleasure of music in your loved ones with a gift from Hammell Music. Make your choice from a wide selection of Steinways, Yamaha and Schmeier pianos. Or introduce your family and friends to the warm, rich tones of a Yamaha organ. No matter what your choice, your gift will continue to provide enjoyment long after the holidays have ended. To make the gift of music easier than ever to give, Hammell Music has specially priced items for holiday gifts. All purchases are available for pre-Christmas delivery.

HAMMELL MUSIC, INC.

13630 Midland Rd.
(Two blocks west of 2 mile Rd.)
Livonia, MI 427-0040

3311 Main Street
Farmington Hills, MI 429-7181