

THE WHITE HOUSE

WASHINGTON

June 10, 1994

Mr. Spencer Chadwick
617 East Tujunga Avenue
Burbank, CA 91591

Dear Mr. Chadwick:

Thank you for writing to share your suggestions and comments about health care reform. You raised particular concerns in your letter about the prevention and treatment of substance abuse.

The President's proposal for health care reform eliminates preexisting condition exclusions and lifetime limits that today restrict the access of individuals with substance abuse disorders to needed services. The comprehensive benefit package guaranteed to all Americans includes a broad range of treatment options for substance abuse, including day treatment programs, partial hospitalization, ambulatory detoxification, counseling and relapse prevention. Health plans are encouraged to use these less restrictive treatment options to provide individuals with a continuum of care through substitution of inpatient and residential days for treatment in other settings.

Significantly, no day or visit limits apply to medical management, diagnosis, screening and assessment, and crisis intervention. Annual day and visit limits on some services such as inpatient and intensive non-residential treatment, and restrictions on applying expenses for substance abuse treatments to out-of-pocket limits will exist initially. By January 1, 2001, as the service system improves and develops the capacity to deliver and manage a more comprehensive substance abuse benefit, these limitations will be eliminated. In addition, higher copayments and coinsurance that apply initially for certain services will be reduced.

The plan also includes initiatives for improving access to treatment for substance abuse. It provides funding for services that remove barriers to care, such as community and patient outreach, transportation and translation services. The Clinton plan also creates a comprehensive school health program that includes education about alcohol and drug abuse.

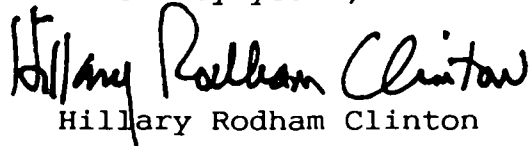
As you noted, substance abuse treatment can be most successful if an individual receiving treatment also has access to appropriate supports such as housing and job training and

Mr. Spencer Chadwick
June 10, 1994
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counseling. Teen Challenge, Phoenix House, and the other programs you described are examples of the good work that is being done today.

Thank you again for your interesting and thought provoking letter.

Sincerely yours,

A handwritten signature in black ink, reading "Hillary Rodham Clinton". The signature is written in a cursive, flowing style. The first name "Hillary" is written with a large, stylized "H". The last name "Clinton" is written with a large, stylized "C".

Hillary Rodham Clinton

cc: The Honorable Carlos J. Moorhead

CARLOS J. MOORHEAD
27TH DISTRICT, CALIFORNIA

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Congress of the United States
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Glendale Office
December 15, 1993

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COMMERCIAL LAW

Mrs. Hillary R. Clinton
First Lady
The White House
1600 Pennsylvania Avenue
Washington, D. C. 20500

PAM JAN 13 1994

Dear Mrs. Clinton:

Enclosed is a copy of correspondence from my constituent,
Spencer Chadwick, which includes ideas he would like to have
considered in the proposed health plan.

Thank you for your consideration in reviewing his concerns.

Sincerely,



Carlos J. Moorhead
Member of Congress

CJM/mlm_Chad.a

SPENCER CHADWICK

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617 E. Tujunga Ave.

Dec. 3, 1993

Dep. Marilyn McKay
Carlos J. Moorhead, Congressman
420 No. Brand Bl.
Glendale

Pres. Clinton has claimed he wanted to cut costs of health care but failed to have his planning experts properly analyze opportunities for this. For instance high blood pressure is very widespread and expensive to treat; pills can cost as much as a dollar apiece and continuous doctor's visits are required. Yet the book *Overcoming Hypertension* by Cooper a public health MD and who has a clinic treating it primarily by diet and exercise is on shelves at branch L A City libraries. A few years ago, U. S. Surgeon General made a public statement that this should be treated first by these means. I have heard he lost his job and the replacement has made no statements that I am aware of. The Eskimos did not have it before the advent of packaged foods preserved with sodium chloride (salt). One third of his book is about menus in fast food and other restaurants, and how to avoid hazardous items.

Dr Albert Schweitzer reported in a letter to Dr. Max Gerson that the natives in Africa did not have cancer until traders brought salt up the river. At 75 Dr. Gerson cured his diabetes and he was able to go back to Africa and run his hospital till age 90.

Dr. Wesley Price, a dentist from U S C School of Dentistry spent 3 years in laboratory work searching for the causes of dental cavities, then travelled around the world visiting isolated diet groups. He studied not only the teeth but also bone structure and other effects of civilized diet. One need only glance through a few pages of his book to be convinced that those on a natural diet before the soil became depleted, were largely free of cavities, also of other effects, lack of mental acuity, and so forth that are described

the head of the health curriculum at L A U S D, Dr. Ruth Rich, was honest to tell me, when I asked her to present a diet issue, that health educators worked in partnership with the M D's. Jack Alpan, DDS on w. Third St, L A takes a booth at health fairs here to tell people about diet and metal fillings that sometimes cause serious problems. After several years, the medical society in Sweden finally admitted they had made a mistake, and would try to find a better material to use. Why should diet be concealed in the schools? or hear about others who have, or some other way, before they will change. It is not economical for dentists and MD's with the investment in specialized training, to take the time to talk diet; often what they advise will not be followed sufficiently to do much good.

My article on enterprises using addict therapists is not yet edited, but it can be seen how they have re-structured personalities enough to not only overcome that craving, but also criminal habits acquired. Someone who has the time could look at my article about the North Carolina Univ. study of DAPO (Drug Abuse program Office) and how results from professional treatment seemed. L A County has a monetary interest to bring federal money into the area, and will not go against their own Commission on Dangerous Drugs. They make far more tax money on salaries of large number of professionals who buy gasoline and other taxable items, than their share of the federal and state spending.

The book by Harvard psychologist, Evelyn Rohrbaugh for women, is an example of an understandable way to learn to handle neuroses themselves.

There are important sectors of the public who I believe would appreciate consideration for advance notice to these items of insurance they might not want to pay for.

Sincerely,

Shadwick

SELF HELP DRUG ABUSE THERAPY

It should be the role of Self-Help therapy enterprises? There was the hope of curing drug-abuse addiction; in the early days of Harrison Narcotic Act, that did not interfere with right of physicians to prescribe drugs. It was often said, "Once an addict, always an addict". Clinics were set up in New York, Chicago, Louisiana, Los Angeles and other major cities that provided heroin free to addicts. In smaller towns physicians were permitted to prescribe, at a charge. Most addicts were employed. The situation was about the same in England and Europe. New York state consulted their physicians and built clinics to house addicts, keeping them off drugs for six months. But results after several years gave hope of only 1% or 2% cure.

The State of New York lost several hundred million dollars.

This was changed in the early thirties as described in our 1973 and Febr. 89 articles by a prosecutor who changed policy; the clinics were closed and addicts no doubt turned to crime to support their habit.

The beginnings of success at Synanon, a self-help enterprise carrying on businesses, and raising funds, has been related in books and articles. The U. S. director of addiction research, said in the forward to report of survey of federal programs about 1988, that "Synanon was the breakthrough and by 1979 about 300 government programs had been patterned after it.

PHOENIX HOUSE

Started by an employee of City of New York and six addicts, in 1967 Phoenix House used Synanon as the springboard from which they developed their methods; they have now furnished drug-free residential treatment to 20,000 young men and women, with 93% after five years, employed and drug-free. After the one year or 1½ year treatment they get a job for the re-entry and he or she can work during the day, with support to make sure of success. Most of their therapists are recovering addicts, who benefit from in turn helping newer ones. Phoenix House is the largest in the U. S.

They were invited by Orange County to set up the unit there and cost of \$1200 per month is paid by the county for their residents.

TEEN CHALLENGE

Started by a minister, Teen Challenge has operated for many years, with branches abroad. It is the largest self-help enterprise in the world. There is no charge because work is done by

ments including soliciting donations. It is religiously oriented. Applicants were referred to the unit in Bakersfield before one was set up Los Angeles. Their results reported by the federal government after cure ran 86% drug free. National headquarters phone is (417) 862 6969. They will accept referrals from the courts and have had success overcoming crime habits as well as addiction. Copy of their news letter is attached. 2

SALVATION ARMY

Program director here is Conrad Watson, who ran a large electronic business for Synanon for five years. He had left there but slid back into use of drugs until coming to Salvation Army. When asked about the relative merits of self-help methods compared to professional, he said it was a question of whether the taxpayers wanted to pay professional salaries in this work.

The facility at 809 E. Fifth St., Los Angeles, licensed as a drug abuse and alcohol treatment effort has methods similar to Teen Challenge. except for the ages served. Along with other city's units, it is one of the largest in the U. S. The women's building is at 801 E. Fifth St. 50% of those with an alcohol problem, also have a history of chemical abuse. The work done for food and lodging is beneficial. There is cooperation with nearby education and occupational training. Decisions as to what those served want to do are often made during the program. There is training for a wide range of occupations, even that for Licensed Vocational Nurse. 1700 will come in for a stay, one or a few nights, during any one month., some more than once.

I asked Major Mulck, who has run this facility for many years about the downtown homeless. He said the City has tried having a farm, but found that most all were not familiar with farming, although it was one of their best tries. Vouchers for hotel rooms were

handed out for awhile, but this proved too expensive and there are not enough low cost hotels to house all on the street. He said some of these men have known no other home than a single occupancy hotel room for 20 years. They are able to get jobs for many, but a few find after a while, that they don't want to have to get up every morning and go to work.

NARCANON INTERNATIONAL :

With five units in the U. S. and 26 in over 10 foreign countries, Narcanon aims at re-orienting goals in a 24 hour residential support unit, claims good results in from 4 to 6 months, with letters from various officials, as the others have, commending their efforts.

him success overcoming addiction and habits of crime, but do
try to deal with complexes that programs do that grew out of
Synanon. The shorter time period has advantages, because many drop
out of the longer one-year-up programs, in early stages. They work from
printed manual, easy to read with illustrations to focus attention on
the program, along with education materials.

HABILITAT

Begun by a reformed heroin addict with a record of armed robbery
who had gone through Synanon, Day Top and Phoenix House as a
young man, Vincent Marino has written two books telling of his life
as an addict and the story of running the therapy enterprise
for 22 years and finally paying off the mortgage on the estate where
it is located at Kaneohe, Hw. His book describes quite a bit of the
group sessions. When he needed to recruit therapists, he induced
two in re-entry phase at Phoenix House to come there. Also when in need
of advice, he appealed to a board member of that, and he came to
Hawaii to help him.

Quite outspoken, he tells how he challenged prison officials,
saying Habilitat had better results overcoming crime habits than they
did and suggesting that they turn some over to his program for treatment.
Also he said many professionals wish Habilitat didn't exist as its
results are better than theirs. This brought a confrontation in which
the State threatened for awhile to audit and close down the effort.

SURVEY OF DRUG ABUSE PROGRAM OFFICE (DAPO)

The first comprehensive survey of DAPO that handles two thirds
of all drug abuse treatment and maintenance in the U. S., along with
their contractors, published statistics that led to a message
to Congress Sept. 1989 by White House Office of Drug Abuse policy that
said detox programs were of no value in treatment of drug abuse.

This was covered by our Apr. 91 issue.

Currently, Health
Care Reform talks of including drug abuse treatment in health plans
without mentioning the free treatment offered by Tenn Challenge
or the excellent results of Phoenix House,

Competition has been the main reliance for keeping
health costs down, and this extends to scrutiny of bill paying, selection
of doctors, quality of service as well as to rates.

Some risks are not ideally suited to insurance, like dental care,
and psychiatric treatment. From the start, many psychoanalysts have
made their method public and encouraged self-analysis. Sigmund Freud

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hoped the knowledge of the sub-conscious mind would be widely spread to educators and others as well as citizens who could read the theory and prevent or overcome neuroses. There are many options a book for women by a Harvard University psychologist, for women, advises them, if they cannot find a licensed therapist they like and can afford to turn to an unlicensed one. Also her book explains the method sufficiently along with development of the reality principle, so that the reader can do it herself, perhaps much of the time. Why should months of planning not have provided for these options so that everyone would not have to pay for insurance they might not need, Goals in life, and the misfortune of drug abuse have been in the province of religion. The religious leader Mohammed, inspired nations to strictly prohibit illicit drugs and alcohol, and most abide by this. This is however in a religious oriented state, while we have separation of religion and government.

CONSTITUTIONAL PROVISIONS

Our constitution provides that individuals have a right to fairness even though the majority might temporarily sway policy. Why should there not be provision as in our Adjusted Fee medical plan for individual choice and consideration? Why should the physician be merely an employee of advertising establishments, leaving all decisions to them instead of to choice of the individual doctor. Why should not a way be provided for him to compete with HMO's and insurance companies?

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