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LOUDOUN COUNTY GUIDANCE CENTER

Location—County Office Building, 116 N. King St.,
Leesburg, Va.

Telephone—Leesburg 521

Appointment—By telephone or in person (Monday
through Saturday 8:30 - 5:00) or by mail.

Clinic Hours—Saturday only, 8:30 A.M. to 5 P.M.

Service—Diagnosis and treatment.

Patients—Adults and children of Loudoun County.

Referral Made by—Physicians, ministers, schools, courts,
Health or Welfare Departments,
family, friends, or self.

Cost to Patient or Family—Low, in accordance with
ability to pay.

Staff—John E. Nardini M.D., Psychiatrist—Director
Cletus A. Cole—Clinical Psychologist
Mrs. Ruth I. Weisbard—Psychiatric Social Worker
Mrs. Anne S. Parsons—Secretary

Auspices—Commonwealth of Virginia.

Supervision—State Department of Mental Hygiene and
Hospitals, Joseph E. Barrett M.D., Com-
missioner.

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Health*

Loudoun County Guidance Center

A COMMUNITY SERVICE
FOR CHILDREN AND ADULTS

COUNTY OFFICE BLDG.
116 N. KING STREET
LEESBURG, VIRGINIA

What is it?

The Loudoun County Guidance Center is a mental hygiene clinic which was first established and supported by the Woman's Club of Loudoun working in conjunction with the Schools and the Health Department and was continued by them with the added support of the Board of Supervisors and other interested groups and individuals. In May 1955 the Center was accepted for State supervision and has since operated under the auspices of the State Department of Mental Hygiene and Hospitals, the State contributing two dollars for every one dollar raised locally in so far as State appropriations permit.

The Staff consists of a psychiatrist, a clinical psychologist, a psychiatric social worker, and a secretary. All are highly trained, experienced, and thoroughly qualified to handle all diagnostic problems, and treatment problems that are manageable on an out-patient basis.

Since this clinic is considered primarily a community service, charges are kept low and in accordance with ability to pay. No one is turned away because of lack of funds. Patients may be referred to the clinic by physicians, ministers, teachers, nurses, welfare workers, courts, families, or friends, or may come of their own accord. No formality is required and appointments may be made by telephone, by mail, or in person.

What does it do?

The services of the clinic can be divided into the two main functions of **diagnostic evaluation** and **psychiatric treatment**. Diagnostic studies are made of children and adults for school and court officials, physicians, parents, or patients themselves. Valuable information is gained regarding the mental and emotional condition of

persons who are having difficulties. In some conditions effective treatment can be instituted which will greatly help home, school, and social adjustment. People who are uneasy, worried, and unhappy may be made much more comfortable and helped to realize their best potentialities. Many mental and emotional disorders in later life can be prevented by early recognition and treatment of disturbed behavior in childhood.

The clinic staff works closely with other county services as the occasion requires. These cooperative efforts include consultation with school officials, teachers, physicians, ministers, courts, and members of the County Health and Welfare Departments.

Close contact is maintained with the Office of the Commissioner of the Department of Mental Hygiene and Hospitals, Richmond, Virginia, through visits from staff members of the Department and regular official reports made to the Department.

Reasons for coming to the Center:

For the child.

Unusual aggressiveness with roughness and cruelty to other children; excessive fear or worry; poor eating and sleeping habits; sullen, withdrawn, or shy behavior; temper tantrums; bedwetting; restless, overactive, inattentive behavior; clinging, over-dependent relation to mother; reading and learning difficulty; truancy; resistant, rebellious, uncooperative attitudes.

For the parent.

Overly resentful and irritable attitudes toward a child, inability to appreciate and enjoy children, intense dissatisfaction with one's own or one's children's per-

formance, excessive need to resort to physical punishment, inability to deal with stubborn rebellious attitudes.

For the adult.

Depressed feelings, excessive worry, sleep difficulty, anxious and tense feelings, overeating, memory and concentration difficulties, excessive fears, headaches and other aches and pains not due to physical causes, overuse of alcohol, general unhappiness, marital problems.

Procedure:

For each adult patient and the parents of each child, the first interview is with the psychiatric social worker. Every patient is examined by the psychiatrist. Psychological tests are carried out whenever necessary to help in a diagnosis or to serve as a guide in treatment. Before a treatment program is started the case is considered at a staff conference and those concerned are advised as to the recommended treatment. Treatment is carried out on a team basis. In the case of a child, one or both parents are seen by another worker at the same time the child is being treated. Treatment may be short or prolonged, extending from a few to many sessions. Visits are usually every week or every other week for one hour at each visit.

Physical conditions are not treated at the clinic. If physical complaints are present, the family physician should be seen for examination, diagnosis, treatment, and advice.

Aim of the Center:

To provide ways and means, in association with other interested persons and agencies, for the improvement of the mental health of the community.

LOUDOUN COUNTY GUIDANCE CENTER

An IMPORTANT MESSAGE to EVERY BOARD MEMBER Please --

file health

1. Put this date on your calendar now. Thurs. Jan. 19th. ANNUAL OPEN MEETING
8 P.M. County Office Building
2. Plan to come yourself and bring your family.
3. Invite all friends, colleagues, and fellow members of community organizations who are interested in mental health in the community to come to the Meeting, participate in the election of Board Members to represent them, meet the Staff, see the Clinic rooms and learn more about the Center.

SYNOPSIS of ADVISORY BOARD MEETING, November 19, 1955.

PRESENT: Miss Nancy Bradfield, Mrs. B. A. Brann, Rev. Edward Clark, Mrs. Wm. Cockerill, Mrs. A. Clinton Cook, Mrs. O. W. Parsons, Mrs. Roger Powell, Mrs. Helen Shorey, Dr. & Mrs. C. G. Souder, Dr. Nardini, Mr. Cole, and Mrs. Weisbard.

The TREASURER reported a balance of \$1839.42 in the local account, \$339.42 of this from the last fiscal year and \$1500 from the Old Dominion Foundation. This will take care of this year's expenses. Funds now being raised are for the fiscal year 1956-57. It was brought to the attention of the Board that Board expenses such as postage, telephone, etc. have until now been borne by individual members. It was decided that hereafter an allowance for these expenses should be included in our Budget. This will be in addition to the \$2500 minimum share of matched funds which must be raised locally for 1956-57. We hope for an appropriation of \$1000 from the Board of Supervisors and \$1000 from the Old Dominion Foundation.

DR. NARDINI reported that, since July 23rd, the Clinic Staff has seen 39 patients (26 children, 13 adults; 25 males, 14 females) and has had 166 interviews. Referrals have been from schools - 8, courts - 7, physicians - 6, Health Dept. - 5, Welfare - 1, family or friends - 12. Cases have ranged widely from psychotics to persons with minor emotional and behavioral difficulties and have included mental defectives and alcoholics. Dr. N. cited figures showing that this record compares very favorably both as to numbers and as to services rendered, with the work of older, full-time clinics. He reported \$182 collected in Clinic fees, \$41. more collectible. He stated that additional clerical help (possibly 2 extra days per month) is essential. He has been trying to persuade the State to allow us to use unexpended salary funds for this rather than having to send in additional funds. (Since the Board Meeting, permission for this has been received.)

After full discussion of two specific cases brought to us by Dr. Nardini, the Board ruled (1) that medicines needed in treatment which cannot be paid for by the patient or by the Welfare Dept. will be paid for by the Board out of our local Clinic funds, and (2) that a particular patient referred from a neighboring county where psychiatric help is not available will not be taken on as a treatment case but will be given interim support as time is available while attempting more effective permanent referral.

A NOMINATING COMMITTEE: Mrs. Wm. Cockerill, Chrmn., Mrs. Helen Shorey, and Rev. Frank Moss, was appointed to report to the Annual Open Meeting, Jan. 19th, at which time eleven Board Members are to be elected by the interested citizens present.

THE CLINIC ROOMS, which have been much improved by new coats of paint and refinished floors under the direction of a committee headed by Mrs. B. A. Brann, were open for inspection by Board Members at the close of the Meeting and were highly approved with thanks to the committee.