



self-help HORIZONS

NATIONAL PROJECT FOR SELF-HELP GROUPS

* Self-help clearinghouses: A seeker's guide

Affiliated with the National Council on Self-Help and Public Health
Summer, 1991

Clearinghouses are as important to self help groups as trail guides are to hikers. Without them information is buried, hidden, inaccessible. A clearinghouse lists self-help and mutual aid support groups; it helps people find their way through a morass of people, places, meetings and materials. It guides them to the place they need to be—the group that will help them find the information they need. This information frequently includes sources of community support.

The mission statement of a clearinghouse, which began in 1978, reads: "To reduce human suffering and isolation and to increase the availability of the unique community support and expertise of 'those who have been there.' The American Self-Help Clearinghouse will strive to develop the great untapped potential of mutual aid and self-help groups."

Ed Madara, director of the American Self-Help Clearinghouse, wants to see a proliferation of self-help groups. He sees the Self-Help Sourcebook, subtitled Finding and Forming Mutual Aid Self-Help Groups and published by the Clearinghouse, as a means to that end.

"The greatest potential of self-help groups is the development of new groups, where information can help people develop resources in communities," Madara said. "All you need is a place to meet and an opportunity to bring people together."

Changing circumstances result in changing groups: grandparents raising grandchildren, for example. There are, Madara says, an increasing number of people in this situation and there are problems—schooling, legal, financial and emotional. The grandparents advocate, share information and lobby. And the children, he says, learn they are not alone.

The American Self-Help Clearinghouse is located at St. Clare's-Riverside Medical Center, Denville, NJ 07834; 201/625-7101. Among the source book listings are: self-help groups by subject; ways to develop a group; resources for people who are homeless, mental health consumers or people with rare or genetic disorders.



Rocky Stone

Stone assumes National Council helm: Stresses self-help role in curbing rising health-care costs

Assuming the chair of the National Council on Self-Help and Public Health is a real challenge. I hope that, in the next year, the Council will interact with the eight public health agencies in very specific ways. I believe that self-help groups have a major role to play in what will be a major issue in our society for the next decade—the rising cost of health care. By showing, specifically, how self-help can have an impact on each area of the public health service, we may be able to produce, jointly, information helpful to health care providers in both the private and the public sectors.

Such activities would raise awareness of the variety of self-help methods and the range of self-help activities, as well as information on self help clearinghouses. The Council will attempt to move forward in this area during 1991-1992. We welcome *your* ideas and your information. Experience from self-help groups in terms of activity in health-related fields is welcome indeed. Please let us hear from you.

Rocky Stone, chair, National Council on Self-Help and Public Health. He is the executive director of Self-Help for Hard of Hearing People, Inc., Washington, D.C.



Groups to help women through hard times

child.) P.O. Box 3696, Oak Brook, Ill. 60522. 708-990-0010.
Concerned Relatives of Nursing Home Patients, P.O. Box 18820, Cleveland, Ohio 44118. 216-321-0403.

Confinement Line (Telephone support for women in the Washington, D.C., area who are confined to bed during a high-risk pregnancy, with referrals to similar groups in other areas.) Childbirth Education Assn., P.O. Box 1609, Springfield, Va. 22151.

Depression After Delivery (For sufferers of postpartum depression.) P.O. Box 1282, Morrisville, Pa. 19067. 215-295-3994.

Formerly Employed Mothers At Loose Ends (FEMALE) (For women making the transition from paid employment to at-home motherhood.) P.O. Box 31, Elmhurst, Ill. 60126. 708-941-3553.

International Childbirth Education Association, Inc., P.O. Box 20048, Minneapolis, Minn. 55420-0048. 612-854-8660.

International Endometriosis Association, 8585 N. 76th Pl., Milwaukee, Wis. 53223. 414-355-2200.

Mothers of AIDS Patients, 1811 Field Dr., N.E., Albuquerque, N.M. 87112. 505-271-1492.

Mothers Without Custody, P.O. Box 27418, Houston, Texas 77227-7418.

Older Women's League, 730 11th St., N.W., Suite 300, Washington, D.C. 20001. 202-783-6686.

We Saved Our Marriage (WESOM) (For those whose marriage is affected by infidelity.) P.O. Box 46312, Chicago, Ill. 60646. 312-792-7034.

Widowed Persons Service, AARP, Dept. GH, 1909 K

St., N.W., Washington, D.C. 20049.

Wives Of Older Men (WOOM) (For women married to men 8 or more years older.) 1029 Sycamore Ave., Tinton Falls, N.J. 07724. 201-747-5586.

Women Coping (For women dealing with infidelity.) P.O. Box 682, Olathe, Kan. 66061.

Y-ME (For breast-cancer patients and their families.) 18220 Harwood Ave., Homewood, Ill. 60430. 800-221-2141, 9 A.M. to 5 P.M. (Central Time); 708-799-8228, 24-hour hot line.

LOOKING FOR A GROUP?

If you feel you could benefit from a self-help group, the following organizations can tell you if one related to your problem already exists, help you start one of your own, or advise you if there is a local source of information in your area:

American Self-Help Clearinghouse, St. Clares-Riverside Medical Center, Denville, N.J. 07834. 201-625-7101. TDD: 201-625-9053.

National Self-Help Clearinghouse, City University of New York Graduate Center, Room 620, 25 West 43 St., New York, N.Y. 10036.

Since the founding of Alcoholics Anonymous over 50 years ago, hundreds of similar self-help or mutual aid groups have been formed across the country. Through them, people with the same kinds of problems come together to share their experiences and exchange information.

Some of the following groups, mostly dealing with problems of particular interest to women, are familiar; others are less widely known. While some groups have hundreds of local chapters, others, more recently established, have only a few. (When writing to an organization, include a business-size, self-addressed, stamped envelope.) —L.B.

Association for Children for Enforcement of Support (ACES) (For custodial parents who have difficulty collecting child support.) 723 Phillips Ave., Suite 216, Toledo, Ohio 43612. 800-537-7072.

Children of Aging Parents (For all care-givers of the elderly.) 2761 Trenton Rd., Levittown, Pa. 19056.* 215-945-6900.

Committee for Mother & Child Rights, Inc. (For divorced mothers with contested custody or visitation problems. Not for financial-support problems.) Rt. 1, Box 256A, Clear Brook, Va. 22624. 703-722-3652.

The Compassionate Friends (For parents and siblings bereaving the death of a

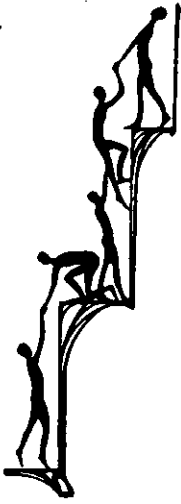
FUN FACTS ABOUT LEFTIES

President George Bush is left-handed. So are Paul McCartney, Oprah Winfrey, Mickie Rourke, and Martina Navratilova. Here, from psychologists Stanley Coren, Ph.D., of the University of British Columbia, and Alan Searleman, Ph.D., of St. Lawrence University, are some other facts you may not know about left-handedness:

- Lefties make up about 13 percent of the population; men are slightly more likely than women to be left-handed.
- A couple's chances of having a left-handed child are one in ten if neither parent is left-handed; two in ten if one parent is left-handed; and four in ten if both parents are.
- A child's favored hand may become apparent as early as eight months; by age three, the preference is

- usually well-developed.
- Lefties sometimes mature more slowly than their right-handed peers, reaching puberty an average of four to five months later. They also tend to be about a half-inch shorter and three pounds lighter.
- Lefties may have to put up with right-handed wristwatches and scissors, but they are usually quicker on keyboards and typewriters because they're more equally skilled with both hands. They also have decided advantages in some sports, like baseball, tennis, and boxing.
- The term "southpaw" came about back when baseball parks were often built with home plate in the west corner of the field. When a left-handed pitcher faced the batter, his left arm—the pitching paw—was closest to the south.

—Connie McCabe



AMERICAN SELF-HELP CLEARINGHOUSE

St. Clares-Riverside Medical Center, Denville, N. J. 07834

Self-Help Clearinghouses in the United States (for help in finding or forming a Mutual Aid Self-Help group)

California* 1-800-222-LINK (in CA only) - for verification, call (310)825-1799
Connecticut (203) 789-7645
Illinois* (708) 328-0470 - administrative, call (708) 328-0471
Iowa 1-800-383-4777 (in Iowa) - (515) 576-5870
Kansas 1-800-445-0116 (in KS) - (316) 689-3843
Massachusetts (413) 545-2313
Michigan* 1-800-777-5556 (in MI) - (517) 484-7373
Minnesota (612) 224-1133
Missouri - Kansas City (816) 472-HELP
Missouri - St. Louis (314) 773-1399
Nebraska (402) 476-9668
New Jersey 1-800-FOR-M.A.S.H. (in NJ) - (201) 625-9565
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NY - Westchester** (914) 949-6301
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SC - Midlands area (803) 791-9227
TN - Knoxville area (615) 584-6736
TN - Memphis area (901) 323-0633
Texas* (512)454-3706
Greater Washington, DC (703) 941-LINK
*maintains listings of additional local clearinghouses operating within that state.
** call Westchester only for referral to local clearinghouses in upstate New York.

for national U.S. listings and directories:

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National Self-Help Clearinghouse (212) 642-2944.

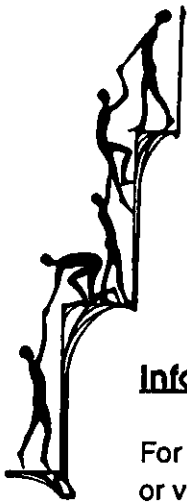
Self-Help Clearinghouses in Canada

Calgary (403) 262-1117 Toronto (416) 487-4512
Halifax (902) 466-2011 Vancouver (604) 731-7781
Winnipeg (204) 589-5500 or 633-5955
national newsletter, Initiative (613) 728-1865 (C.C.S.D. in Ottawa)

Other Helpful Organizations

O.D.P.H.P. National Health Information Clearinghouse, in U.S. 1-800-336-4797
National Organization for Rare Disorders, in U.S. 1-800-999-N.O.R.D.
Alliance of Genetic Support Groups (genetic illnesses), in U.S. 1-800-336-GENE
National Clearinghouse for Infants with Disabilities & Life-Threatening Conditions
in U.S. 1-800-922-9234

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St. Clares-Riverside Medical Center, Denville, N. J. 07834

Clearinghouse Services

Information Services

For information on any national self-help group for your concern, phone us at (201) 625-7101, or via T.D.D. dial (201) 625-9053, weekdays between the hours of 9AM to 5PM Eastern time.

Staff and volunteers will seek to provide you with current information and contacts for any national self-help groups that deal with your particular concern. If no appropriate national group exists and you are interested in the possibility of joining with others to start a local group, we can often also provide you with information on model groups operating in other parts of the country, or individuals who are attempting to start such networks. We will also always provide you with information on any state or local self-help clearinghouse that may exist to serve your area. Such clearinghouses can often advise you of existing local groups that may not be part of a national self-help organization. Most clearinghouses can also provide varying degrees of assistance to individuals who want to start a local group.

For a **free listing of phone contacts for self-help clearinghouses** in the United States and Canada, please send us a stamped self-addressed envelope with your request.

Directory of National Self-Help Groups

While information on any specific group is always available by phoning the Clearinghouse, the current Third Edition of The Self-Sourcebook (printed in September, 1990) provides information and contacts for over 600 national and model self-help groups, as well as contacts for local self-help clearinghouses, national toll-free numbers, and ideas and resources for starting a group. The Sourcebook is available for ten dollars, postpaid.

Consultation Service

If there is no group or support network that exists anywhere for your problem and you are interested in starting one, the Clearinghouse can help you with suggestions, materials, and other possible support, e.g., listing you and your interest on its computer database which is used by over a dozen self-help clearinghouses in the United States and Canada.

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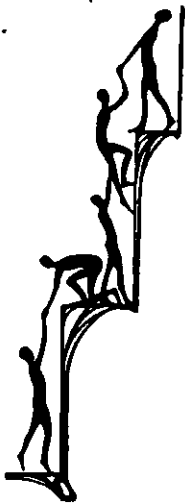
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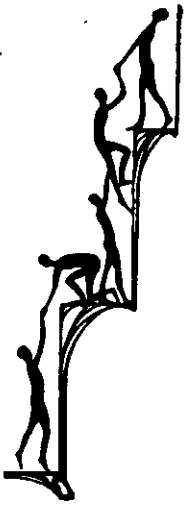
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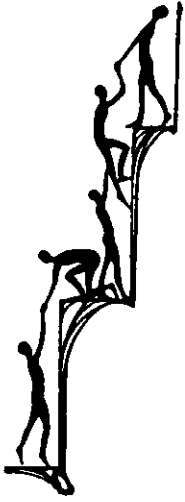
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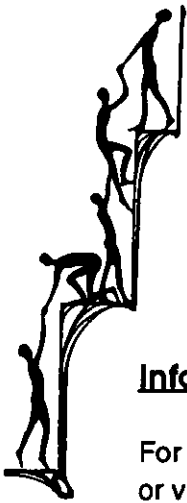
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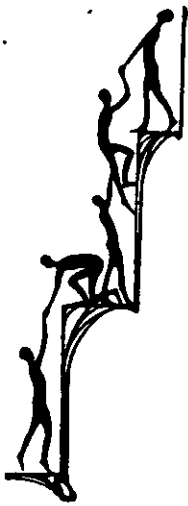
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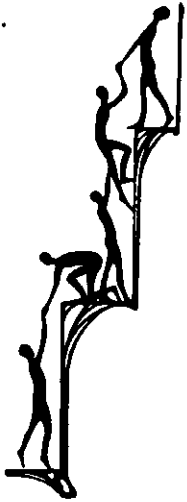
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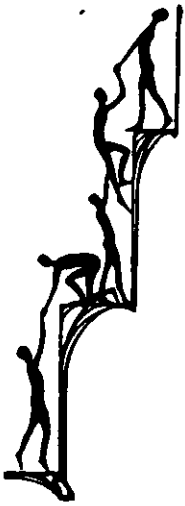
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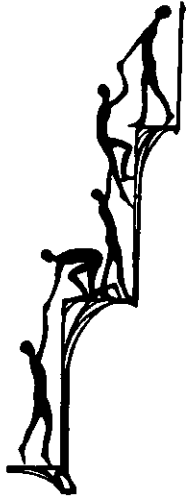
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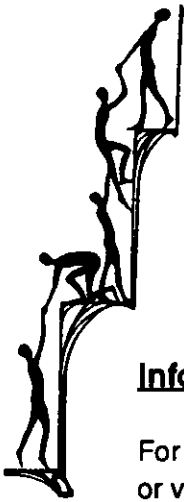
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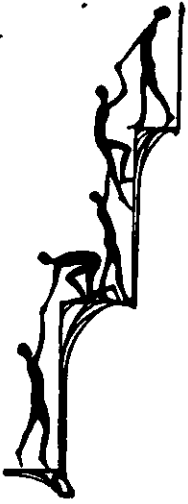
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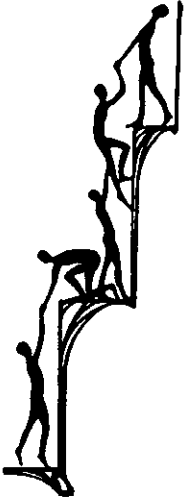
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AMERICAN SELF-HELP CLEARINGHOUSE

St. Clares-Riverside Medical Center, Denville, N. J. 07834

Self-Help Clearinghouses in the United States

(for help in finding or forming a Mutual Aid Self-Help group)

California* 1-800-222-LINK (in CA only) - for verification, call (310)825-1799
Connecticut (203) 789-7645
Illinois* (708) 328-0470 - administrative, call (708) 328-0471
Iowa 1-800-383-4777 (in Iowa) - (515) 576-5870
Kansas 1-800-445-0116 (in KS) - (316) 689-3843
Massachusetts (413) 545-2313
Michigan* 1-800-777-5556 (in MI) - (517) 484-7373
Minnesota (612) 224-1133
Missouri - Kansas City (816) 472-HELP
Missouri - St. Louis (314) 773-1399
Nebraska (402) 476-9668
New Jersey 1-800-FOR-M.A.S.H. (in NJ) - (201) 625-9565
NY - Brooklyn (718) 875-1420
NY - Long Island (516) 348-3030
NY - Westchester** (914) 949-6301
NC - Mecklenberg area (704) 331-9500
Ohio - Dayton area (513) 225-3004
Oregon - Portland area (503) 222-5555
PA - Pittsburgh area (412) 261-5363
PA - Scranton area (717) 961-1234
SC - Midlands area (803) 791-9227
TN - Knoxville area (615) 584-6736
TN - Memphis area (901) 323-0633
Texas* (512)454-3706
Greater Washington, DC (703) 941-LINK
*maintains listings of additional local clearinghouses operating within that state.
** call Westchester only for referral to local clearinghouses in upstate New York.

for national U.S. listings and directories:

American Self-Help Clearinghouse (201) 625-7101, TDD 625-9053;
National Self-Help Clearinghouse (212) 642-2944.

Self-Help Clearinghouses in Canada

Calgary (403) 262-1117 Toronto (416) 487-4512
Halifax (902) 466-2011 Vancouver (604) 731-7781
Winnipeg (204) 589-5500 or 633-5955
national newsletter, Initiative (613) 728-1865 (C.C.S.D. in Ottawa)

Other Helpful Organizations

O.D.P.H.P. National Health Information Clearinghouse, in U.S. 1-800-336-4797
National Organization for Rare Disorders, in U.S. 1-800-999-N.O.R.D.
Alliance of Genetic Support Groups (genetic illnesses), in U.S. 1-800-336-GENE
National Clearinghouse for Infants with Disabilities & Life-Threatening Conditions
in U.S. 1-800-922-9234

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St. Clares-Riverside Medical Center, Denville, N. J. 07834

Clearinghouse Services

Information Services

For information on any national self-help group for your concern, phone us at (201) 625-7101, or via T.D.D. dial (201) 625-9053, weekdays between the hours of 9AM to 5PM Eastern time.

Staff and volunteers will seek to provide you with current information and contacts for any national self-help groups that deal with your particular concern. If no appropriate national group exists and you are interested in the possibility of joining with others to start a local group, we can often also provide you with information on model groups operating in other parts of the country, or individuals who are attempting to start such networks. We will also always provide you with information on any state or local self-help clearinghouse that may exist to serve your area. Such clearinghouses can often advise you of existing local groups that may not be part of a national self-help organization. Most clearinghouses can also provide varying degrees of assistance to individuals who want to start a local group.

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Directory of National Self-Help Groups

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THE THIRD EDITION OF

THE SELF-HELP SOURCEBOOK

**A NATIONAL GUIDE TO
FINDING & FORMING MUTUAL AID SELF-HELP GROUPS**



- Updated contacts and descriptions for now **over 600** national and model self-help groups, that cover a broad range of addictions, disabilities, illnesses, parenting concerns, bereavement and many other stressful life situations. Includes an easy-to-use index.
- Includes general ideas and suggestions for starting a mutual aid self-help group.
- Provides contacts for dozens of self-help clearinghouses worldwide and a listing of over 100 national toll-free helplines.
- Additional sections on resources for rare and genetic illnesses, and home computer networks.
- Cost per copy postage-paid is **\$9.00 book-rate** or **\$10.00 first-class** mail.
Pre-payment required.

The Self-Help Sourcebook can serve as a valuable resource for community networkers as well as for professionals. Printed every two years, it has proven especially helpful to: those serving in the health, mental health, or social service fields; for reference librarians, information and referral helplines, or Employee Assistance Programs; for clergy, self-help inter-groups, or for others who help people to find or create the support groups they seek. ISSN: 8756-1425; paperback, 174 pages, printed Sept., 1990.



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Enclosed is \$ _____ for _____ copy(s) of the current 3rd Edition or
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Please make your check payable to "St. Clares-Riverside Medical Center" and mail to:

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Here is a sample of reviewers' comments on earlier Sourcebook editions:

"The best national directory of self-help groups."

- Tom Ferguson, MD, in cover story on "Consumer Centered Health Care" the World Future Society magazine, The Futurist, Jan-Feb, '92

"This handy paperback is an essential reference source for public libraries, providing easy access to valuable information."

- Reference Books Bulletin of the American Library Association, 5/15/89.

"For every bookshelf!What a goldmine of information!"

- Toughlove Notes, the national Toughlove newsletter, Volume 7, Number 1.

"Too often we hear an inferior product called 'terrific', 'out-standing' or 'excellent'. This reference work, however, lives up to the superlatives. Perhaps the spirit of the guide is best reflected by quoting from it directly: 'Mutual help groups are a powerful and constructive means for people to help themselves and each other. The basic dignity of each human being is expressed in his or her capacity to be involved in a reciprocal helping exchange. Out of this compassion comes cooperation. From this cooperation comes community.'"

- Health Resources, Vol. 2, No. 9, Sept. 1987.

"An invaluable resource for the individual, the family, and the professional, or anybody who is looking for support from a group ... [Its price] is about the equivalent of 25 fruitless phone calls and 40 miles of wasted driving".

- The Woman's Newspaper, (a tri-state award-winning publication), May '87, Princeton.

"With this book you're literally never more than a commercial break away from practically any resource you can think of - nationwide...however, it is only 130 pages and takes great pains to give you the national number that can then refer you to the nearest local group that can help one find peers who can relate to just about every issue that you could possibly imagine ... and then some. As if that were not enough, they have an excellent section on guidelines for starting self-help groups..."

- Michael S. Broder, Ph.D. in the AMPlifier, Association for Media Psychology, Spring '87.

"With a growing recognition of the value of self-help, nurses are often approached for information about existing self-help groups or maybe even how to start one. Perhaps the most comprehensive resource available to serve both of these needs is a new publication... The wealth of information compiled in this compact directory, coupled with its easy to use format, make it a valuable resource..."

- Judy A. Rollins, BA, RN in Pediatric Nursing, July-August 1987, Vol. 13, No. 4.

"Written for the lay public, this book would be useful for those who work (directly or indirectly) with people in situational crisis. It provides possible resources for referral by therapists, health care providers, teachers, and other concerned professionals in addition to guidelines for starting self-help groups."

- Linda Ade-Ridder in Family Relations: Journal of Applied Family & Child Studies, Apr '87.

"This book can certainly help anyone trying to find assistance by simply being an invaluable source of information..." - Medical Update Newsletter, 10 (9), Mar '87.

"This compact book holds an immense amount of information for those in search of a self-help group..." - Jack Mayes in Networking Newsletter, Vol. 3, No. 2, 1987.