



(This is the second in a series of three articles concerning HELP of Cape Cod.)

Pregnancy testing and counseling is a major part of the program at HELP of Cape Cod. Young women coming for a pregnancy test receive a complete physical examination by a doctor and follow-up counseling by trained personnel after the examination.

Another important program at HELP is the 24-hour a day Rape Line. Seven women, all trained rape-counselors, will either go with the client to the hospital and the police, or just talk with the client about what's happened and how to deal with her feelings. It serves not only women who have just been raped, but also those who may have been assaulted in the past.

HELP's most recent project is the Outreach Program, aiming at community education and helping the whole community recognize the needs of the youth community. Schools are opening their doors to HELP personnel. Health classes now include drug prevention education. A monthly newsletter is circulated through some Cape schools, and posters are provided for display in prominent school areas.

Workers from HELP make themselves available at coffee houses and other places adolescents congregate.

As drug abuse continues, drug crisis intervention is still a major function of HELP. While there's a much lower incidence of LSD and other hallucinogenic drug use, alcohol and barbiturate abuse is on the rise.

Marijuana-use is wide-spread but seldom causes youngsters to seek help; hard drugs, i.e., heroin and cocaine, are not being widely used by young people on the Cape. The kids seem more sophisticated and apparently avoid the more dangerous hard drugs than was true in the past. Kids are, however, using a great deal of alcohol and a lot of the barbiturates such as demerol and seconal. These drugs are dangerous, habit-forming, and may result in addiction or overdose.

From the original purpose of treating kids on drugs, and educating the community concerning drugs and drug-use, HELP of Cape Cod has become a multi-service youth center. It exists to help any kid with any problem. The crisis center offers 24-hour-phone service, seven days a week.

The HELP building is open and manned daily from 8:30 A.M. to 11:30 P.M. Short-term crisis counseling is available to walk-ins during those hours.

A child in a crisis situation will be given counseling, be taken to the hospital if necessary, and someone from HELP will stay with the youngster to provide support and reassurance during treatment.

Who provides all these services? The medical staff is made up of doctors who volunteer their time. Drs. Brinkerhoff, Tratt and Harned currently man the VD clinic; Dr. Morrissey coordinates the Women's Health Clinic.

A trained staff of volunteers provides counseling. The twenty-five hour training course takes three weeks, is followed by 15 hours of evaluated phone coverage, and finally the volunteers work with other trained persons until incoming calls can be handled without assistance.

On-going training is provided staff and volunteers; two monthly meetings help clarify methods of meeting specific problems.

The professional counseling staff consists of one worker with a Master's degree, and one with a Bachelor's degree plus three years' experience in the field of counseling young people.

More volunteers are needed, both for phone work and for the gynecological clinic which has a waiting list for appointments.

HELP of Cape Cod is located in a large white house on Yarmouth Road, between Main Street and Iyanough Road, in Hyannis. It looks like a residence and provides a home-like environment for workers and clients alike. The waiting room is the living room; the kitchen is open for coffee; the atmosphere is easy, casual, warm and non-threatening.

Family counseling is provided, when needed and acceptable to parents; the problem is primarily one of runaway children.

Why does a community like Cape Cod need HELP? With all we do for our children, what are the reasons that thousands of our kids find themselves in crisis when they are between 12 and 18 years of age?

Joan and Karen see nothing unusual about the phenomenon of the

adolescent-in-crisis. Adolescence is naturally a time of alienation from family and society. It's viewed as normal by educators, counselors, and even parents.

In today's society, however, it poses many serious threats to the adolescent, partly because of the availability of drugs, including alcohol, and partly because adolescents today see adults around them using alcohol and barbiturates, and cannot accept a different standard for themselves than is set for them by example.

Venereal disease, pregnancy, drug abuse, rape, suicide, unemployment and severe depression are problems too overwhelming for most adults to deal with without support and assistance.

For the alienated adolescent, these problems, or a combination of them, are even more difficult to handle.

Seventeen-year-old Bob lives with his mother and three younger brothers in a mid-Cape town and is presently enrolled in a local high school. His parents are separated; his father is an alcoholic.

Bob dropped in at HELP recently to check the bulletin board where part-time help-wanted notices were posted. Finding nothing for which he could qualify, he struck up conversation with the hot-line volunteer in the office about the hassles he was having at home.

He was feeling discouraged at the way his life was working out. Together, he and the volunteer counselor talked of options open to Bob; it was suggested he see one of the staff counselors if he would like to explore his problems further.

A counselor is seeing Bob regularly now. He's talking of his feelings about his father who left the home when Bob was ten. He's exploring the reasons he and his family have difficulties in communicating with one another.

In the course of talking with the counselor, Bob has mentioned his own alcohol-drug use, and is currently working with the counselor on this issue. He's making progress.

Bob has found someone with whom he can share his frustrations and hassles and feel he is taken seriously as a person. Eventually the counselor hopes to be able to locate a part-time job for Bob so he can increase his self-confidence and begin to trust himself and others.

HELP of Cape Cod provides the support and assistance young people need to receive -- must have if they are to live -- when they face crisis situations.

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## Skating Club to conduct competition

The Cape Cod Skating Club will conduct its annual closed club Figure Skating free-style competition on Sunday, March 2, 1975 at the Kennedy Memorial Rink. There will be twenty-five contestants who will perform in four competitive classes. The program will be from 12 noon to 2 P.M. and the general public is

invited and encouraged to attend. A donation of twenty-five cents is requested for admission and all proceeds will go to the Memorial Fund of the United States Figure Skating Association. This fund supports and helps to defray the expenses of the United States figure skaters in national and world competition. The club competition is sanctioned by the U.S.F.S.A.

## Opponents picket NRA

A national wildlife refuge in New Jersey which opponents of hunting recently picketed with signs assailing the National Rifle Association was in fact created

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