THE
SURGEON
GENERAL
WORKSHOP ON
SELF-HELP
AND
PUBLIC HEALTH

Los Angeles, California
September 20-22, 1987

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES
Public Health Service
Health Resources and Services Administration
Bureau of Maternal and Child Health and Resource Development
I believe in self-help as an effective way of dealing with problems, stress, hardship, and pain ... Mend-ing people, curing them, is no longer enough; it is only part of the total health care that most people require.

C. Everett Koop, M.D., Sc.D.
Surgeon General, U.S. Public Health Service
ACKNOWLEDGEMENTS

The Surgeon General's Workshop on Self-Help and Public Health was supported by grants from the following organizations:

The Office of Maternal and Child Health
Bureau of Maternal and Child Health
and Resources Development
Health Resources and Services Administration
U.S. Public Health Service
U.S. Department of Health and Human Services
The W. Clement and Jessie V. Stone Foundation
The California State Department of Mental Health
The Exxon Corporation
GTE of California
Kaiser Permanente of Southern California

The workshop was conducted under the direction of Heddy Hubbard, R.N., M.P.H., Office of Maternal and Child Health, U.S. Public Health Service. Mark Mayeda of the California Self-Help Center was chairman of the planning committee and moderator of the workshop.

Overall workshop coordination was by Marilyn Ruiz and Annette Nussbaum of the Illinois Self-Help Center. Site coordination at the University of California, Los Angeles, was directed by Carol Eisman and Nerissa Leonardo of the California Self-Help Center.

This report was prepared by Peter L. Petrakis, Ph.D., M.P.H., Life Sciences Editorial Service, Annapolis, Maryland.
MEMBERS OF THE WORKSHOP
STEERING COMMITTEE

Deputy Surgeon General
U.S. Public Health Service

Heddy D. Hubbard, R.N., M.P.H.
Bureau of Maternal
and Child Health
and Resources Development
U.S. Public Health Service

Mark M. Mayeda
California Self-Help Center

Daryl H. Isenberg, Ph.D.
Illinois Self-Help Center

Frances Jemmott Dory
New York City Self-Help Clearinghouse

Barbara E. Giloth
American Hospital Association

Ronald C. Brand
Wilder Mutual Help Resource Center
MEMBERS OF THE
WORKSHOP PLANNING COMMITTEE

Faye G. AbdeIIah
Deputy Surgeon General
Chief Nurse Officer
U.S. Public Health Service
Parklawn Building, Room 18-67
5600 Fishers Lane
Rockville, MD 20857

John Allegante, Ph.D.
Department of Health Education
Teachers College
Columbia University
525 West 120th Street
New York, NY 10027

Thomasina J. Borkman, Ph.D.
Associate Professor
George Mason University
Fairfax, VA 22030

Ronald C. Brand
Project Coordinator
Consultant
Minnesota Mutual Help
Resource Center
Wilder Foundation
c/o Community Care Unit
919 Lafond Avenue
St. Paul, MN 55105

Maree G. Bullock
Executive Director
W. Clement and
Jessie V. Stone Foundation
111 E. Wacker Drive, Suite 510
Chicago, IL 60601

Frances Jemmott-Dory
Executive Director
New York City Self-Help
Clearinghouse, Inc.
1012 8th Avenue
Brooklyn, NY 11215

Jean K. Elder, Ph.D.
Assistant Secretary for
Human Development Services
U.S. Department of Health and
Human Services
Room 309F
200 Independence Avenue S.W.
Washington, DC 20201

Barbara E. Giloth
Manager
Patient Education
American Hospital Association
840 North Lake Shore Drive
Chicago, IL 60611

Hannah L. Hedrick, Ph.D.
Director
Information Analysis and Publications
Division of Allied Health
American Medical Association
535 North Dearborn Street
Chicago, IL 60610

Janet Heinrich
American Nurses Association
1101 14th Street NW
Washington, DC 20201
Mary Jean Houde
Manager
National Community Relations
Sears Roebuck and Co.
Sears Tower 40-08
Chicago, IL 60684

Heddy D. Hubbard, R.N., M.P.H.
Program Analyst
Division of Maternal and Child Health
U.S. Public Health Service
Parklawn Building, Room 6-40
5600 Fishers Lane
Rockville, MD 20857

Vince Hutchins, M.D.
Maternal and Child Health Division
Bureau of Health Care Delivery and Assistance
U.S. Public Health Service
Parklawn Building, Room 6-05
5600 Fishers Lane
Rockville, MD 20857

Daryl H. Isenberg, Ph.D.
Executive Director
The Self-Help Center
1600 Dodge Avenue, Suite S-122
Evanston, IL 60201

Gini Laurie
Founder and Chairman
International Polio Network
4502 Maryland Avenue
St. Louis, MO 63108

Carlos J.M. Martini, M.D.
Vice-President
Medical Education
American Medical Association
535 North Dearborn Street
Chicago, IL 60610

Mark M. Mayeda
Deputy Director
California Self-Help Center
Psychology Department
University of California
405 Hilgard Avenue
Los Angeles, CA 90024

Leonore Miller
President
SHARE, Inc.
68-37 Yellowstone Boulevard
Forest Hills, NY 11375

Gladys W. Neu
Widowed Persons Services
American Association of Retired Persons
1313 Casa Verde
Corpus Christi, TX 78411

Charles E. Roppel
Chief
Office of Prevention
California Department of Mental Health
2340 Irving Street, Suite 108
San Francisco, CA 94122

S. Denise Rouse
Member, Board of Directors
National Black Women's Health Project
Department of Health and Human Services
Parklawn Building, Room 7A-30
5600 Fishers Lane
Rockville, MD 20857
WORKSHOP AGENDA

Opening Plenary Session

Presiding:

Heddy Hubbard, Workshop Project Officer,
U.S. Public Health Service

Greetings:

Mark Mayeda, Chairman and Workshop Moderator,
California Self-Help Center

Jeanne Bradner, Director of the Illinois
Governor's Office of Voluntary Action

Clifford L. Allenby, Secretary of the California Health and Welfare Agency

Introduction of the Surgeon General

Faye G. Abdellah, Deputy Surgeon General of the U.S. Public Health Service

Keynote Address

C. Everett Koop, M.D., D.Sc., Surgeon General of the U.S. Public Health Service

Panel Presentation

Frances J. Dory, Moderator, New York City Self-Help Clearinghouse

Panel Members:

Leonore Miller, President of SHARE, Inc.

Edward J. Madara, Director of the Self-Help Clearinghouse of St. Clares-Riverside Medical Center

S. Denise Rouse, Member of the Board of Directors of the National Black Women's Health Project

Irving K. Zola, Professor of Sociology, Brandeis University
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>1</td>
</tr>
<tr>
<td>Self-Help and Health</td>
<td>2</td>
</tr>
<tr>
<td>Self-Help and Public Health: Steps Toward Partnership</td>
<td>4</td>
</tr>
<tr>
<td><strong>Chapter I</strong></td>
<td></td>
</tr>
<tr>
<td>Organization of the Surgeon General's Workshop on Self-Help and Public Health</td>
<td>5</td>
</tr>
<tr>
<td><strong>Chapter II</strong></td>
<td></td>
</tr>
<tr>
<td>Welcome and Charge to the Participants</td>
<td>7</td>
</tr>
<tr>
<td>C. Everett Koop, M.D.</td>
<td></td>
</tr>
<tr>
<td>Surgeon General of the U.S. Public Health Service</td>
<td></td>
</tr>
<tr>
<td>Remarks of the Honorable James R. Thompson</td>
<td>10</td>
</tr>
<tr>
<td>Governor of Illinois</td>
<td></td>
</tr>
<tr>
<td>Remarks of the Honorable George Deukmajian</td>
<td>11</td>
</tr>
<tr>
<td>Governor of California</td>
<td></td>
</tr>
<tr>
<td>Welcoming Address by the Workshop Moderator</td>
<td>12</td>
</tr>
<tr>
<td>Mark Mayeda</td>
<td></td>
</tr>
<tr>
<td>California Self-Help Center</td>
<td></td>
</tr>
<tr>
<td>Who Was Invited Here—and Why</td>
<td>13</td>
</tr>
<tr>
<td>Frances J. Dory</td>
<td></td>
</tr>
<tr>
<td>Selection Subcommittee Member</td>
<td></td>
</tr>
<tr>
<td>What Health Professionals Can Learn from Breast Cancer Patients</td>
<td>15</td>
</tr>
<tr>
<td>Leonore Miller</td>
<td></td>
</tr>
<tr>
<td>President of SHARE, Inc.</td>
<td></td>
</tr>
<tr>
<td>The Role of Self-Help Clearinghouses</td>
<td>18</td>
</tr>
<tr>
<td>Edward Madara</td>
<td></td>
</tr>
<tr>
<td>Director, The Self-Help Clearinghouse</td>
<td></td>
</tr>
<tr>
<td>St. Clares-Riverside Medical Center</td>
<td></td>
</tr>
<tr>
<td>Self-Help for Health Professionals</td>
<td>22</td>
</tr>
<tr>
<td>S. Denise Rouse</td>
<td></td>
</tr>
<tr>
<td>National Black Women's Health Project</td>
<td></td>
</tr>
<tr>
<td>The Politics of Self-Help</td>
<td>25</td>
</tr>
<tr>
<td>Irving K. Zola</td>
<td></td>
</tr>
<tr>
<td>Professor of Sociology</td>
<td></td>
</tr>
<tr>
<td>Brandeis University</td>
<td></td>
</tr>
<tr>
<td>Chapter III</td>
<td>Overview of the Workshop Process</td>
</tr>
<tr>
<td>The Modified Delphi Technique</td>
<td>28</td>
</tr>
<tr>
<td>Small-Group Deliberations</td>
<td>28</td>
</tr>
<tr>
<td>Chapter IV</td>
<td>Recommendations to the Surgeon General</td>
</tr>
<tr>
<td>Chapter V</td>
<td>The Surgeon General's Response</td>
</tr>
<tr>
<td>Closing Remarks</td>
<td>38</td>
</tr>
<tr>
<td>Appendix A</td>
<td>Background Readings</td>
</tr>
<tr>
<td>Appendix B</td>
<td>Suggested Strategies for Implementing Workshop Recommendations</td>
</tr>
<tr>
<td>Appendix C</td>
<td>Participants in the Surgeon General's Workshop on Self-Help and Public Health</td>
</tr>
</tbody>
</table>