

**March Meeting:**

## WHITE HOUSE TO TAKE PART IN MENTAL HEALTH PANEL

White House participation in a panel on "Mental Health and Foreign Service Living: Issues and Answers" underlines the importance of the subject of AAFSW's meeting on Tuesday, March 14. Dr. Peter Bourne, Special Assistant to President Carter, who established the President's Commission on Mental Health, will be the first of a number of distinguished speakers. The special risks of Foreign Service families in the realm of mental health and resources available to them will be explored. Members will have the opportunity to ask questions of and make suggestions to panelists from AID, State and USIA involved in these concerns.

Dr. Bourne will discuss the current framework and focus of mental health activities. Since the President's wife has chosen mental health as one of her primary interests while she is in the White House, there has been a new openness and positivism towards dealing with issues which have long gone undiscussed. They are now being aired and possible corrective actions are being brainstormed. It is in this light that Dr. Bourne and the other panelists will address a subject which directly affects the lives of everyone involved in the Foreign Service. (See Lee Dane's accompanying article.)

Also speaking will be Dr. Stephen Hersh, Assistant Director for Children and Youth at the National Institute for Mental Health and consultant for FSECC, who will speak on ways of coping effectively when your lifestyle means constant change. Mary Louise Weiss will follow with a talk on recent community action efforts in posts where adjustment has been identified as a particular problem. A member of the Youth Development Team which visited a number of such posts, and the wife of a former FSO and World Bank Official, Mrs. Weiss will give a first-hand report on how community members pooled their efforts to

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## Change Overload Special Risk

*--Lee Dane*

Foreign Service living does not entail the dangers of the coal mining profession (to pull an incomplete analogy from my hat), but it does have its own special risks. High geographic mobility enforces changes on the individual which effect meaningful aspects of life-style — the practice of religion, the pursuit of education and career, the maintenance of friendships and family ties. Generally speaking, our individual sense of continuity is strong enough for us to adjust to these changes with little effect on our sense of well-being. Relatively speaking, we are a well-educated group, and we usually know how to take advantage of the changes we are faced with. Other changes are more a fact of life than of Foreign Service living. Divorce or separation, death of a spouse or a child, learning to deal with a new handicap or a newly handicapped child, acknowledging the need to build better coping techniques — these are some of the life changes that can take the joy out of the changes imposed on us by our geographic mobility.

Research has demonstrated that too many changes within a given time frame lead to some kind of breakdown in our physical or mental well-being. Research has also demonstrated that those who are prepared for change can manage the change better than those who are not. This, then, is the essence of our focus on March 14.

The Foreign Service special risk is not black lung, but a periodic overload of change. In order to develop good coping techniques, we need to become aware of where the dangers

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## FLO OPENS MARCH 1

The Department of State has extended a cordial invitation to all members of AAFSW to attend the formal opening of the Family Liaison Office (FLO) on Wednesday, March 1, at 11:00 a.m. Secretary of State Cyrus Vance is expected to attend the ribbon cutting at the suite of three rooms (1216A) near the C Street Diplomatic Entrance. A reception on the Eighth Floor for Departmental and other invited dignitaries as well as AAFSW members will follow. Members wishing to attend should immediately mail in the reservation for the FLO Opening found on p. 4.

Janet Lloyd, Director of FLO, was sworn-in early February. She is presently getting the office ready and is involved in the process of choosing the rest of the FLO staff. After the formalities, FLO will be open for business.

"We need an early and active dialogue from overseas to the central FLO," comments Janet. "We are particularly interested in hearing from people at post and what they think FLO should do and what form it should usefully take. At the moment, a subject under active consideration is how to open FLO offices overseas. Please let me know what you need at your post."

From the beginning, FLO will offer resources and referrals to help employees and their family members get the information they need. Departmental regulations covering MED, Personnel, transfer, etc. will be available. Post reports will also be on file. In addition, there will be a bibliography of things to do around Washington, that has been developed by Miki Stebbings. Janet also reports that she will have information on resume writing and career guidance. As soon as possible, information about work regulations and possibilities at specific posts will be established. FLO will grow in response to the needs that walk in its doors or arrive by mail or cable. The address is:

**M/FLO Rm. 1216A  
Department of State  
Washington, D.C. 20520**

## NEWS BRIEFS

### Overseas FLOs Slowed Down

A telegram has been sent from the Department asking that posts which have not already established a local FLO delay opening one until the Department has a chance to develop guidelines. This step has been taken because of a concern about the variety of approaches to establishing FLOs overseas; the need to develop a Departmental policy regarding what types of positions will be used; and the need to develop a definition of duties for FLO officers at post.

*The need for clarification on this issue is clear. It is unfortunate, however, that the momentum of establishing FLOs around the world has been slowed. Let's hope that at-post FLOs will get the green light as soon as possible — or sooner — since their spontaneous beginnings are demonstrable evidence of need.*

### Philosophy for Families Underway

Representatives of the Forum Steering Committee, Lynn Johnson, Janet Kennedy and Margaret Sullivan, recently met with the Director General of the Foreign Service, Harry G. Barnes, Jr., and Stephanie Kinney of his office to further the process of clarifying and amplifying the 1972 Directive on Wives. A short statement of areas such as a philosophy should cover and some questions relevant to them is now being prepared. This will be circulated in the Department for comment prior to world-wide dissemination and discussion. From world-wide responses, a first draft will be prepared which will also be re-circulated for comment before a new Departmental Philosophy for Families becomes official.

### Information for Married Applicants

A new pamphlet *Information for Married Applicants* is now being circulated by the Bureau of Examiners (BEX). It focuses on the Foreign Service as a way of life as well as a career and contains realistic appraisals of job opportunities for spouses, educational opportunities and the stresses as well as the pleasures of the Foreign Service.

### Kinney Testifies on Hill

Stephanie Smith Kinney, AAFSW member and representative of the Office of the Director General of the Foreign Service, testified before a joint hearing of the House Subcommittee on Select Education and the Senate Subcommittee on Child and Human Development recently. Stephanie presented the problems of Foreign Service families. She also told of the Forum report and the opening of FLO.

"The Department, in cooperation with AAFSW," Stephanie's testimony concluded, "is in the process of setting up this office which will try to improve communication with family members and identify and develop procedures and support systems suited to their needs. As part of this cooperative effort a new directive will be developed on what families and the Department can mutually and reasonably expect of one another. Our hope is to revitalize and strengthen a new sense of community among all Foreign Service personnel — not only to recognize and respect individual differences, but also to become more aware of and responsive to common needs, especially those of the family."

## CAREER PLANNING MARCH 21

Are you job hunting now? Planning your career with a Foreign Service marriage in mind? The whole career issue for Foreign Service spouses will be the subject of a session of the Workshop for Foreign Service Families on March 21 from 9:15-12:45. Susan McClintock, a counselor at Wider Opportunities for Women (WOW) and a Foreign Service spouse, will lead the program. It is a part of the Workshop's full two-week seminar but AAFSW members and other interested spouses are welcome to attend this one session (or sign up for the whole two-weeks to learn more about yourself and cultures, yours and other's). **In order to attend, however, reservations must be made in advance.** Call Joan Wilson or Barbara Hoganson at 235-8784. The Workshop meets on the 4th floor of FSI.

### March Meeting on Mental Health

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provide meaningful activities and sometimes counseling facilities as well. Janet Lloyd, Director of FLO, will describe how FLO functions to provide information to Foreign Service family members and to channel their expressed concerns to appropriate offices within the Department. Lee Dane, AAFSW Mental Health Liaison, will moderate the panel.

Following these presentations, there will be a question and answer session with an increased panel of persons involved in mental health problems and programs also participating. They will be Michael Guido, AID Training Branch; Dr. Herbert Haynes, State Department Medical Division; Michal Keely, a researcher on dependents and herself a Foreign Service junior; Bernice Munsey, Director of the Foreign Service Educational and Counseling Center; Jean Vance, Chairperson of the AAFSW Forum; Betty Ann Weinstein, Chairperson of the Mental Health Committee and also Director of the USIA Employees Counseling Center; and Joan Wilson, Co-ordinator of the Workshop for Foreign Service Families at FSI.

Display panels prepared by the various organizations within AID, State and USIA which cover mental health concerns will be on view during the coffee hour. A brochure giving the address and phone number and telling something of the responsibilities of each of these organizations as well as listing each of the panelists will be available. On the back of this pamphlet will be a Social Readjustment Rating Scale indicating the stress value of the changes listed on the scale. Overseas members who would like this convenient listing of Mental Health resources may write the Association.

As usual, the meeting will be held in the Diplomatic Reception rooms on the Eighth Floor. Anticipated being among the guests at this vital program are Beatrix Hamburg from the President's Commission for Mental Health and Gay Vance, our honorary president.

## Calendar

### March

- 1 Formal opening of FLO 11:00 a.m.
- 6-10 + AID Overseas Dependent Orientation
- 14 AAFSW meeting
- 20-31 \* Seminar for FS Families, FSI
- 21 \* Career Session of Seminar, FSI (reservation required)

### April

- 11 AAFSW meeting
- 11-13 \* Family Living and Overseas Assignment Workshop, FSI
- 27 Tour of Hillwood House 11:00 am or 1:00 pm

### May

- 1-15 + AID Overseas Dependent Orientation
- 8-19 \* Seminar for FS Families, FSI
- 9 AAFSW meeting
- 22-26 \* English Teaching Seminar, FSI
- 30 + AID Overseas Dependent Orientation

### June

- 12-23 \* Seminar for FS Families, FSI
- 26-30 + AID Overseas Dependent Orientation

### HELPFUL ORGANIZATIONS

#### Family Liaison Office (FLO)

Room 1216A New State Department of State Washington, D.C. 20520 Janet Lloyd, Director 632-1076

#### \* Workshop for Foreign Service Families

Overseas Briefing Center Room 400 Foreign Service Institute Department of State Washington, D.C. 20520 Joan Wilson, Co-ordinator 235-8784 Barbara Hoganson

#### + Operations Training Branch

Room 405 SA-14 AID Department of State Washington, D.C. 20523 Michael P. Guido, Chief 235-9098

#### Foreign Service Educational and Counseling Center (FSECC)

2101 E Street, NW Washington, D.C. 20037 Hours: 9:00 a.m.-3:00 p.m. Bernice Munsey, Director 338-4045

THE BOOK FAIR  
HAS A ROUND THE CLOCK NUMBER:

632-9411

During office hours, 10-3, it can also be reached at 632-3931