



TIME TO THINK AND PLAN- -Before venturing out to look for a job a former addict pauses to reflect over help he received from Synanon Foundation.

Times photo

Santa Monica Foundation Helps Addicts Subdue Craving for Dope

This is the second of two articles on the Synanon Foundation at 1351 Ocean Front, Santa Monica, where the nonprofit foundation helps addicts rid themselves of the dope habit. The first article discussed the initial stage when the addict, with the help of others, went through the painful withdrawal ordeal without resorting to medication of any nature.

BY BOB GETTEMY

SANTA MONICA—When an addict has accomplished the first step toward rehabilitation by subduing his overwhelming desire for narcotics, he is ready to assume a new position in the family life of Synanon.

Charles (Chuck) Dederich, who with Mrs. Adaline Ainlay and Jesse Pratt make up the nonprofit foundation board, said this step may come from five months to a year after they have joined the foundation.

Part of Family

He likens their situation at this point to that of a boy or girl who has graduated from high school and is ready to find a job, yet remain at home as an integral part of the family.

Venturing away from the security of the foundation in order to work is a matter for mutual discussion between the person involved, Dederich and Mrs. Ainlay.

"They never go out to work without counseling with us," the latter said. "It's always a mutual decision. Sometimes we agree that they're not ready. Or perhaps after they've found a job we agree it's not the best thing for them and they give it up."

If a job is obtained, the young "graduate" continues to live at the foundation, thus keeping one foot in the security of his family. Group discussions, which by now have become an essential part of his pattern of life, are arranged to fit his working hours.

Eye on Progress

And, just as other parents might do, Dederich, the "father" and Mrs. Ainlay, the "mother" of this unique family, keep an eye on his progress.

"When one of the kids finds a job," Dederich said, "we make certain he opens a bank account. He may pay something here to help out with expenses, just as another boy might do, but we make him save something out of each check."

This situation might run on for months, or perhaps a year until the man or woman involved can take the big step and go out into the world on his own just as another young man or woman might leave the family home to make his own way.

When it's time for this step, the bank account they have started is a prime factor.

"When they go out on their own," Dederich said, "we want them to have an apartment, decent clothes, from \$500 to \$1,000 in the bank and a serviceable car."

Those successful in ridding themselves of narcotics addiction through the foundation program do not necessarily cut themselves off from Synanon. They come back to attend meetings, help others rehabilitate themselves or otherwise participate in the life of their "family."

The Synanon operation is singularly like that of a family with an overwhelming number of children and an extremely small income.

The only income is from private contributions and from those members of the family who are working.

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Former Addicts Assist Each Other at Synanon

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(About a dozen of the 50 there have jobs at present).

As a consequence, the operation goes from month to month on a financial tight-rope that gets dangerously frayed when the bank account sags to an alarming low of \$2.

Like any other family in similar circumstances, nothing is overlooked that will help keep the group atop its precarious financial perch.

Runs are made daily to pick up returned milk and bread and unsalable vegetables. Vitamin pills are donated by area physicians from samples or their stocks.

The foundation building, which is on a rather grand scale as to size, needs a great deal of maintenance which is done by members themselves with equipment and tools from the basement workshop.

Furniture Donated

Furniture for the men's and women's dormitories, library, living room, dining room and recreation room, were donated along with books, radios and other similar items.

The present quarters are a vast stride forward for the foundation which first started its rehabilitation program in rundown buildings along the beach.

Synanon was conceived about two years ago as an outgrowth of a discussion group whose half-dozen members included Dederich and Mrs. Ainlay. There were no narcotics addicts in the group although some had drinking and emotional problems.

The first narcotics addict came as a guest of one of the members. "Apparently

he felt he got some good out of it," Mrs. Ainlay said, "because others began to come."

The philosophies and beliefs of the Synanon program come from many sources.

Philosophies Borrowed

"We are great borrowers when it comes to philosophy," Dederich smiled. Ralph Waldo Emerson's essay on "Self Reliance," is a part of it as are the teachings of Jesus, Lao Tse, Buddha and others.

In part, the Synanon philosophy has this to say:

"No one can force a person toward permanent and creative learning. He will learn only if he wills to. Any other type of learning is temporary and inconsistent with the self . . . God helps those who help themselves."

These are also listed:

Please let me first and always examine myself.

Let me be honest and truthful.

Let me seek and assume responsibility.

Let me understand rather than be understood.

Let me trust and have faith in myself and my fellow man.

Let me love rather than be loved.

Let me give rather than receive.