

Sober Times as the Free Clinic Turns 20

BY MAITLAND ZANE

One million patient-visits later, the hardiest survivor of the Summer of Love — the Haight Ashbury Free Medical Clinic — is observing its 20th anniversary in the shadow of an unprecedented health crisis.

"The most worrisome thing in this community now is AIDS," said Dr. David E. Smith, the clinic's founder. "Twenty percent of our patients are in the high-risk category. Either they're gay, they're IV (intravenous) drug users or they're both."

"In this neighborhood we now have a little bit of everything. The working poor, the skinheads, the street people, the gays. Polydrug abuse is very common, people who use heroin and alcohol and cocaine and speed."

"But the biggest issue is AIDS. It's the worst public health hazard since the Black Plague. The potential is staggering."

The clinic that Smith — who was then an idealistic Berkeley

graduate of 28 who had completed his internship at San Francisco General Hospital — opened on Clayton Street on June 7, 1967, with the help of a \$500 loan from the Rev. Leon Harris, then pastor of All Saints Episcopal Church, and 50 volunteers has mushroomed into a \$3 million conglomerate with 70 paid employees and 400 volunteers.

Instead of hippies with VD and drug overdoses, 90 percent of the clients are the working poor, and only 10 percent are street people.

Primary medical care is still provided at the original center at 558 Clayton, where the hallway is lined with hundreds of photographs of volunteers. A variety of other programs are run from a ramshackle Victorian at 409 Clayton Street. There are drug and alcoholism clinics, a women's needs center, mental health counseling, medics for rock concerts, shrinks for jail inmates, research and education projects, and a publication for health professionals, the *Journal of Psychoactive Drugs*.

"We don't do any AIDS therapy here, but we do do a lot of screening and referral of patients," said Dr. Flash Gordon, the clinic's medical director.

The atmosphere is nonjudgmental, and small bottles of household bleach are given to IV drug users so they can sterilize needles. Dr. Margaret Gregory, medical director of the clinic's Drug Detoxification Project, estimated that 16 percent of new AIDS cases in San Francisco involve IV drug users.

John Waters, who has a Ph.D. in psychology and who runs the clinic's Urban Health Study, an AIDS research project, said 60 percent of the 12,000 IV drug users in San Francisco shoot heroin, and the other 40 percent are primarily addicted to amphetamines or cocaine.

"The rate of AIDS infection for IV users is about 15 percent for whites, and, for reasons we don't know, about 20 percent for blacks," Waters said. "That's not very good news."

Alcohol is a common denominator, said Austin Hodge, a recovered alcoholic who runs the clinic's alcohol treatment services.

"Here we only have one 'pure' alcoholic," Hodge said. "All the rest have long histories of multi-addictions and psychological problems. Many have worked through coke, heroin and speed and now have ended up with alcohol."

Smith is now one of the country's leading "addictionologists" and one of four persons to be

honored at a \$125-a-plate fund-raising dinner for the clinic next Wednesday at the Great American Music Hall. Also being honored are rock promoter Bill Graham, former 49ers running back Delvin Williams, who founded a drug-awareness program called Pros for Kids, and Dr. Sadja Greenwood, known for her work in women's health programs. (Tickets may be obtained by calling 956-1011.)

But when Smith founded the clinic, the medical establishment was not pleased, he recalled.

"Some of my old teachers said, 'Where did you go wrong? You were such a promising student.' For them, the fact I was treating addicts at all meant that I had dropped out of the mainstream of medicine."

Married and the father of

three, Smith is an associate clinical professor of toxicology at the University of California at San Francisco and research director of Merritt-Peralta Hospital in Oakland.

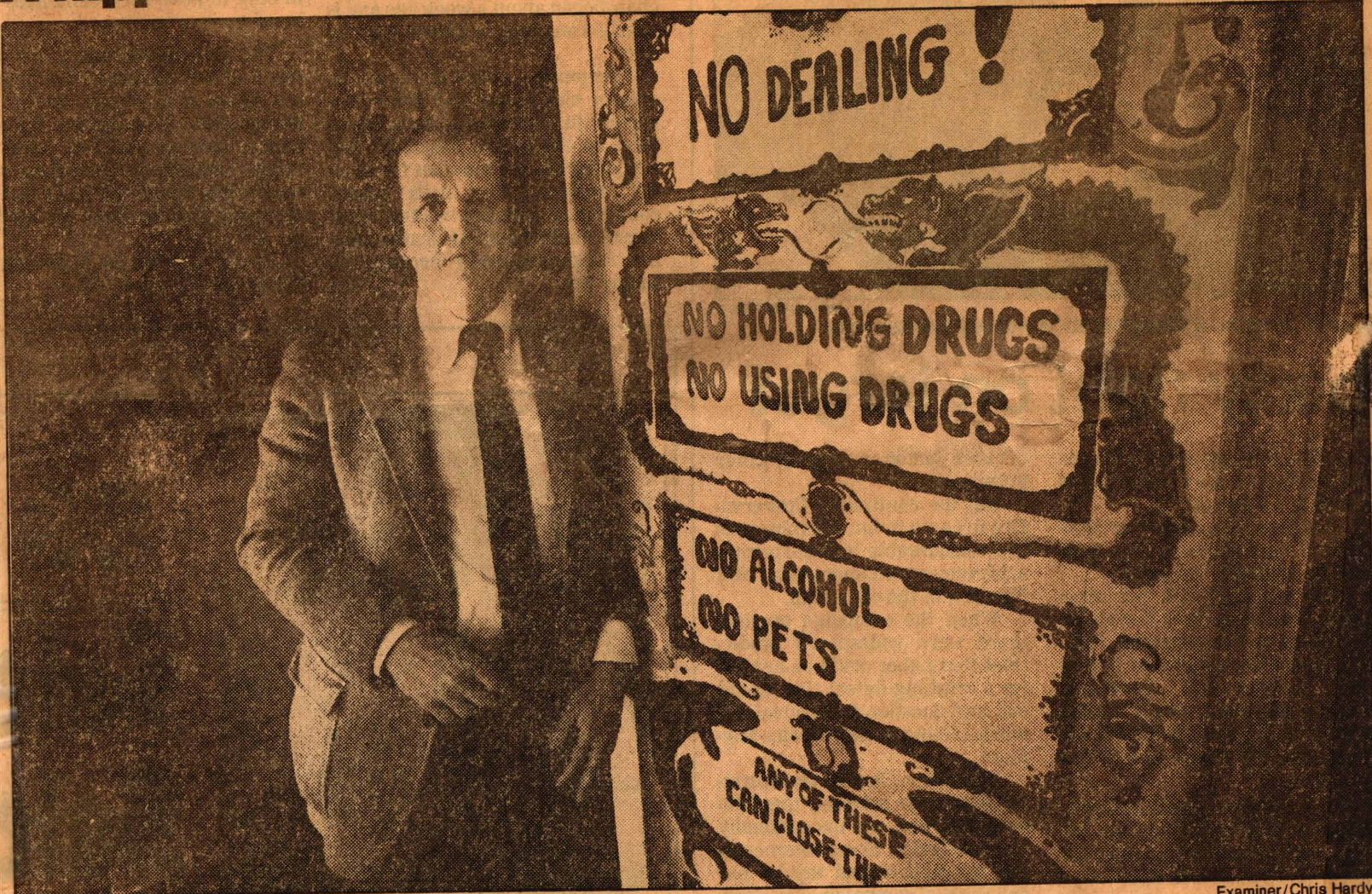
"Overall," he said, "the community is much more healthy than it was 20 years ago. What's interesting is now we're treating the children of the flower children, who as a group have turned out to be much

more conservative than their parents. Most of them are straight vegetarians. Their idea of insulting their bodies is to eat red meat."

Sitting on the center's steps, Smith said: "This is my home. I was offered Washington jobs in the Carter administration, including a chance to run the Peace Corps' medical programs. But I'd rather stay here and continue the clinic spirit."

A hippie doctor in the '80s

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Examiner/Chris Hardy

Dr. David Smith, a medical outcast when he founded the clinic, now helps formulate drug policies

Haight clinic's 20 years of struggle to stay free

By Lisa M. Krieger
EXAMINER MEDICAL WRITER

Twenty years ago in the Haight's cool fog, hundreds of poor and sick hippies lined up to await the opening of a radical new street clinic.

Today the hippies are long gone — but the Haight-Ashbury Free Clinic is still open and its doctors continue to treat those who don't want, or can't afford, mainstream medical care.

"And we're still free, after all these years," said its director, Dr. David Smith.

The drug epidemic has long since spiraled out from places like the Haight into congressional corridors and suburban shopping centers. Once shunned, abusers are now lured to expensive high-tech treatment centers.

But the Haight-Ashbury Free Clinic — unlike hundreds of similar free clinics of the '60s — has survived. Through 20 years

of social idealism, burnout, poverty, closure, persistence and change, it has emerged as the most widely imitated free clinic in the country.

Unlike other clinics, the Haight Clinic seized the chance to expand its vision of care, applying the lessons of the '60s to problems of the '80s — PCP, designer drugs, alcohol, cocaine. Its survival is a study in adaptation, evolution and compromise.

It treats aging Flower Children and their children — but also gay businessmen, new Third World arrivals, holistic health adherents and anyone else who seeks an alternative to expensive and impersonal '80s medical care.

As its patients' needs have changed, so have its services.

The clinic now offers AIDS testing, jail psychiatric treatment and counseling to adult children of alcoholics. The Women's

— See CLINIC, A-7



Examiner file photo

A PATIENT IN FREE CLINIC'S EARLY YEARS
Most avoided conventional doctors, hospitals

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CLINIC

— From A-1

Midlife Resource Center provides information on alternative health care to "women who were in their 20s during the Summer of Love, now in their 40s."

Its Rock Medicine clinic helps out not just at Grateful Dead concerts, but at AC/DC and David Bowie concerts as well.

Once dependent on handouts and rock concert benefits, it now gets city and federal money.

Once an outcast, its doctors now help legislators with drug policy. A Haight project — educating street addicts about AIDS — was featured at last week's Third International Conference on AIDS.

Patients and volunteers no longer share joints and good times. Its staff is made up of respected medical professionals whose approach, while still casual, is organized and efficient.

The clinic still offers walk-in care — but also keeps a computerized appointment book. It once occupied five dingy rooms; it now fills five buildings.

While some former patients, including Janis Joplin, ended up in the morgue, others went on to become lawyers, businessmen, corporate executives. One former patient is vice president of a Fortune 500 corporation.

Its once-controversial ideas — more preventive care, a humanistic attitude and a curative, not punitive approach to drug treatment — have been adopted by mainstream medicine.

Through waves of gay power and AIDS, sexual revolution and venereal disease, from Kennedy progressivism, to Reagan retrenchment, the clinic has stayed true to its '60s motto: "Health Care For Everyone. — A Right, Not A Privilege."

In 1965, as hippies in beads and gowns gathered in Golden Gate Park, 27-year-old Dr. David Smith was up the hill in a UC-San Francisco lab, experimenting with rats.

He was intrigued by his findings: a brand-new substance called LSD made the animals twitch and jump in drug-induced psychoses.

Walking home through the park to his Waller Street apartment, Smith saw the same drug's effects on humans.

"It was totally shocking," he recalled.

By 1967, the Summer of Love was transforming the Haight into the psychedelic equivalent of Fort Lauderdale at spring break. Thousands of teen-agers, many far from home, experimenting with sex and mind-bending drugs for the first time.

Lacking adequate housing, food and health care, the Haight became a medical disaster area. Drug use was casual, careless — and lethal. Kids got high in a hurry on unknown doses of unknown substances.

An estimated 75,000 kids — many of them upset, unhappy, unwanted by their families — were looking for instant answers to life's problems. These weren't savvy Bohemians: they were naive teen-agers, easy prey to the elements and the street.

"They knew how to spout the philosophy, but they couldn't take care of themselves. Kids from all over the country arrived in the Haight with absolutely nothing," recalled John Luce, who worked with Smith at the clinic.

San Francisco's existing drug treatment centers were filled with alcohol and opiate patients, and their

usual prescription for an LSD overdose — a shot of the potent drug Thorazine — felt like "hitting a brick wall at 60 miles an hour," in one doctor's words.

Fearful of authority, the kids avoided doctors and hospitals. As minors, they could be shipped back home. Marijuana possession was a felony; if convicted, a narcotics addict could be committed to the state mental hospital.

"Physicians seemed unwilling to help the young people in the area, especially those who had problems stemming from drugs," Smith said. "Public health officials looked down on young people as subhuman beings. When they came to Park (Hospital) Emergency, doctors assaulted them with sermons or reports to police."

Unless someone set up a link between the straight and hippie world, Smith knew that lives would be lost.

"The prevailing thought was: Why cater to these people? It was thought, wrongly, that if they needed help, there were perfectly good clinics at the hospitals, all within walking distance," said Dr. Paul Scholten, then of UC-Med Center and now at S.F. State.

But Smith figured kids would be more likely to seek help from a young doctor in a neighborhood clinic than walk to a hospital to be treated by a older, unapproving, doctor in white jacket. There was a serious need for non-judgmental and humanistic care.

He decided to fill that need.

Born in Bakersfield with Okie dust bowl roots, Smith got a middle-class upbringing — one that did little to prepare him for a future of radical medical activism.

He was a jock and a "square" who loved to play basketball and study real estate investments. And he had a bright future in academic pharmacology.

But instead of staying in the lab, Smith put his knowledge of drugs to work.

"Word got out that he could take care of people with drug problems," recalled Luce. The Diggers and others in the new Haight community encouraged Smith to bring his skills up to the Haight.

Others tried — unsuccessfully — to discourage him. "Everyone told me I was making a big mistake if I opened up free clinics," recalled Smith. "I'd be ostracized from the medical establishment. Someone would try to kill me."

A few private donations paid the first month's rent on a five-room suite in a run-down Victorian at the corner of Haight and Clayton. Volunteers made repairs and improvements. An architect offered free services.

There was no advertising, just a sign on the weathered door saying: "David E. Smith, MD, and Associates: Haight Ashbury Free Medical Clinic and Happening House."

The response was overwhelming. Forty physicians and 45 nurses volunteered in their time off, and patients flooded in.

"It was a madhouse," Smith said, recalling June 7, 1967. "The day we opened the clinic, the line went around the block — just by word of mouth!"

"We worked around the clock," he said, shaking his head, still disbelieving two decades later. They treated more than 250 patients that first day. "That summer was a blur."

There were shy hippie mothers with malnourished babies, frantic speed freaks with swollen abscesses, surly bikers with broken arms and runaways with infectious diseases. The clinic treated hepatitis, heart ail-

in five hours one day, they treated a girl who thought her hands were purple and 17 other people for acute toxic psychosis brought on by a type of LSD called "Pink Wedges."

When one popular patient died of a heroin overdose, the clinic held a party to raise funds for his cremation.

"What was remarkable was that (Smith) anticipated that need coming. Courageously, he said we couldn't whistle this problem under the carpet," said Dr. John Piel, a San Francisco physician.

"Just on a shoestring, Smith started giving needed services. The place had this aura, an atmosphere of people pulling together and caring, while he worked his wisdom in pharmacology."

The clinic's reputation as a drug treatment center grew. But it was more than that — it was a place to find friends, counseling, and new political ideals.

Doctors were not mere medical technicians, but social visionaries: "We're a new social institution," said Smith that first year. "We want to tackle the basic problems that lead to medical crisis: bad housing, lack of jobs, and the hopelessness of ghetto."

The vision was bold, the need clear. But after three months of non-stop work, "broke and exhausted," the Haight-Ashbury Free Clinic closed.

Drugs and disease were the Haight's big problems 20 years ago. The clinic's was money.

A concert by Big Brother and the Holding Company raised \$5,000 to get it going again; Creedence Clearwater Revival gave it another \$15,000.

It was just the beginning of the clinic's long struggle to stay afloat.

The City wouldn't help. The clinic's unique volunteer structure did not meet city requirements for public funds, the Health Department said. Young people who needed help could go to existing hospitals or clinics.

"We're not getting into hippie clinic business," Dr. Albert Clark told The Examiner in 1969, when he was San Francisco Medical Society director. The clinic's medical insurance was canceled.

Rumors spread that the CIA was collecting addresses of clinic volunteers because of their connection with illicit drugs, that city police were hauling off patient records to find names of drug dealers.

Then speed arrived on Haight Street — with a vengeance.

The mood became angry, aggressive, agitated. Two days before Christmas 1969, a 19-year-old girl was raped, kicked in the head and left to die. Storefront windows were boarded over and the streets filled with panhandlers, pushers, thieves and young speed freaks.

Crime doubled in 1970, when 17 murders, 100 rapes, and 3,000 burglaries were reported to the Park Police Station.

Broke once again, the clinic was forced to close; then it reopened with shorter hours. A 1970 benefit by stars from "Hair," "Oh, Calcutta," and "Woodstock" revived it.

The lights went out in mid-71 when there was no money to pay the electric bill. Guitarist Jorma Kaukonen came to the rescue.

Ironically, it took another drug disaster to finally get the clinic on its feet: Heroin brought its deadening quiet to the Haight in the mid-70s.

"There was a new type of addict: the 25-year-old junkie, home from Vietnam," said Smith.

Blacks and Latinos began coming to the clinic. So did people from the Tenderloin, Mission, Western Addition, and Fillmore districts. So did an Army corporal and a prominent businessman's 18-year-old daughter who had a \$100-a-day heroin habit.

The crisis jolted the federal government awake.

"With incredibly limited resources, free clinics have succeeded in doing the job at which the medical establishment has been less than successful," said the National Institute of Mental Health. By the late 1970s, Smith was named drug adviser to President Jimmy Carter.

Smith eagerly took government money — then faced charges by the left that he had sold out to the establishment. The clinic became more structured, staffers became savvy at

writing grant proposals.

"I had to develop a tough skin," said Smith.

Spurred by drug overdose deaths and a desire to clean up the Haight, The City began to subsidize the clinic, too.

Many other clinics and the National Free Clinic Council, now defunct, rejected government money — a move Smith now says "meant the end of the national free clinic movement. They turned down a tremendous opportunity to develop new programs and ideas for their local communities."

It was another beginning for the Haight clinic.

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Today, Smith's hair is grayer, although it still hangs in curls around his collar. The clinic's psychedelic posters have been replaced by Oriental wall hangings.

Its slick *Journal of Psychedelic Drugs* circulates to 800 medical center libraries. Its predictions of soci-

ety-wide drug abuse borne out, it is a national authority on addiction.

The '60s and its problems have given way to the '80s, whose problems Smith finds even more troubling and profound.

"People today don't do drugs to find spirituality. They want to escape spirituality," he said. "We are in a materialistic phase. Cocaine is a sign of success: You talk a lot, think fast, have social status."

One young "punk" patient recently slashed himself, up and down his arms. "He wanted to inflict pain! He wanted to feel something!" said Smith. "Unlike the '60s, kids today describe a feeling of emotional deadening. It worries me — there is a very nihilistic philosophy."

Times are still tight for his clinic. With AIDS placing new demands on government budgets, it gets less money from The City. "We have a very aggressive donation policy," said Smith.

At the same time, more and more

people need the clinic's care.

Changing economics of health care are forcing major changes in who gets care. Businesses are cutting insurance coverage, and state government is reducing its Medi-Cal assistance.

Emerging is a whole new class of "medical indigents." Stanford University health economist Victor Fuchs called it "the anti-egalitarian mode of the '80s."

An estimated 15 percent of Americans have no health insurance, and many more have only limited coverage. As people lose coverage, they seek free care.

Once again, the Haight clinic is the safety net.

"We can still do it," said Smith, a million patient-visits after his clinic doors first opened. "The humanism of the '60s is still alive, a very viable concept."

"We just have to update, combining the values of the '60s with the technologies of '80s."

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The AIDS Resource Program is a program of information, education and training, technical assistance, and policy research and analysis linking communities nationwide in the fight against AIDS.
Supported by a grant from The Robert Wood Johnson Foundation.



BY MICHAEL MALONEY/THE CHRONICLE

Art Grant finished his arrangement of condoms into the dove and cross symbol of the Haight Ashbury Free Medical Clinic

S.F. Clinic Gets a Big Bird for Safe Sex

Conceptual artist Art Grant, famed for his creations in soap, ice and jelly beans, turned to condoms yesterday to dramatize the AIDS epidemic.

The puckish Mill Valley sculptor arranged thousands of Ramses, Sheiks, Excitas and other brands into the dove-and-cross symbol of the Haight Ashbury Free Medical Clinic, which is celebrating its 20th anniversary this year.

"This is the world's largest condom sculpture," Grant told an audience of medical students at the Millberry Union of the University of California at San Francisco.

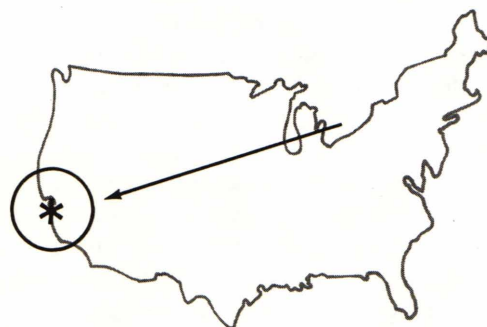
Grant finished off his first work of prophylactic art by giving the bird of peace a beak of condoms wrapped in gold foil, and an apple for an eye.

"They say an apple a day is sup-

posed to keep you healthy," he said. "And if you do get sick, you can go to the Haight clinic and get well."

Grant's latest stunt was intended to dramatize AIDS awareness month.

IN THE SPOTLIGHT



The Haight Ashbury Free Medical Clinic

SAN FRANCISCO

Abstract—The article highlights the philosophy, history, growth and current dimensions of the Haight Ashbury Free Medical Clinic. Started in the spring of 1967, the clinic was the first of more than 600 free clinics that appeared nationwide over the next decade. With a philosophy that health care is a right, not a privilege, and should be free, humane, demystified and nonjudgemental, the clinic has continued to fill a need among the medically indigent and drug abusing clients it serves in San Francisco. In the last 17 years, it has logged over 600,000 patient visits, and today has grown into a nationally renowned research and treatment center, providing a wide spectrum of services.

Keywords—Medical treatment, drugs, clinic services

THE HAIGHT ASHBURY FREE MEDICAL CLINIC began admitting patients on June 7, 1967, under the auspices of David E. Smith, M.D., in a second floor flat at the corner of Haight and Clayton Streets in San Francisco. This was at the beginning of "the summer of love," when thousands of young people followed the philosophy of "turn on, tune in, drop out" to the Haight Ashbury District of San Francisco. They came in search of freedom from the American white middle-class culture and morality. They felt alienated and at odds with what they perceived as an increasingly sterile and dehumanizing society. Many of them were involved in a variety of experimental lifestyles, and using such psychedelic drugs as LSD and marijuana.

A counter-cultural group based around the use of LSD and centered in the Haight Ashbury had been quietly developing since the early 1960s. This group was "discovered" by the media in January 1967, when about 50,000 "acid heads" gathered in the polo grounds of San Francisco's Golden Gate Park for

what they called "A Human Be-In". A media saturation fed visions of free lifestyles, free love and free drugs to an American youth that was emerging from "the silent generation." All across the United States, young people were only waiting for summer vacation to leave for what was billed as the psychedelic Mecca.

David E. Smith, M.D. and a handful of other health professionals who had been treating acid heads in the Haight Ashbury for several years, were justifiably alarmed when they heard of the coming summer "invasion." There was little love lost between the medical profession and the acid heads. By and large, doctors saw the "flower children" or "hippies," as they were later called, as drug using, lice-infested weirdos, and wanted to have nothing to do with them. The acid heads were just as put off by the medical profession, which they saw as sterile, dehumanizing, unsympathetic and judgemental, given to accompanying any treatment that was offered with long moralistic lectures of the patients' lifestyles. The City of San Francisco held a general attitude that if no services were offered to these young people, they would eventually go away.

David Smith and his colleagues watched the growing population, one that had little understanding of hygiene and lived in close quarters or in the streets and parks of the Haight Ashbury, and knew that

Requests for reprints should be sent to Richard B. Seymour, M.A., Haight Ashbury Free Medical Clinic, 409 Clayton Street, San Francisco, CA 94117.

something had to be done. That something was the creation of a "free clinic."

The operational philosophy of America's first free clinic comprised a combination of expediency and a collaboration of ideals from the medical professional volunteers and counter-culture volunteers who started the clinic. Echoing the World Health Organization, they believed that health care is a right, not a privilege, and should be available to anyone who needs it, free at the point of delivery. They further believed that treatment should be nonjudgemental, demystified and delivered as humanely as possible. The clinic was a community project. Its staff was often hard to distinguish from its patients. Facilities were housed in a building similar to those the patients lived in and decorated with psychedelic murals and art nouveau rock concert posters.

The immediate concern was that of providing a treatment program that young people who felt alienated from the mainstream would accept, and developing a staff that could accept those alienated young people. The primary medical problems, as had been expected, were all the communicable diseases that poor and crowded populations are subject to. Patients came in droves, lining up at the corner of Haight and Clayton 24 hours a day. The staff soon found that it was also seeing an increasing number of psychedelic bad trip victims as well. With this new problem, the streetwise counter-culture volunteers came to the fore.

While other treatment facilities were using tranquilizers and anti-psychotic drugs to deal with bad trips, the clinic adopted a treatment method that had been developed within the LSD-using community itself. This involved decreasing sensory input in a quiet space, nonthreatening attention and a reassuring talkdown, usually by peer counselors who had used psychedelics themselves and understood to some extent what the bad trippers were experiencing.

Over the next few years, psychedelic drugs, including marijuana, came to be in short supply and the continuing inflow of young people became less and less particular about just what drugs they used. The original acid heads retreated to country communes or back to the middle class and the Haight-Ashbury neighborhood degenerated into a teenage slum where hard drug dealers fought one another for the market. The clinic stayed, and adapted to new demands. (Smith & Luce, 1971)

In rapid succession starting in 1968, the clinic staff dealt with successive waves of high dosage intravenous methamphetamine abuse, high dose intravenous and oral barbiturate abuse and finally intravenous heroin abuse. Treatment modalities that were developed for each of these drug "epidemics" are still used not only at the Haight Ashbury Free

Medical Clinic but at drug treatment programs throughout the world.

The Haight Ashbury Free Medical Clinic began its life totally dependent on donated supplies, equipment and money, and a completely volunteer staff. As national concern about middle class drug use grew, a few drug abuse research grants came in. These were of short duration, however. In the early 1970s, the federal government initiated a "war on drugs" and the clinic received one of the Special Action Office on Drug Abuse Prevention's first long-term drug abuse treatment grants. This grant enabled the clinic to establish its drug treatment facilities in a separate building from the medical treatment center and to hire a full-time core staff.

Beginning soon after the clinic's opening in 1967 and with the founding of the Berkeley Free Clinic, a nationwide network of free clinics developed, which at its peak, numbered more than 600 agencies extending from California to Maine and Florida. All of these agencies shared the basic philosophy that health care is a right that should be free, humane, demystified and nonjudgemental. Beyond that, they differed a great deal. Some had distinct political overtones, others were minority-run and established in ghettos and barrios, and many were limited in their clientele to certain political and social beliefs and lifestyles. Many, however, maintained the full spectrum open door policy that the Haight Ashbury Clinic had initiated. (Smith, Bentel, & Schwartz, 1971) The movement even spread to Europe where such programs as Hopital Marmottan in Paris still maintain the free clinic philosophy.

In 1971, the federal government decided to support free clinics by providing funds for the training of drug abuse treatment staffs. To do this, they turned to the National Free Clinic Council that had been founded several years earlier by David Smith and representatives of the many nationwide clinics. For a few years, this money, funneled through the Haight Ashbury Free Medical Clinic's corporate administration, Youth Projects, Inc., provided the nation's free clinics with a means of communication and program development. Since that time, the nation's free clinics experienced a decline in number but have had a resurgence in the 1980s, due to government cutbacks in public medical care and increasing unemployment.

Today, 17 years after the Haight Ashbury Free Medical Clinic first opened its doors, the basic philosophy that was formulated in 1967 is still essentially intact. Service continues to be free at the point of delivery although a percentage of its revenues comes from third party insurance and entitlement sources. Other funding includes research and demonstration grants, county health service funds, family planning, state funding, block grant drug treatment

money, physician education contracts from the private sector, and, after all these years, donations and clinic fund-raising activities.

In size and scope, the clinic has grown far beyond that original flat at Haight and Clayton, although it is still utilized as the clinic's medical section. We have changed as the community we serve has changed and those changes are reflected in our premises. Impressionist prints and original oriental landscapes are replacing psychedelic posters on the walls of even our older programs, and the sound of classical chamber music is now heard more often than the Grateful Dead.

Although our early patients were mostly white middle class escapees, the clinic now reflects the multiracial and multicultural ethnography of San Francisco both in its clients and staff. The drug treatment staff includes Spanish and Cantonese speakers.

Since the clinic first opened, it has seen more than 600,000 patient visits. The drug treatment program alone treats more than 300 different patients monthly. With this volume, and a world class research director, John Newmeyer, PhD, the clinic has provided an ongoing stream of data and clinical information that has been invaluable through the years in assessing the nation's drug problems realistically and effectively.

As a community based, "grass roots" entity, the Haight Ashbury Free Medical Clinic has continued to respond to community needs through the years, growing without forced growth and providing free care for the people of San Francisco and the Haight Ashbury community. Some of the programs and services that we have developed are listed.

Medical Section

The first section of the clinic—Medical—logs about 10,000 patient visits a year. Many of these cases would either go untreated or add to the already overloaded city and country treatment facilities were it not for the clinic. Hundreds of volunteer physicians, nurses and intake workers, coordinated by a small staff of coordinating personnel, make free care possible. Donations and limited city funds help pay for supplies, staff salaries and rent. General medical problems are treated at Medical, where the emphasis is on primary care. If a patient requires attention that they cannot provide, their comprehensive referral network will find an agency elsewhere that can. Patients are seen by appointment day and evening. Specialty clinics in dermatology, podiatry, dentistry, gynecology and venereal warts are scheduled regularly. Volunteers and staff conduct frequent health education classes in nutrition, first aid, cardio-pulmonary resuscitation, VD detection and general preventive

medicine. Medical is also currently maintaining an AIDS screening clinic for the city.

Drug Detoxification, Rehabilitation and Aftercare Section

When drug dependent people are ready to help themselves, this section provides free care and confidentiality. Heroin abuse still accounts for most of the clients, but treatment of a full range of other drug dependencies, including amphetamines, barbiturates, methaqualone, PCP, benzodiazepines and assorted combinations of pharmaceutical and exotic drugs. Treatment of cocaine dependence has increased dramatically in recent years. Clients receive counseling on an outpatient basis and are given non-narcotic, symptomatic medication or acupuncture to relieve the symptoms of withdrawal. Counseling is by professionals on a one-to-one, group or family basis to help reorganize lives disrupted by addiction. Clients can also obtain assistance with legal and lifestyle problems and help in dealing with other human service agencies. Drug maintenance is not a part of the program. The goal is for clients to become drug free and able to be productive members of society.

Women's Needs Section

Women's Needs started as a part of Medical, but rapidly grew into its own section. Many women find traditional medicine too inflexible, too patriarchal and too esoteric. This Section provides dignified and understanding care for women by women. Although it began as a program devoted primarily to providing psychosocial care for pregnant addicts, its free services are now intended for all women and include gynecological examinations, family planning services, pregnancy testing and choice counseling, and screening for infections and sexually transmitted diseases. The staff believes that female uniqueness does not begin and end with a woman's reproductive system and insists that the whole person be considered in treatment.

Training and Education Section

Since its opening, the Haight Ashbury Free Medical Clinic has been a mecca for training in drug abuse treatment and community medicine. The Training and Education Section began in 1973 as a series of National Institute on Drug Abuse 3-month training cycles that combined didactics, practicum and a group living experience for trainees that ranged from counseling and medical students to medical school career teachers in drug abuse. After the NIDA fund-

ing dried up in 1976, the Section continued to provide training coordination and information to the clinic as a whole, and embarked on a program of providing conferences and continuing education programs for health professionals nationwide. These included the National Drug Abuse Conference 1977 with an attendance of 3,000 clinicians, an ongoing series of single issue national conferences that include Amphetamines, Phencyclidine, Physician Ethics and Prescribing Practices, Sexological Aspects of Substance Use and Abuse and Sexual Aspects of Prescription Drugs, Drug Impaired Health Professionals, and our first international conference, Benzodiazepines Today: Two Decades of Research and Clinical Experience. Programs on look-alike drugs and cocaine are scheduled for 1984 and 1985. The Section produces a number of books and articles, including proceedings from all their conferences, a monthly drug information column in a national magazine and recently, Bantam Book's consumer guide to psychoactive pharmaceuticals, *The Little Black Pill Book* (Smith, Seymour, & Morgan, 1983). Training and Education also provides professional and public information regarding drugs, abuse, diagnosis and prevention through consultation, direct training, technical assistance, presentations and an international and domestic visitors program. Its staff developed and hosts two treatment programs, a cocaine recovery support group for professional people and an impaired nurses support group.

Rock Medicine/Emergency Medical Services Section

This special task force of volunteer physicians, nurses, technicians and paraprofessionals began treating crises in crowds at a Grateful Dead concert at Kezar Stadium, San Francisco, in 1973. Since then, it has provided medical emergency care at most of the area's major rock concerts as well as training and support services as far away as Hawaii and New York. At large concerts, Rock Medicine-trained teams circulate through the crowd. If someone needs help, it is provided on the spot if possible or at a substation. The Section maintains a field hospital and quiet rooms for psychedelic bad trips. In addition to training all its own personnel, Rock Medicine produces training aids and provides consultation for other agencies.

Bill Pone Memorial Acupuncture Clinic

Bill Pone treated opium addiction with acupuncture in China in the 1930s. The program he founded at the Clinic treats heroin withdrawal and a wide variety of other drug problems including tobacco and cocaine. Acupuncture is also very useful in the treatment of chronic pain and anxiety. For clean opiate abusers, it

provides a means for dealing with topical pain and raising the pain threshold without resorting to central nervous system analgesics that may cause readdiction. Bill died of cancer, but the Asian experts who he trained in the use of acupuncture for detoxification are continuing his work.

Haight Ashbury Alcohol Treatment Services Section

This is the clinic's newest section, started with a grant from San Francisco's community substance abuse services at the beginning of 1984. The Section provides information and referral, individual and group therapy for people in beginning alcohol recovery, support groups for those in later recovery, and Alanon/adult and children of alcoholics therapy groups. It has a paid staff of 2 and is drawing volunteers from the treatment profession and the community.

The clinic as a whole occupies space in 5 different buildings in the Haight Ashbury neighborhood. We have a community-based board of directors that sets policy, and an administrative staff. Each section has a director; an operations board composed of these directors and an elected staff member from each section meets twice monthly. This body handles the ongoing internal management of the clinic as a whole. Also represented on this board though not a de facto section of the clinic is the county Jail Psychiatric Services, which provides psychiatric screening and care in all San Francisco jails. Also closely allied to the clinic is the prestigious quarterly *Journal of Psychoactive Drugs*, founded in 1967 by David Smith (Seymour, 1983).

The Haight Ashbury Free Medical Clinic, originally founded to deal with a medical emergency during the 1967 "summer of love" has survived and has outlived the counter-culture it was designed to serve. Why has it continued for 17 years while other, seemingly more solid, institutions have fallen by the wayside? As a community-based agency, it has continued to respond and adapt to changing community needs. Also, perhaps the basic philosophy of the clinic strikes a responsive chord in the hearts of staff and patients, and we persevere in our support of the clinic and what it stands for. After all, the need for free, humane, demystified and nonjudgemental medical treatment is as great today as it has ever been.

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Haight Ashbury Free Medical Clinic

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