

*Make  
see  
File  
Counseling*

MEMORANDUM FOR ALL STAFF

FROM: ROY NEEL

DATE: JULY 30, 1993

SUBJECT: STAFF COUNSELING

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As we each work through our personal sadness with Vince Foster's death, Skila Harris and Dr. Bernie Aarons of Mrs. Gore's office have suggested two counselors:

Paul Tschundi, Director of the St. Francis Center, a non-profit organization specializing in loss, grief, death, dying, and adjustment counseling for individuals and groups. He can be reached at 202-363-8500.

Lanny Berman, a psychologist associated with the National Center for the Study and Prevention of Suicides, has done extensive work related to suicide and counseling. He can be reached at 202-364-1575.

In addition, Dr. Robbie Thomas Knight, a Little Rock psychologist who was the coordinator in the campaign with the psychological community, has offered her services. She can be reached at 501-374-0708.

If you have specific questions about the offering of these services, Dr. Aarons is available to discuss these with you. He can be reached at 456-6640.

Any of these practitioners would be willing to consult with you or refer you to another counselor. I hope this is helpful.

*File  
Counseling*

## MEMORANDUM

**TO:** Roy Neel  
Bernie Nussbaum  
Maggie Williams

**FROM:** Skila Harris *SH*

**SUBJECT:** Staff Counseling

**DATE:** July 22, 1993

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Mrs. Gore thought it might be useful for you to have information on organizations available to provide counseling to members of the White House staff and others within the Administration who were close to Vince Foster.

The St. Francis Center is a non-profit organization specializing in loss, grief, death, dying and adjustment counseling for individuals and groups. The Center's counselors have worked with office staff members after the loss of a colleague.

Paul Tschudi, Director of the St. Francis Center, has offered group or individual counseling at the Center or here in the Old Executive Office Building. The Center's telephone number is 202-363-8500. Information on the Center is attached.

In addition, Lanny Berman, a psychologist who has done extensive work related to suicide and counseling also is available to assist. He is associated with the National Center for the Study and Prevention of Suicides at the Washington School of Psychiatry. A copy of a brochure is attached.

If you have specific questions about offering such counseling services, Dr. Bernie Aarons is available to discuss these with you. He can be reached by calling Mrs. Gore's office, 456-6640.

cc: Tipper Gore  
Jack Quinn

# St. Francis Center

*nondenominational*

## Grief and Loss Support Groups Spring 1993 Series

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### Grief and Loss Support Groups

The loss of a family member, friend, or other important person can often lead to feelings of isolation to the sense that we are entirely alone with our pain. When we are grieving, we may have trouble talking about our losses, and sometimes feel that no one can understand what we are going through.

Grief and loss support groups are a way to face some of those feelings in a supportive and caring environment, with people who have had similar experiences. St. Francis Center facilitators are specially trained and experienced in grief and loss. They help provide guidance and information, while group members share experiences and insights. While no group or program can "cure" grief, joining a support group can be a way to find friendly and understanding companionship through the journey.

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### About the St. Francis Center

Since 1975, the St. Francis Center (*nondenominational*) has served as a unique resource for people living with loss, illness, and grief. The Center counsels and supports adults, children, and families; trains professional and volunteer caregivers, clergy and mental health workers; offers guidance to schools, religious institutions and workplaces; and helps the community respond compassionately to those affected by loss.

Support groups and all other St. Francis Center programs are guided by a philosophy of respect for individuals and their experiences, awareness and acknowledgement of the pain of loss, and loyalty to people in times of illness and death.

For more information on support groups or other St. Francis Center programs, call (202) 363-8500.

# St. Francis Center

## Staff

Seth F. Cohen, MBPA, *Executive Director*

Anna M. Bartolomeo, *Director of Development and Communications*

Judy Gregory Bowes, LCSW, *Director of Volunteer Services*

Sharon Bauer Lerner, MS, MFCC, *Director of Training and Education*

Carole F. Ruley, *Administrative Assistant*

Gayle Crandell Sherman, MA, *HIV/AIDS Training Coordinator*

Nancy Silverman, *Office Manager*

Dottie Ward-Wimmer, MA, RN, *Children's Coordinator*

## Counselors

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Judy Gregory Bowes, LCSW

Susan W. Eig, MA

Elizabeth T. Haase, PhD

Cay Hartley, LCSW

Sharon Bauer Lerner, MS, MFCC

Barbara Rubin, LCSW

Melinda C. Salaman, LCSW

Gayle Crandell Sherman, MA

Paul F. Tachudi, MA

Dottie Ward-Wimmer, MA, RN

Robert Washington, PhD

## Consultants

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Richard Rapp, *Funeral Consultant*

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William A. Wendt, STD, *Founder*

# St. Francis Center



The St. Francis Center  
is a source of  
guidance, information, and support  
for people living with  
life-threatening illness and  
bereavement.

St. Francis Center  
5135 MacArthur Blvd., N.W.  
Washington, D.C. 20016  
(202) 363-8500

# Counseling

# Training

*"When my mother died, everybody tried to cheer me up."*

*A young woman came to the Center wanting to resolve the issues surrounding her mother's life and death.*

From the moment of diagnosis, after a sudden death, or in the long season of bereavement, the St. Francis Center offers professional counseling to individuals and families on a sliding fee scale.

Counseling people who are confronting life-threatening illness and people who are bereaved is a sensitive and specialized process. St. Francis Center counselors, with extensive experience, are aware of the needs of people who are seriously ill and of the fears of their friends and families. They know the manifestations of grief; they understand the intricacies of love and loss.

Individually, or in support groups, clients are encouraged to explore their own feelings at their own pace. Some sense a resolution after a few sessions; some continue to grow in continuing counseling.

To ask about individual or group counseling for people who are seriously ill or bereaved, call the Director of Counseling.

*Everyone looks to parents, teachers, nurses, doctors, clergy, social workers, and service volunteers for answers.*

*How are they to know what to say when someone dies?*

The St. Francis Center's training program helps professionals and caregivers explore issues of living and dying. When their clients and communities ask the hard questions, they are ready to talk about death, and to talk about life in a new way.

Trainings are designed by St. Francis Center staff in close consultation with the organization requesting the service. A training session can be arranged for two hours or two days. The material can be adapted to the various forums of professional education: classes, in-service trainings, staff development sessions, community workshops, grand rounds presentations, and informal discussions.

Topics available for training include:

Needs of People Living with AIDS  
Children and Death  
Loss and Grief in the Workplace  
Stress and Burnout Among Caregivers  
Death and Dying, Grief and Bereavement  
Teenagers and Suicide  
Funerals and Rituals

To arrange for agency training, to discuss possible curricula, or to organize a workshop, contact the Director of Training.

## St. Francis Center

The St. Francis Center is a non-profit, non-sectarian organization exploring life and living in the shadow of death and dying. Professional counselors see clients experiencing serious illness and the death of people they love. Training sessions help caregivers and health professionals respond to the psycho-social aspects of life and death issues. Volunteers offer practical and personal support for people who are ill and bereaved. The St. Francis Center was founded in 1975 by Rev. William A. Wendi.

*A dying mother's fear is for her young children.*  
A Counselor enables her to talk about her pain; in counseling, her children are free to express their feelings.

*High school teachers want to talk to students about a suicide attempt.*  
Training from the Center encourages them to be honest about death.

*A child was killed in an accident three years ago.*  
A volunteer from the Friends Program helps her parents create a scrapbook in celebration of their daughter's life.

*A family struggles with the death of a son from AIDS.*  
Counseling gives them the opportunity to face their grief.

*An older woman wishes to die at home with her family and have her ashes buried in the garden.*  
The Center provides information about a living will and a box for her ashes.

*An oncology ward staff is pushed to its limit caring for seriously ill people.*  
The Center's training program helps them understand their patients' feelings about death and their own.

## Friends Program

## Memberships and Tributes

*"It is comforting to have someone who you can really talk to, who doesn't make any judgments."*

*A young man with a degenerative nerve disease describes his Friends Program volunteer this way:*

A group of forty men and women — building managers, homemakers, typesetters — are the professionally-guided volunteers of the St. Francis Center Friends Program. They are aware of the feelings of people who are living with life-threatening illness; they understand the loneliness of loss for friends and families; they provide personal and practical support.

Volunteer Friends are carefully selected. They receive intensive training and meet frequently with the St. Francis Center's staff for support and workshops. Each Friend discovers the way to reach each client: some read together, some meet for coffee. Each pair determines the course of assistance: some telephone often, some get together weekly, others have supper once a month.

To give or receive volunteer support through the Friends Program, contact the Director of Volunteer Services.

*I want to support the work of the St. Francis Center:*

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

My membership is in memory of:

My membership is in honor of:

Please notify:

Name \_\_\_\_\_

Address \_\_\_\_\_

### *Categories of Membership:*

\_\_\_ New    \_\_\_ Renewal

\_\_\_ Donor            \$30

\_\_\_ Contributor     \$100

\_\_\_ Friend           \$500

\_\_\_ Patron           \$1000

Please make checks payable to:

St. Francis Center  
5135 MacArthur Blvd., N.W.  
Washington, D.C. 20016

Non-Profit Org.  
U.S. POSTAGE  
PAID  
Permit #8567  
Washington, DC

Amount \$ \_\_\_\_\_

In memory of: \_\_\_\_\_

In honor of: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone No: (       ) \_\_\_\_\_

**National Center for the Study and Prevention of Suicide**  
The Washington School of Psychiatry  
1610 New Hampshire Avenue, NW  
Washington, DC 20009  
202-667-3008 • FAX: 202-667-8542

## Accreditation

The Washington School of Psychiatry is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. The Washington School of Psychiatry designates all the events in this brochure for continuing education credit in Category 1 of the Physician's Recognition Award, ABMA. The School is approved by the American Psychological Association to offer Category 1 continuing education for psychologists. The APA Approved Sponsor maintains responsibility for the program.

*The National Center for the Study and Prevention of Suicide*  
Washington School of Psychiatry  
1610 New Hampshire Avenue, NW  
Washington, DC 20009

# The National Center for the Study and Prevention of Suicide



## and Prevention of Suicide

Alan L. Berman, PhD, Director  
David Jobes, PhD, Assistant Director

The National Center was established in 1991 under the auspices of the Washington School of Psychiatry. Its focus is on understanding the suicidal character, improving clinical services for the suicidal patient, and creating programmatic initiatives to decrease the incidence and prevalence of suicidal behaviors.

The Center is directed by Alan L. Berman, PhD, past president of the American Association of Suicidology. Dr. Berman with Dr. Jobes is co-author of *Adolescent Suicide: Assessment and Intervention*, editor, *Suicide Prevention: Case Consultations*, and co-editor, *Assessment and Prediction of Suicide*.

### Advisory Board

Gary Ackerman Mariette Hartley  
Meryl Comer Carol Pensky  
George Gallup Benjamin Read  
Kathleen Golden Madeleine Will

### Program Coordinator

Stephanie Akers  
Telephone: 202-667-3008  
Fax: 202-667-8542

### The Washington School of Psychiatry Director, David E. Schaffer, MD

The Washington School of Psychiatry, founded in 1936 by Harry Stack Sullivan and guided by his vision, today serves physicians and professionals from the mental health community seeking new knowledge and growth in order to meet today's complex health challenges.

The School operates a sliding-scale outpatient clinic and offers post-graduate certificate programs in individual, object relations, child and adolescent, family and group psychotherapy, in addition to the suicide training program.

Additional training and learning opportunities abound through School-sponsored conferences, courses, seminars, lectures and other special events.

The Washington School of Psychiatry is a nonprofit corporation supported by fees for service and through charitable contributions from individuals recognizing the need for quality mental health training and treatment which is responsive to the needs of our community.

### TRAINING

Suicidal behavior is the most frequently encountered mental health emergency for the mental health professional. Recent surveys have found that the average psychiatrist has a 50% chance of having a patient suicide; the corresponding odds for a psychologist are almost one in four.

One increasingly frequent, untoward consequence of these patient deaths is the threat of litigation alleging malpractice on the part of the treating clinician.

The typical mental health professional is seriously undertrained to deal with the suicidal patient. Given this, it is imperative that clinicians receive extensive postgraduate training in the current practice of assessing and treating suicidal patients.

### Weekend Conferences

- Basic Suicidology
- Advanced Suicidology

### Clinical Suicidology - Workshops

- Assessment and Treatment of the Suicidal Patient
- Risk Management
- Adolescent Suicide
- And other special topics workshops

### PREVENTION AND INTERVENTION PROGRAMS

- Preventive Education Programs for Communities and Groups
- Paraprofessional and Gatekeeper Training in Assessment and Referral/Triage Systems

- Policy and Procedures: Inpatient and Outpatient Services for the Suicidal Patient
- School Suicide Prevention Program Consultation
- Survivors Programs
- Other Special Programs Per Request

### CONSULTATION AND SUPERVISION

- Individual case consultation and supervision on request
- Forensic Suicidology:  
Wrongful Death Consultation  
Malpractice - Case Review and Consultation  
Psychological Autopsies

### RESEARCH

- Research Externship in Suicidology
- Psychological Autopsy Studies
- Treatment Interventions
- Assessment Protocols
- Follow-up Studies

### PROGRAMMING INITIATIVES/COMMUNITY SERVICES

- Sponsored Debates, e.g., on Rational Suicide
- Regional Networking of Suicidologists
- Regional Networking of Survivor Groups
- Task-Force Meetings: Defining Suicidal Behaviors
- Sponsored Conferences:  
Religion and Suicide  
HIV Sero Status and Suicidality  
Risk-Taking Behavior Among Teens

WASHINGTON PSYCHOLOGICAL CENTER, P.C.  
SUITE 802  
4201 CONNECTICUT, N.W.  
WASHINGTON, D. C. 20008  
TELEPHONE 202-364-1575

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MARILYN LAMMERT, M.S.W., SC.D.  
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BARRY W. MCCARTHY, PH.D.  
CRAIG E. MESSERSMITH, D.E.D.

### SUMMARY C.V.: DR. ALAN L. BERMAN (LANNY)

Dr. Berman is a past president of the American Association of Suicidology and their 1982 Shneidman Award recipient (for Outstanding Contributions in Research in Suicidology). He currently is on the Board of Directors of the National Committee on Youth Suicide Prevention.

Dr. Berman holds a B.A. degree from the Johns Hopkins University and a Ph.D. from the Catholic University of America. From 1969 to 1991 he taught at the American University where he attained the rank of tenured full professor. In 1991 Dr. Berman changed his appointment to that of Distinguished Adjunct Professor when he was named Director of the newly established National Center for the Study and Prevention of Suicide at the Washington School of Psychiatry.

A Diplomate in Clinical Psychology (American Board of Professional Psychology) and a Fellow of the American Psychological Association, Dr. Berman maintains a full time ~~private practice of psychotherapy and psychological consultation~~ at the Washington (D.C.) Psychological Center. He has published over 70 professional articles and book chapters and serves as both consulting editor and case conference editor of the journal Suicide and Life Threatening Behavior.

Dr. Berman appears frequently on both national and local media. He has appeared on Good Morning America, Hour Magazine, and The Larry King Show and has testified on Capitol Hill three times (most recently regarding the USS Iowa explosion). He served on the HHS Federal Task Force on Youth Suicide Prevention (1985-6) and was an initiating member of the Centers for Disease Control sponsored "Working Group" on the operational criteria for the classification of suicide. He frequently is asked to serve as an expert witness in legal cases involving suicide malpractice and wrongful death and has a national reputation as a teacher and professional workshop leader on the topics of suicide and youth suicide (assessment and intervention).

Dr. Berman has edited (1) Suicide Prevention: Case Consultations (1990), N.Y.: Springer; is the senior author of (2) Adolescent Suicide: Assessment and Intervention (1991), Wash., D.C.: American Psychological Association (David Jobes, co-author); and co-edited (with Drs. Ronald Maris, John Maltzberger, and Robert Yufit) (3) Assessment and Prediction of Suicide (NY: Guilford Press). Two additional books are in long-term preparation, one on Forensic Suicidology (with Dr. Robert Litman) and a Textbook of Suicidology (with Drs. Ronald Maris and John Mann).

THE WHITE HOUSE

WASHINGTON

DATE

8/20

*Inbox*

MEMO FROM: PAM BARNETT

TO:

Milli  
Alston

Diane  
Limo

Anne  
Bartley

Capricia  
Marshall

Joyce  
Bonnett

Alice  
Pushkar

Lisa  
Caputo

Patti  
Solis

Karen  
Finney

Ann  
Stock

Sara  
Grote

Marge  
Tarmey

Gift  
Unit

Kim  
Tilley

Julie  
Hopper

Usher's  
Office

Carolyn  
Huber

Melanne  
Verveer

Neel  
Lattimore

Maggie  
Williams

Evelyn  
Lieberman

The attached is  
for your:

Information  
Advice  
Action

Comments:

*In the category of  
"what's on Hillary's mind"*

*Pam*

THE WHITE HOUSE  
WASHINGTON

*File  
Counseling*

August 18, 1993

TO: Hillary  
FROM: Pam  
SUBJECT: Counseling Services

Dr. Mohr came by today with the attached letters. When I read the staff letter, I only had one suggestion, with which Dr. Mohr subsequently agreed, and that was the names of the White House medical unit doctors should be listed so it doesn't seem so impersonal. He gave me their names if you want to change it.

The only other thing I would add is that the memo deals with the issue of depression, and not with grief as well, but I am not really sure what you had in mind.

Dr. Mohr is available by Signal page if you want to speak to him.

*cc: Maggie*

LAWRENCE C. MOHR, M.D., F.A.C.P., F.C.C.P.

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3500 FALLING GREEN ROAD  
OLNEY, MARYLAND 20832  
(301) 774-4658

August 17, 1993

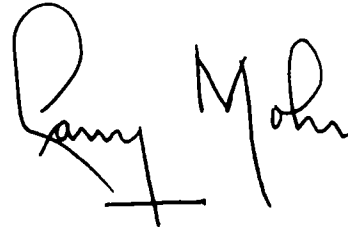
Dear Mrs. Clinton,

Attached is a draft of the letter that you and I talked about. I hope that it is close to what you had in mind.

This draft reflects my personal feelings about depression from a physician's point of view. I realize, unfortunately, that this letter may very well find it's way into the press if it gets published under your signature. I don't know how to advise you on that. I'm afraid that I can only write from my professional experience and my heart on this subject. If you think that the draft needs to be significantly modified, or is not at all what you had in mind, I will certainly understand. As always, I will be happy to help you with this, or any other matter, in any way that I can.

Best wishes for an enjoyable, relaxing vacation on Martha's Vineyard. Hopefully I will have a chance to see you when you return.

Sincerely,

A handwritten signature in cursive script, reading "Larry Mohr". The signature is written in dark ink on a white background.

D-R-A-F-T

~~CONFIDENTIAL~~

August 18, 1993

DETERMINED TO BE AN  
ADMINISTRATIVE MARKING  
INITIALS: RU DATE: 4/18/2014  
2013-0359-5

Dear Friends,

The recent suicide of our beloved friend, Vince Foster, is an enormous tragedy. Vince suffered from an illness called depression. In the wake of this tragedy it is important for all of us to realize that depression is a serious illness which can be treated, and even prevented, if symptoms are detected early enough.

We should all become familiar with the symptoms of depression so that we are prepared to help our friends, colleagues and family members if they should become ill with this terrible disease. Feelings of hopelessness, guilt, or loss of self-esteem are major symptoms which require immediate treatment. In the workplace, however, the symptoms of depression can be more subtle and vary from one person to another. Despondency, loss of concentration, loss of efficiency, irritability, agitation, loss of appetite and withdrawal from usual activities should all be causes for concern. If these symptoms develop in someone you know, please talk with that person in a concerned, loving manner and assist them in seeking help. It is important to understand that depression is an illness which requires treatment and not a character disorder or sign of personal weakness.

Help for someone with depression can be obtained from several sources. The Office of Administration has a contract with a private counseling firm, The Institute for Human Resources, which can provide confidential help with any personal, family or work concern. An appointment with a counselor can be arranged by calling 1-800-468-8369 at any time during the day or night. Counseling and treatment for depression can also be arranged by a physician in the White House Medical Unit. The unit is located in Room 107 of the OEOB and is open from 9:00 to 11:30 A.M. and 1:00 to 4:00 P.M., Monday through Friday. A Medical Unit physician is on-call 24 hours a day and can be contacted through White House Signal, (202) 757-5000, at any time of the day or night. The on-call physician will personally help you obtain the necessary counseling and treatment.

~~CONFIDENTIAL~~

We must also be aware of measures that we can take in the workplace to relieve stress and help prevent the development of depression. We must talk with each other, genuinely care about each other, and listen to each other's concerns. We must encourage each other to spend time with our families and friends. We must help each other to make time for the pursuit of enjoyable activities outside the office. Regular exercise is very beneficial. These simple measures are no cure-all, but they can help to prevent the development of depression in the intense, stressful environment in which we work.

We care about each of you very much and are very proud of the outstanding work that you are doing. We know that the work is hard and that each of you have made many sacrifices to help our administration achieve it's goals. As we tackle the difficult issues that lie before us, we ask you to remember that taking care of each other is just as important as taking care of business.

Sincerely,

Hillary Rodham Clinton

Tipper Gore