

# KeizerCommunity

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## Doll wear



KEIZERTIMES/Eric A. Howald  
Micah McVay peruses new outfits for an American Girl doll at McNary High School's annual Holiday Bazaar Saturday, Nov. 14.

## Former OSH doc talks mental health with McNary students

By ERIC A. HOWALD  
Of the Keizertimes

In September, a Gresham woman fatally shot her 17-year-old son. Reports suggested that the woman was undergoing financial and emotional strain after losing her home to foreclosure.

When Dr. Prasanna Pati reads about such incidents, the psychiatrist laments the best aspects of the now defunct Oregon State Hospital (OSH). Between 1883 and 1995, the hospital operated as the primary state-run psychiatric hospital.

"People with mental health problems are not bad guys or good guys. They are people with problems, and most people suffer from some sort of mental health issue," said Pati, who took time Monday, Nov. 16, to talk with McNary High School students.

Pati was invited to talk with students as part of teacher Gary Bulen's psychology unit on the brain and body. Pati served as a doctor at OSH for nearly 28 years and even landed a small role in *One Flew Over the Cuckoo's Nest*, the Academy Award-winning film that shot on location at OSH.

During his visit, Pati provided anecdotal evidence of the need for the services OSH provided. It included accounts of overbearing, and sometimes racist patients, as well as one man who had a plan to kill his family before checking in at the hospital.

"He had a loaded gun in his car when he checked in and I made him leave the keys to the car as he signed



KEIZERTIMES/Eric A. Howald  
Dr. Prasanna Pati speaks with students during a visit to McNary High School. Pati worked at Oregon State Hospital for nearly 28 years and had a small role in *One Flew Over the Cuckoo's Nest*.

in," Pati said. The man eventually checked out of OSH and returned to his life without incident.

The key to achieving such dramatic turnarounds was destigmatizing issues of mental health, he said.

"We offered group therapy, family therapy, family group therapy and activity group that allowed patients to work on the hospital campus. It was all part of a team treatment plan," Pati said.

*One Flew Over the Cuckoo's Nest's* emphasis on some of the more horrific aspects of mental health treatments was one of the reasons Pati opposed filming on the hospital campus. He felt the produc-

ers offering him a role in the movie was something of "a bribe," but he took them up on the opportunity.

Lobotomies and electroconvulsive therapy (ECT), he said, were performed in the absence of psychotherapeutic drugs, which are now readily available.

"I still believe there are probably 15 percent or so of individuals who are depressed and suicidal that could benefit from ECT and we've deprived them of it," Pati said.

In the midst of providing students with actual accounts of the things they'd been reading and discussing in class, Pati also encouraged them to take responsibility for

their own physical and mental health.

"If you are feeling depressed or lonely - if you have any sort of mental health problem - tell someone you trust," Pati said. "Share it with them and then do something about it."

He also encouraged students to follow in his own footsteps. At age 90, he still walks two miles a day, down from four miles just a few years ago.

"I truly think we can walk and dance our mental health issues away. Start each morning with yoga, or meditation or dance. Study hard, play hard and make lots of social interaction," he said.

## Keizer salon hosting Queen for a Day contest

Sanctuary Salon and Spa of Keizer is one of the hosts of Queen for a Day contest to honor a mother in the Keizer-Salem area.

One mother will be chosen from all the entries submitted. Those nominating a mother in their life (their own, a grandmother, daughter, etc.) should submit a photo and a short 100-word

essay about why she should be treated like a queen.

Sponsored by Portland Wholesale Jewelry, the contest winner will receive a salon package, house cleaning, flowers for her home, fine jewelry and a photography session.

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Call to list your church in our Worship Directory: (503) 390-1051

**JOIN US FOR SUNDAY WORSHIP**  
8:30 am • 10 am • 11:30 am • 6 pm  
**PEOPLESCHURCH**  
4500 LANCASTER DR NE | SALEM  
503.304.4000 • [www.peopleschurch.com](http://www.peopleschurch.com)

**SAINT EDWARD Catholic Church**  
393-5323  
5303 River Rd. N., Keizer  
Father Gary L. Zerr, Pastor  
Saturday Vigil Liturgy: 5:30 p.m.  
Sundays: 8:15 a.m. & 10:30 a.m.  
La Misa en Español: 12:30 p.m.

**John Knox Presbyterian Church**  
452 Cummings Lane North • 393-0404  
Rev. Dr. John Neal, Pastor  
Worship - 10:30 a.m.  
Education Hour - 10:00 a.m.  
Nursery Care Available  
[www.keizerjpres.org](http://www.keizerjpres.org)

**Faith Lutheran Church**  
4505 River Rd N • 393-4507  
Sunday Schedule:  
9:00 a.m. Children's Church  
9:15 a.m. Adult Bible Study  
9:30 a.m. Children's Activities  
10:30 a.m. Worship with Communion  
Pastor Virginia Eggert

**dayspring fellowship**  
Celebration Services  
Saturday Evening 6:00 pm  
Sunday Morning 9:00 am and 10:45 am  
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1755 Lockhaven Dr. NE Keizer  
503-390-3900  
[www.dayspringfellowship.com](http://www.dayspringfellowship.com)

**Keizer Christian Church**  
(Disciples of Christ)  
6945 Wheatland Rd. NE 393-6843  
Pastor Bob Arnold  
3 and 4 year Old Pre-School  
Worship and Children's Church • 10:00 a.m.  
Office Hours 9 a.m. - 1 p.m. Mon. - Fri.

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820 Jefferson St. NE  
Salem OR 97301  
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