



DIRECTIONS

DEEP EAST TEXAS REGIONAL MENTAL HEALTH MENTAL RETARDATION SERVICES

An Equal Opportunity Employer

Vol. 3, No. 12

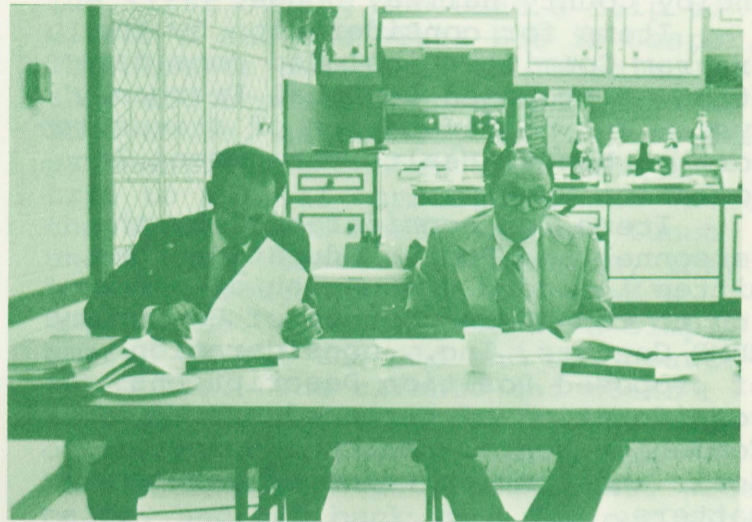
August 11, 1977

ABOUT THE BOARD OF TRUSTEES

The Board of Trustees of the Deep East Texas Regional Mental Health Mental Retardation Services is a nine (9) member body composed of individuals representing the 13 County Deep East Texas Region. The members of the Board are appointed by their respective County Commissioners Courts and serve two-year terms of office.

The purpose of the Board of Trustees is to establish the policies which govern the operations and functions of the organization and its employees. The Board members volunteer all their time spent in executing the duties of the office they hold and receive no payment for this service.

The Board of Trustees has met a total of forty-six (46) times since its inception, February, 1974. The clients and staff of the Deep East Texas Regional MHMR Services is grateful to the dedication of its Board.



Rev. Jerry Self and Mr. George Gee review matters being brought before the Personnel and Public Education Committee at a recent Board of Trustees' Meeting.

<u>Board Member</u>	<u>County Representing</u>	<u>Served on Board Since</u>	<u>Profession</u>
Mr. Ward R. Burke, Chairman	Angelina	2/74	Attorney
Mr. George E. Gee	Jasper, Newton	2/74	Pharmacist
Mrs. Agnes Rhoder	Houston	11/76	Teacher
Mr. R. B. Hille, Secretary	Polk, San Jacinto	2/74	Insurance
Judge Emmett Lack	Hardin	2/74	County Judge
Mr. Tom D. Mann, Vice-Chairman	Shelby, San Augustine, Sabine	2/74	School Supt.
Jerry M. Self, Th.D.	Nacogdoches	2/74	Minister
Judge Allen Sturrock	Tyler	8/76	County Judge
Mr. V. B. Woods, Treasurer	Trinity	2/74	Bank Pres.

FROM THE DIRECTOR'S DESK.....

MHMR Completes Third Year

The month of August, 1977, is a milestone in the development of the Deep East Texas Regional MHMR Services. Our Center began serving clients in September of 1974, and we are therefore completing our third year of operation this month. During this period of time, our Center has served a total of 4,673 clients. There have been numerous handicapped individuals whose lives have changed significantly because they were willing to seek help and help was available. We do not have space here to report on the many changes which have occurred, but it is always uplifting for the staff to be involved in, or hear about, an individual who has become a more productive member of our society. In addition to the individuals who have made significant progress, there also have been individu-

als who have made progressive but much slower improvement and they, too, have been an inspiration to the staff.

I would like to express our appreciation for the support we have enjoyed from the communities including the Commissioners' Courts, medical societies, educational institutions, other human service agencies and numerous other groups and individuals. Without this support, the individuals who have been helped would not have made the progress they did.

The staff would also like to express appreciation to the Board of Trustees for their continuing guidance and willingness to give of their time and talents. We look forward to the coming years with anticipation, and know that by all of us working together continued progress can be made.

Wayne Lawrence, Ph.D.
Executive Director

BOARD MEETING HELD IN LUFKIN

The Board of Trustees of the Deep East Texas Regional Mental Health Mental Retardation Services held its regular monthly meeting at the Lufkin Federal Savings and Loan Building, Lufkin, on July 26, 1977, at 5:00 p.m.

Items for consideration by the Budget and Finance Committee included the Treasurer's report, discussion of status of Day Treatment/Administration Facility, consideration of purchase of office equipment for Volunteer Program, consideration of proposed revisions in FY 1978 Operating Budget, and consideration of purchase of equipment for Shelby County Halfway House.

Items for consideration by the Program Committee included consideration of proposed Regional Emergency System and consideration of status report on Mental Health Management Information System.

Items for consideration by the Personnel and Public Education Committee included discussion of a meeting of the Texas Council of Community MHMR Centers, Inc., consideration of proposed Position Descriptions, consideration of proposed survey on Community Mental Health Ideology Scale and consideration of personnel matters.

The next regularly scheduled meeting of the Board will be on August 23, 1977, at 5:00 p.m.

WELCOME NEW STAFF

The following individuals have joined the Deep East Texas Regional MHMR Services since our last issue of Directions:

LINDA BROWN has joined the staff at Central Administration. Mrs. Brown is a Medical Records Technician in the Business Division. She received her B.B.A. from Midwestern University. Mrs. Brown is married. She enjoys the piano, sewing and fishing.

DENNIS CHENEVERT is the new part-time Recreation Therapist at Sunrise Manor. He has an Associate Degree from Tarrant County Junior College and is working toward a B.A. in Psychology at S.F.A.S.U.

WILLIE LOUISE JOHNSON has assumed duties as Housekeeper/Cook at Sunrise Manor. She is married and has three children. She enjoys all sports and spends her spare time in outside activities with her family.

MARSHA A. KIMBLE is Personnel Clerk-Receptionist at Central Administration. She received her B.A. in History from Louisiana College at Pineland. Marsha and her husband, Keith, enjoy playing tennis and other outdoor activities.

EDDIE LANE is House Manager at Shelby County Halfway House. He is married and has three children. Hunting and fishing are Eddie's favorite leisure time activities.

BARBARA NETTLES is a part-time secretary at the Houston County Sheltered Workshop. She is married and has one child. Sewing and art are two special interests of Barbara which she works into her spare time whenever possible.

A THOUGHT.....

"Failures in ethics and integrity are less excusable than errors in performance. People can perform their jobs acceptably on a broad range from satisfactory to outstanding, but there is only one standard of ethics and integrity."

-Frank T. Cary, Chairman
International Business
Machines Corporation

DEPRESSION

The National Association for Mental Health has listed 10 danger signals that may help an individual distinguish between normal, temporary depression and a problem that needs professional help.

10 DANGER SIGNALS

1. A general and lasting feeling of hopelessness and despair.
2. Inability to concentrate, making reading, writing and conversation difficult.
3. Changes in physical activity like eating, sleeping and sex.
4. A loss of self-esteem which brings on continual questioning of personal worth.
5. Withdrawal from others, not by choice but from an immense fear of rejection by others.
6. Threats or attempts to commit suicide.
7. Extreme sensitivity to words and actions of others and general irritability.
8. Misdirected anger and difficulty in handling most feelings.
9. Feelings of guilt and self-blame.
10. Extreme dependency.



Mr. Paul Jackson, Counselor at the Nacogdoches Community Counseling Center has recently been cited by the United States Jaycees with an "Outstanding Young Men of America" award. This award is granted to a few selected individuals throughout the country each year for contributions to their community.

UNIT HAPPENINGS

TRINITY COUNTY OUTPATIENT CLINIC

The Trinity County Outpatient Clinic has actively been involved in firmly establishing its treatment programs for the elderly in its service area.

In its Day Treatment Program for the Elderly over the last two months, the client participation has risen from 2 individuals to an active attendance numbering near 10. Under the direction of Mr. George Steed, the clients have involved themselves in needlecraft, oil painting, and rug-making once a week. And, in doing so, they have been involving themselves with meaningful activities and people.

The purpose of the program, which is scheduled to expand to two days a week in the next month, is to help elderly people stay involved with their peers and environment on a consistent and on-going basis. Through interactions with other program participants as well as through the accomplishment of a personalized activity, it is hoped that the clients will derive a measure of self-worth from their attendance. To date, feedback available to the staff members from the clients indicates that is exactly what is happening.

Tangent to the Day Treatment Program, Bill Johnson and George Steed are conducting weekly group therapy for the elderly participants. With eight scheduled members, the therapy group was initially slow in getting started, but it has evolved into a very popular and effective means of offering services to the clientele. The main goals being pursued in therapy are supportive in nature, centering around (1) an increase in self-esteem, (2) an expression and acceptance of feelings related to the aging process, and (3) a healthy adjustment to nursing home placement. The clients are consistent in both their attendance and participation and at this point seem very motivated to continue and expand the group sessions.

NACOGDOCHES COUNTY SHELTERED WORKSHOP

The Nacogdoches County Sheltered Workshop would like to introduce our new trainer, Judy Fulk. Judy, a native of Del Rio, graduated from Texas A. & M. in 1976. She majored in Parks and Recreation and specialized in working with special populations. Judy and her husband, Jeff, came to Nacogdoches two months ago, where he is assistant director of Parks and Recreation. We want to welcome these two Aggies to our area and to MHMR.

KIRBYVILLE DEVELOPMENTAL CENTER

This month the Center has been fortunate in enlisting the aid of Susan Krouse as our new volunteer. Susan has enriched our music class with her guitar playing and singing. The clients have really enjoyed her and all the new songs she has taught them.

The clients have also enjoyed several outings the Center has made. The first outing included a trip to Gibson's and the Pizza Hut in Jasper. The clients delighted in learning to shop and conduct themselves properly in a store, especially in the toy department. The Center also made a trip to a local hamburger stand where the clients and staff enjoyed lunch under shady trees. Afterwards, they toured through Lillian Stanford's Doll House. The clients were simply amazed at all the old and new beautiful dolls. The clients and staff enjoyed a fun-filled day at the home of one of our clients. Mrs. Pat Martin donated hamburgers, cake, watermelon, and her back yard for our picnic. We would like to extend our appreciation to Susan Krouse, Lillian Stanford, and Pat Martin for their time and energy contributed.

SAN JACINTO COUNTY DEVELOPMENTAL CENTER

Currently we have 6 clients enrolled, and we are anticipating more clients to be enrolled soon. The daily average attendance has been very good this summer. Some of the clients and one staff member went to Camp Leander near Austin for a week in June. Some of our outside activities have been learning to mow, rake and gardening. Among other things outside of classroom activities we have been stripping old school desks to be refinished. Three former clients have been referred to other facilities. One has been referred to Moody Center, Galveston, and 2 have been referred to the Goodrich ISD in a special program. We have several clients who have been going to Wilson McKewen Treatment Center in Lufkin for speech and physical therapy. Another client will be going to Beaumont on August 8th for a thorough eye examination with possible fitting of glasses. This is being done through the State Commission for the Blind.

THE WISHBONE WILL NEVER
REPLACE THE BACKBONE.
Will Henry

Please address correspondence to: DIRECTIONS, Deep East Texas Regional Mental Health Mental Retardation Services, 303 Angelina Bldg., Lufkin, TX 75901

The Deep East Texas Regional Mental Health Mental Retardation Services operates in compliance with the Civil Rights Act of 1964, as amended and Executive Order 11246, as amended.