



DIRECTIONS DEEP EAST TEXAS REGIONAL MHMR SERVICES

4101 SOUTH MEDFORD DRIVE

LUFKIN, TEXAS 75901

PHONE: AREA CODE 713/639-1141
Wayne Lawrence, Ph.D., Executive Director

Vol. 5 No. 2

An Equal Opportunity Employer

October, 1978

MHMR BOARD MEETS

The Deep East Texas Regional MHMR Services Board of Trustees met at 5:00 p.m. on Tuesday, September 26, at the Day Treatment/Administration Facility.

The Board heard a discussion from Wayne Lawrence, Ph.D., Executive Director, and the MHMR Division Directors on the level of compliance for MHMR Goals during FY 78. In general, all goals were either met or exceeded. In those instances where a goal was not met, remedial action was discussed.

The Board also heard a report from Bruce Bailey, Ph.D. Dr. Bailey is a consultant who evaluates the quality of services provided by MHMR through a Peer Review process. The Peer Review report was extremely favorable. The Board instructed the staff to review the recommendations made in Dr. Bailey's report and to comment on them at the next Board meeting. One aspect of the Peer Review report was a Client Satisfaction Survey. This survey is taken from clients who have received services from MHMR. The overall opinion of the services as indicated by the clients was that the services were received positively by 93% of the clients. Three (3) percent of the clients' responses were neither positive nor negative, and only 4% of the clients gave negative responses.

Other items presented for Board consideration included proposed revision of the fee schedule; proposed admission criteria for halfway houses; proposed programs for Sabine and San Augustine Counties; proposed Volunteer Recognition Banquet; and personnel matters.

A company is known by the people it employs.

TOLL FREE CRISIS LINE—1-800-392-8343

OPEN HOUSE FOR SHELTERED WORKSHOP

The Nacogdoches County Sheltered Workshop for mentally retarded persons, which is a program of the Deep East Texas Regional MHMR Services, has moved to a new facility located at 302 South Mound in Nacogdoches. The Sheltered Workshop had a Dedication Ceremony and Open House on Tuesday, October 3, 1978. State Representative Bill Haley was the guest speaker for the Dedication. Representative Haley praised the work being accomplished by MHMR and the sheltered workshop programs. Refreshments were provided by the Pinewoods Association for Retarded Children and the MHMR Advisory Council of Nacogdoches.

The Sheltered Workshop provides employment to persons who, because of their mental retardation, are unable to find employment in competitive industry. Each client in the Workshop receives a complete evaluation prior to employment.

In addition to a work and training setting, the Workshop provides personal and social adjustment training, recreation therapy and for those who qualify job placement in the community.

The kinds of activities performed by clients in the Nacogdoches County Sheltered Workshop include car washing and waxing, repair work on furniture and lawn chairs, furniture refinishing, packaging, assembling, colating and various other services.



State Representative Bill Haley (left) discusses screen assembly process with workshop client at recent Nacogdoches Sheltered Workshop Dedication Ceremony.

from the **Director's Desk**

STATE HOSPITAL ADMISSIONS REDUCED IN FY 1978

One of the major responsibilities of Community MHMR Centers is to provide programs at the community level which will help individuals remain at home as working members of society rather than having to be sent to a State Hospital. In the fiscal year just completed, which marked our fourth full year of operation, our Center was able to impact the rate of admissions to the Rusk State Hospital from this 13-county region. Listed below are the number of admissions by county to the Rusk State Hospital from our region:

Angelina County 118	Sabine County 15
Hardin County 58	San Augustine County 29
Houston County 35	San Jacinto County . . . 9
Jasper County 53	Shelby County 51
Nacogdoches County . 81	Trinity County 14
Newton County 28	Tyler County 14
Polk County 46	TOTAL 551

As one can tell from reviewing this list, a total of 551 individuals were admitted to Rusk State Hospital. This represents a reduction of 85 people from the prior year, or 13%. This 13% reduction, coupled with an increase in the actual population of the region represents a very significant figure.

The figures listed above become more meaningful when we compare the National and State averages. The National average for State Hospital admissions is one person per 1,000 people. The average in Texas is two persons per 1,000 people. The figures listed represent exactly two admissions per 1,000. This is a reduction from the prior year's figures of 2.3 people per 1,000. We are therefore at the State average, and look forward to being below this figure in the future years.

EMPLOYEE OF THE QUARTER

Mark Severns, Aftercare Worker in the Mental Health Division, received the Employee of the Quarter award for the 4th Quarter of FY 78. Mark began work with the agency in March, 1977, as a Caseworker at the Nacogdoches County Outpatient Clinic. In February, 1978, Mark was promoted to Aftercare Worker in the Mental Health Division. He has been an exemplary employee since he began work with the agency.

Congratulations from the Board of Trustees and the staff on a job well done!

VOLUNTEER OF THE MONTH FOR OCTOBER

Instead of one Volunteer of the Month for October, we would like to recognize fifty-two different volunteers from Stephen F. Austin State University and Angelina College. These fifty-two volunteers were field placement students during FY 1978 who donated nearly 9,000 hours of volunteer service to MHMR.

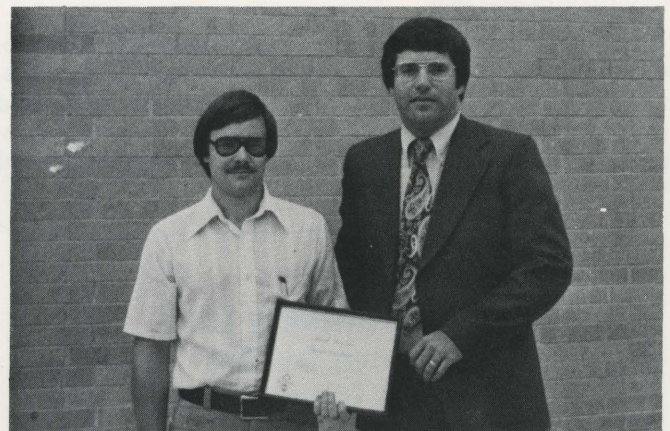
The field placement program is designed to give college students an opportunity to gain work experience in a field related to their course of study. The students learn from their placement experience and at the same time make a valuable contribution to MHMR. These students worked in Central Administration, at the Angelina Outpatient Clinic, Nacogdoches Outpatient Clinic and Community Counseling Center, at Angelina Day Treatment, Sunrise Manor, Nacogdoches Sheltered Workshop and the Shelby County Halfway House. One student worked in all MR units. The students spent varying amounts of time in one of these programs, from two hours per week to twenty hours per week. Five were ACTION grant students who worked 30 to 35 hours per week in one of our units and at the same time carried a full course of study at Stephen F. Austin State University.

These students are an enormous help to MHMR clients and staff, they are gaining valuable experience in a job-related field, and we are recording their volunteer hours which can be listed on job applications when they graduate. They have made significant contributions to MHMR, and their time is greatly appreciated by clients, staff, and Board of Trustees.

CHANGES TO NOTE:

The Jasper County Outpatient Clinic has moved to a new address located at 215 Water Street in Jasper.

The Lufkin Workshop and Opportunity Center has changed its telephone number to 713/639-1291.



Mark Severns, left, receives Employee of the Quarter award from Mr. Jim McDermott, Director, Program Support Services at a recent staff development session.

The Use of Medication in the Practice of Psychiatry

by: Kenneth N. Vogtsberger, M.D.

The treatment of people with emotional disorders has undergone three major advances in the last two hundred years. Some writers consider these advances as revolutions in the specialty of Psychiatry.

Philippe Pinel, a french physician, is credited with the first advance which occurred in the early 1800's when he began the practice of moral treatment. Up until that time, the mentally ill were confined to institutions which also housed criminals and the mentally retarded. Pinel unchained the patients and encouraged a warm, kind, supportive approach.

The second major advance occurred around the end of the 19th century when Sigmund Freud, an Austrian Neurologist, became interested in hysterical reactions that simulated physical problems. From his work came the psychoanalytic theory of emotional disorders, which in its simplest form stated that childhood conflicts caused the person to have symptoms of mental illness. These conflicts were out of the realm of conscious awareness of the person.

ANTIPSYCHOTIC MEDICATION

Medication treatment of emotional disorders is not a new concept. Non-specific sedative drugs had been used for many years to help alleviate emotional distress. It was not until the early 1950's that more specific drugs were discovered and made available to physicians. The first of these agents was a compound called chlorpromazine, the most common brand name is Thorazine. It seemed to specifically diminish or eliminate such disturbing symptoms as hallucinations and delusions. The use of this medication in large state hospital populations led to great improvement in the mental state of some people who had been institutionalized for many decades. People who had previously been considered hopeless responded so well to this antipsychotic medication that they were able to leave the hospital, return to the community and obtain gainful employment. Over the last twenty years there have been many more compounds synthesized that have antipsychotic properties; all of them are about as effective as chlorpromazine and differ only in their side effects. The choice of which drug is to be prescribed is decided on the basis of the individual needs of the person involved. These medications are not without disadvantages: they can cause acute long-term side effects and the person taking the drug should be closely followed by a physician.

ANTIDEPRESSANT MEDICATION

As an offshoot to the research done on chlorpromazine, another compound was discovered by accident that made some psychotic symptoms worse but caused an improvement in the mood of people who

were depressed. The chemical name for this drug is imipramine, the most common brand name being Tofranil. It is primarily an antidepressant and not a direct stimulant. If given to a person who is not experiencing depressive symptoms, it causes only mild sedation. For the symptoms of depression such as sleep loss, lowered mood and energy level, and sadness; the beneficial effects take anywhere from two to four weeks after beginning treatment. Since the discovery of imipramine, many other antidepressant drugs have been discovered, all of them being equally effective in appropriate doses given over a long enough period of time. These drugs are most effective in severe depressions but usually do not help day-to-day variations in mood or situational depressions.

ANTIMANIC AND ANTIANXIETY MEDICATION

Mania, also called the manic phase of manic-depressive illness, is a syndrome composed primarily of an extremely elevated mood, hyperactivity, and racing thoughts. The most specific medication treatment for this condition is a compound called lithium carbonate. Not only does the lithium help in the acute phase of the illness but it also decreases the frequency and severity of relapses. Unfortunately, the lithium tends to cause a great many intolerable side effects in some people; these people are usually treated with antipsychotic drugs.

Anxiety is one of the most common complaints presented to the psychiatrist as well as the family physician. It sometimes has identifiable causes such as marital problems or stress at work, but in other cases the causes are obscure. The most frequently prescribed drug is diazepam, commonly known as Valium. Diazepam is most effective when used for a short term in acute situational anxiety states. The effectiveness in its use for periods longer than three months is unproved.

SUMMARY

Specific medications for specific symptoms of emotional distress have greatly benefited many people over the last twenty-five years. Unfortunately, the drugs tend to offer only symptomatic relief are not "curative" when one views the effected person from a holistic standpoint. It appears that there are at least three factors involved in a person developing mental symptoms: a biochemical factor that puts one at risk, the person's personality style, and the current life situation or stress. Medication only addresses the biochemical factors. Many people with emotional disorders should also be involved in a psychotherapeutic approach to change character traits that are harmful and to look at ways to change the environment to the betterment of the individual.



SAN JACINTO DEVELOPMENTAL CENTER

San Jacinto County Developmental Center is still making progress. We are expecting to enroll two more clients soon. One of our clients was referred to Special Education Services in Polk County in August. He was enrolled in school in Livingston and is reported to be doing quite well in his new class.

Two of our clients will be going to the Polk County Sheltered Workshop two days a week beginning this month. We expect to meet our goal of serving fifteen clients this year.

WELCOME NEW STAFF

The following individuals have joined the Deep East Texas Regional MHMR Services' staff since our last issue of "Directions".

JAIME AROS, Alcoholism Counselor, Jasper County Outpatient Clinic.

LINDA DURHAM, Accounting Clerk II, Business Division.

ELIZABETH COOPER, Community Service Aide III, Trinity County Outpatient Clinic.

GLORIA JOHNSON, Caseworker III, Angelina County Outpatient Clinic.

GEORGE PATTERSON, JR., Unit Supervisor, Nacogdoches County Outpatient Clinic.

TOMMY POWELL, Relief House Manager, Shelby County Halfway House.

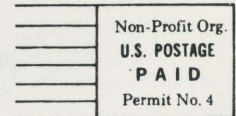
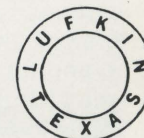
CERTIFICATION AWARDED

Doug Thompson, Psychologist in the Mental Retardation Division, has recently received his Psychological Associate Certification from the Texas State Board of Examiners for Psychologists. Congratulations, Doug, from the Board and staff.

CLIENT SATISFACTION SURVEY

The results of the Client Satisfaction Survey, conducted by Planning, Consultation, Evaluation Associates, was recently submitted as part of the Peer Review Report to the Board of Trustees. Below is a comparative analysis of the Client Satisfaction Survey conducted in 1975, 1977, and the recently published 1978 survey. As the table indicates, MHMR clients are generally very satisfied with the services they are receiving from MHMR. The staff is to be commended and encouraged to continue with this high standard of performance.

	1975		1977		1978	
	Pos.	Neg.	Pos.	Neg.	Pos.	Neg.
1. Helpfulness of Staff	85%	12%	89%	8%	85%	9%
2. Accessibility of Agency	81%	22%	80%	16%	90%	8%
3. Reception by Agency Personnel	85%	18%	92%	7%	95%	4%
4. Speed of Service Delivery	81%	4%	85%	9%	86%	6%
5. Willingness to Make Future Contact with Agency	92%	10%	91%	2%	98%	2%
6. Willingness to Recommend Services To Others	65%	18%	90%	1%	96%	4%
7. Opinion of Overall Services	76%	24%	92%	6%	93%	4%



Please address correspondence to: Jim McDermott, Editor, Directions, MHMR, 4101 S. Medford Drive, 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.