



DIRECTIONS

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DEEP EAST
TEXAS REGIONAL
MHMR SERVICES

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OUR FATE

Suddenly, a cloud of thousands of black birds came flying out of the mist of that foggy morning to settle in a carpet of birds on the ground. Each searched under the nearest grass, hopping and strutting as he picked and pecked. Each appeared carbon copies of some black prototype. There were no lame, bedraggled, or ill birds; all possessed full vigor and powers. In that black bird society all were naturally free and equal. Moment by moment, each proved their competence to fly with the flock and to fend for food. They did not fight or quarrel among themselves. They moved across the field, feeding in peace, passing over one another in fluttering waves until at once they all took wing and a sinuous stream of birds disappeared into the sky.

The contrast between an equal number of humans and the black birds was truly enormous. If by some magic ten thousand adult humans came, like black birds, by one's window there would be one fifth of them in need of mental therapy; one out of three would have some physical ailment due to chance or old age. Many would limp or roll in chairs, or stumble as they passed. It would be a small minority that moved with the health and vigor of the birds. Why?

Perhaps the answer is found in the side effects of human mercy. The unfit blackbirds are left behind and die in the inexorable pruning of nature. The fit and fortunate birds fly with the flock while even the slightly disabled fall to predators or go quickly to death.

Is it that humans are not willing to let their disabled fall and die like wounded birds that accounts for the great percentage of impaired people in the human flock? Perhaps the quality and products of mercy are now insufficient and more benevolence is required. Do insufficient products of mercy create social conditions in which many people are not prepared to work, participate and live humanly but at the same time are not deprived enough to die? These are obvious but fruitless questions probing into basic human feelings of mercy, but mercy like all else is relative. What is seen as human kindness in one situation can be extreme cruelty in another. No, mercy is not the issue or cause of the high percentage of impaired humanity.

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K.P. Williams [right] receives Employee of the Quarter award from Mr. Sandy Skelton, Deputy Director, Client Services Division.

EMPLOYEE OF THE QUARTER

K.P. Williams has been named Employee of the Quarter for the second quarter of FY 1982. Mr. Williams serves as the Unit Director of the Shelby County Halfway House, the Center's residential treatment facility for recovering alcoholics.

Mr. Williams was first employed with Deep East Texas MHMR in June of 1978 as the Unit Director of the Shelby County Sheltered Workshop. In 1979, he transferred to his current position.

Dave Davis, Director of Residential Programs and Mr. Williams' supervisor, is quick to confirm some of K.P.'s qualities as an employee. "K.P. is a dedicated employee who runs an excellent program," Mr. Davis commented. "He had taken over a difficult program and continues to provide a very high quality of service to his clients." He added, "K.P. has developed fantastic community support for a program that deals with a very sensitive issue."

Mr. Williams credits hard work and persistence for making his program a success. Also, he is proud of his staff and the strong community support without which, he says, "My job would be impossible."

VOLUNTEER GROUPS . . .



Marty Walker [left] looks on as Frank Strother [right] presents a check on behalf of the United Way of the Greater Jasper Area to Sherry Nichols, Treasurer of the Jasper Association for Handicapped Citizens. Also pictured is Brian Thompson, United Way President.

Community Groups Help Jasper - Newton Sheltered Workshop

Marty Walker, Unit Director of the Jasper - Newton Sheltered Workshop is proud to say that this program is solidly backed by many community groups in the Jasper - Newton area.

One of the Workshop's biggest backers is the Jasper Association for Handicapped Citizens. This year the Association applied for and received \$3,000 from Jasper's newly formed United Way Agency. The money was then donated to the Workshop to help pay for client transportation fees and lawn care equipment.

Ms. Walker notes that there are many other local groups that support the Workshop, including: V.F.W. Post #6380 (Men and Women's Auxiliary), Evening Lions Club, Noon Lions Club, Kiwanis Club, Pilot Club, Rotary Club, United Methodist Women, and Ladies of Lasalette. Also, Ms. Walker adds that the contract the Workshop maintains with the Pineywoods Peddler is very helpful to the clients.

Silsbee Groups Support MHMR Services

Community support is vital to each and every MHMR program. In the Silsbee area there are many groups that, together, help to make the Hardin County Sheltered Workshop and the Hardin County Halfway House two big success stories.

The SILSBEE EVENING LIONS CLUB has supported the Sheltered Workshop for a number of years. Hand tools and supplies have been donated on a regular basis. Last year the Lions Club had a work day painting and fixing up the Resale Shop. Last month they paid for an eye examination

and glasses for one of MHMR's clients. Also, they have made plans to provide the labor to build a 30' X 60' covered patio at the rear of the Workshop. These and many other projects have made them one of MHMR's main supporters in Silsbee.

Another group active in support of MHMR programs is the TELEPHONE PIONEERS OF AMERICA. The Beaumont-Silsbee Area chapter of the group is made up of telephone company employees who have worked at least 15 years. Within the past two years they have presented the Sheltered Workshop with \$600 in cash donations and \$1,025 to the Hardin County Halfway House.

The HARDIN COUNTY ASSOCIATION FOR RETARDED CITIZENS is a very special group. They may be parents of clients, or just interested and caring individuals who work diligently on fund raising projects for the support of the Workshop. This money has provided needed equipment and supplies for programs in Hardin County. Karen Bush, Director of the Hardin County Halfway House, adds that a \$20,000 donation from the A.R.C. made the HWH a reality. This group also helps pay staff salaries, client transportation fees and will provide matching funds for a new van.

Each year the A.R.C. solicits funds and puts on a Benefit Rodeo, Dance and Halloween Carnival. This year they are working on an old-fashioned parade and political rally and are hoping for another success.

Another group, mostly made up of members of the A.R.C., runs the Resale Shop. There are at least 30 women who staff the shop. Each woman volunteers twice a month from 10:00 a.m. to 3:00 p.m., working as a salesperson. Proceeds from the shop are donated to programs in Hardin County.

Local businesses also support MHMR. Mr. PETE LANDOLT, of Landolt Oil, has supplied the car wash at the Workshop with diesel fuel for the last three years at no cost.

JoAnn Fries, Unit Director at the Hardin County Sheltered Workshop says, "I could go on and on about the people - individually and in groups - who in some way support us in our work." There are many others whose contributions of time and money help to make community treatment of the mentally retarded a continued success in Hardin County.

CLIENTS RIGHTS

Any client or representative of a client is invited to submit questions or complaints regarding services to the Public Responsibility Committee, P.O. Box 935 Lufkin, TX. 75901. This committee is independent and impartial. No members are employees of this center.

TOLL FREE CRISIS LINE

1-800-392-8343

SUPPORT MHMR



Eileen Mason [left] and Eleanor Holderman, Tyler County Chamber of Commerce President.

MHMR Employees Are Volunteers Too

Eileen Mason, Kathy Thomas and Larry Welker are three very special MHMR employees. They have all been recognized by their respective communities for making outstanding contributions as volunteers.

Eileen Mason was recently voted Tyler County's "Outstanding Citizen" for 1981. She is the first woman to receive this honor. Currently Mrs. Mason is employed as an MHMR Service Assistant at the Tyler County Sheltered Workshop. She has been with MHMR since November of 1975. She also received the Employee of the Quarter Award for the first quarter of FY 1980. Eileen has been involved in numerous civic projects in the Woodville area for many years.

Larry Welker is the Unit Director for both the Houston County and the Polk County Sheltered Workshops. Larry was voted Groveton's "Outstanding Citizen" for 1981 by the Groveton Chamber of Commerce. Mr. Welker was employed by MHMR in May of 1975. Larry stays busy as the Chief of Groveton's Volunteer Fire Department and as an Emergency Medical Technician for the city's ambulance service. In his spare time, Larry teaches an Emergency Medical Technician's course at Angelina College and an Emergency Care Attendant's course in Groveton. Larry Welker is another MHMR employee who does much more for his community than his job requires.

Kathy Thomas brings a lot to her job as Caseworker at the Shelby County Outpatient Clinic. She is very active in a variety of volunteer projects and was even before August of 1980 when she first came to the clinic. Kathy was recently voted the Shelby County Business and Professional Women's Club's "Young Careerist of the Year." Mrs. Thomas was one of the founders of the Center Mental Health Association, and serves as a volunteer for the March of Dimes, the Salvation Army and many other civic groups and organizations.

Deep East Texas MHMR's Newsletter "Directions" has a new publication schedule. "Directions" will be published on a quarterly basis in April, July, October, and January.



Kathy Thomas at The Shelby County Outpatient Clinic.

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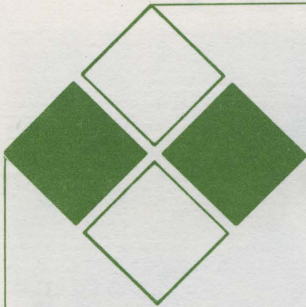
In the rigorous and merciless world of the birds, nature alone sets the criteria for life and its perpetuation. Humanity is in a different category. For good or evil, humans are now sufficiently master of the Earth to establish for themselves an artificial environment of their own making. It is here in this self made social and physical world that fit and unfit, able and disabled humans are made and unmade.

In this artificial world, beliefs and values are determiners of human destiny much more than the wind and the rain. Our government is founded on values that say all men are created equal and endowed by their creator with certain inalienable rights of life, liberty, and the pursuit of happiness. If we believe that we are created equal in our rights and we, in large part, determine our social and physical world, then the obligation is created to help all individuals to become full participants in that world. Two things must be done. We, in concert, must help all individuals impaired for whatever reason to become contributing and participating members of society. Then, having taken our fate into our own hands, we must create a more benign world. The real issue is how to assure human survival while providing truly human existence for all.

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Larry Welker, Groveton's Outstanding Citizen



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Wayne Lawrence, PH.D, Executive Director
Mark Severns, Editor

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Understanding What We Do At Deep East Texas MHMR

[This is the second in a series of articles by Nell Newton, M. Ed., Unit Director of the Angelina County Partial Hospitalization Program. This article deals with ways families can use available community resources to help mentally ill family members.]

As part of the movement from institutional treatment to community treatment, the phrase "using community resources" can be overused. As families attempt to deal with mental illness within the family unit, however, it is important that they recognize what services are available and how to make use of them. As mentioned in the last article, it is extremely important for the patient to contribute to the family unit in a meaningful way. It is just as important that he remain a contributing member of the community.

The family's first step is to set positive expectations for all family members. In terms of the patient the key word is **support**. The family should support the patient by making sure that recommended treatment modalities are followed and let the patient know that they expect him to get better. While there is still some stigma attached to being a "mental patient," the family should not accept mental illness as an excuse to avoid social contact.

Begin with a patient by taking a dual approach. First, by listing his assets and needs and second, by helping him set realistic goals. If the patient was employed, he should be encouraged to return to work as soon as he is able. For unemployed persons, volunteer work in the community can be a powerful tool in building self esteem. Encourage the patient to volunteer his services to a community agency. Nursing homes are always requesting volunteers to help with their patients. Government agencies can also use

volunteers in clerical roles and other areas. The most important point is to focus on the patients' assets and use them. Choose something the patient can do and find a place where he can do it.

Our philosophy of using community resources is two-fold. It is just as important to contribute our time and talent to others as it is to make use of them to meet our own needs. The most important thing to remember is to expect the best and support your family member. Set the expectation that they must contribute by working toward positive goals. The patient and his family can educate the community both by accepting mental illness in a matter-of-fact manner and remaining within the mainstream of community life.

Busy Spring For Nacogdoches Clients

The Nacogdoches Sheltered Workshop and the Nacogdoches Halfway House combined to form a ladies' basketball team. The team participated in a statewide tournament hosted by the Lufkin State School in March. They competed against teams from all over the state and took home the fourth place trophy.

Also, nineteen mentally retarded clients from Nacogdoches participated in the regional Special Olympics held on the campus of Stephen F. Austin State University. Nancy Jones, Unit Director of the Workshop and Halfway House stated that eight clients will participate at the statewide Special Olympics to be held in Austin in May. These clients will go to Austin, thanks to a special donation made by the Pineywoods Association for Retarded Citizens and The Lone Star Pet Foods Division of Texas Farm Products.