



DIRECTIONS

DEEP EAST TEXAS REGIONAL MENTAL HEALTH MENTAL RETARDATION SERVICES

An Equal Opportunity Employer

Vol. 3, No. 11

July 12, 1977

JUNE BOARD MEETING HELD IN LUFKIN

The Board of Trustees of the Deep East Texas Regional Mental Health Mental Retardation Services (MHMR) held its regular monthly meeting at the Lufkin Federal Savings and Loan Building on June 14, 1977, at 5:30 p.m.

Items for consideration by the Budget and Finance Committee included the Treasurer's report, discussion of Day Treatment/Administration Facility, consideration of Third Quarter FY 1977 Expenditure Report, Selection of Axley and Rode as Audit Firm for FY 1977, and a discussion of Proposed FY 1978 Operating Budget.

Items for consideration by the Program Committee included a discussion of Mental Health Management Information System and consideration of Joint Agreement with Texas Rehabilitation Commission.

Items for consideration by the Personnel and Public Education Committee included the acceptance of a donation of a piano from the Lufkin Altrusa Club to Sunrise Manor and consideration of personnel matters.

The next regularly scheduled meeting of the Board will be on July 26, 1977, at 5:00 p.m., in the Harvest Room of Lufkin Federal Savings and Loan Building.

MHMR SERVICES SPOTLIGHTED ON KTRE-TV

KTRE-TV (Channel 9) in Lufkin is spotlighting the various Deep East Texas Regional MHMR Services on its "High Noon Show". The first program was presented on June 1st. Dr. Wayne Lawrence and Mr. Jim McDermott gave an overview of the services. The remaining programs will appear on the second Tuesday of each month. On June 14th an overview of the Mental Retardation Programs was given by Mr. Russ Burbank and Mr. Byron Crawford. On July 12th, Dr. Jack Martin gave an overview of the Mental Health Programs. In the months to come there will be programs given on Volunteer Services, Developmental Centers, Outpatient Clinics, Sheltered Workshops, Alcohol and Drug Abuse Programs and Public Education Programs.

We encourage you to view the show and let us know what additional types of programs we can plan for the future. We appreciate the cooperation given us by the High Noon Hostess, Gail Green, and the staff at KTRE.

CONSTRUCTION BEGINS ON NACOGDOCHES MHMR

Construction has begun on a new building which will house the Outpatient Clinic and Community Counseling Center which are both programs of the Deep East Texas Regional MHMR Services. The building, which will be located on University Blvd. in Nacogdoches, is slated for completion August 31st.

Currently, the Nacogdoches County Outpatient Clinic offers individual, family and group counseling to persons of all ages. Included in the clinic's services are chemotherapy; consultation to schools and other agencies; psychiatric and psychological evaluation; art and craft programs for clients and emergency services. Beverly Thaggard, Supervisor for the Outpatient Clinic, said the new facility will allow more space for additional services.

The Community Counseling Center offers individual, group and family counseling services to persons experiencing problems with alcohol and drug abuse. The program works closely with area schools providing a variety of educational services that relate to alcohol and drug abuse. An additional aspect of the Community Counseling Center is the D.W.I. Court Class Program. This program is for persons referred from the courts for D.W.I. offenses. It consists of an eight hour class which is designed to increase the participants' awareness of the dangers of drinking, while under the influence of alcohol or other drugs. Many people who take this course seek additional counseling for their problem.

The Nacogdoches County Outpatient Clinic has served approximately 750 persons during 1977 and expects to have served over 1,200 Nacogdoches residents before the end of the year. The Community Counseling Center has provided both counseling and educational services to over 230 persons during 1977 and expects to have served over 400 by the end of the year.

The Nacogdoches County Outpatient Clinic and Community Counseling Center is currently located across from Nacogdoches Memorial Hospital at 1211 North Mound. For additional information about the new facility and the services offered, contact Beverly Thaggard at 569-8288.

COURAGE IS WHAT IT TAKES TO STAND UP
AND SPEAK. IT IS ALSO WHAT IT TAKES,
ON OCCASION, TO SIT AND LISTEN.

SAN JACINTO COUNTY DEVELOPMENTAL CENTER

Things are going well at the Center. We have a new client this month, making a total of six enrolled.

Mrs. Juanita Hoot and Donald White went to Camp Leander for a week and had a very enjoyable time.

We have been enjoying vegetables out of our garden at the Center: peas, butter beans, tomatoes, peppers, corn, and egg plants. It is so nice to have a green thumb.

On June 22nd the clients and staff went on a field trip to the Houston County Sheltered Workshop to see all the nice work being done.

POLK COUNTY CCC

The Polk County Community Counseling Center has been busy getting ready for the summer and for the arrival of the Master's level therapist that is being added to the staff here in the near future.

In addition to these preparations, Bill Burnett, Unit Supervisor, attended two Alcohol Institutes. The first was sponsored by DETCOG and was held at Stephen F. Austin State University. It dealt with "The Female Alcoholic". The second Institute was sponsored by the Houston Council on Alcoholism and was held at the University of Houston Continuing Education Center. The primary focus of this two-day institute was the family and the alcoholic, the title being, "It's All Relative".

Recently Mr. Burnett and Anita Campbell, secretary, attended the organizational meeting of the Texas Association of Alcoholism Counselors (Lufkin Chapter) held at the Ramada Inn in Lufkin. Ed Worthington of the Polk County Sheltered Workshop also attended and joined the local chapter.

Ed Worthington and Bill Burnett also appeared on the local KETX Radio program, "Sound-off", where the alcohol/drug services at the CCC were discussed, and people listening at home called in and asked questions. Several referrals were received through this airing.

HOUSTON COUNTY SHELTERED WORKSHOP

This month we had Open House. A very large crowd attended. The Beta Sigma Phi furnished the refreshments for the Open House.

We have a joint contract with Polk County Sheltered Workshop to make steps for mobile homes. Also, we are working on ceramics which we hope to sell, and we clean up the Trinity County Out-patient Clinic each week.

Seven clients went to Camp Leander and reported that they had a good time.

KIRBYVILLE DEVELOPMENTAL CENTER

The clients were very excited about the laminated picture that was given to them about "The Old Woman Who Lived in a Shoe". Each client was depicted as a child in the shoe, and the old woman was "Guess Who". A special thanks to Janice Cox for the drawings.

Donnie YbBarbo, Tennis Bemis, Lydia Bean and Michael Waters went to Camp Leander for a week of fun and excitement. The experience will long be remembered.

NACOGDOCHES CO. SHELTERED WORKSHOP

The Nacogdoches County Sheltered Workshop has received a new steam cleaner for use in its car-cleaning contract with various car agencies in Nacogdoches. The cars can be cleaned so much faster than by hand that the car crews are able to increase production and still maintain high quality work. The staff and clients of the Workshop are very excited by this new addition to its equipment.

DAY TREATMENT NEEDS SEWING MACHINE

The Day Treatment Program is presently in need of a sewing machine for the purpose of increasing the list of skills offered at the program. If you have knowledge of anyone who would like to donate or loan a sewing machine, please refer them to Melissa Hester, Unit Supervisor, Day Treatment Program, 2407 W. Frank, or call 639-2552.

SUNRISE MANOR - TRC CERTIFIED

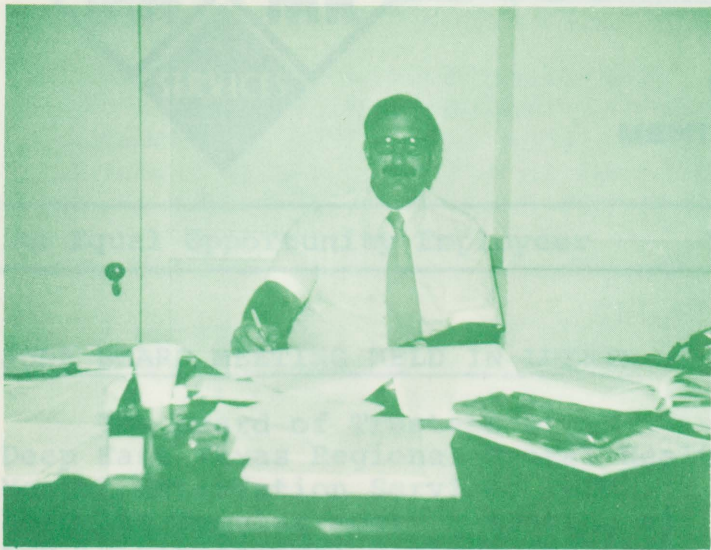
The Sunrise Manor Halfway House received a Class I certification from the Texas Rehabilitation Commission for the second time since the Halfway House opened in April, 1976.

On July 1, 1977, Sunrise Manor was surveyed by a team representing the Texas Rehabilitation Commission. The team members were: Mr. Frank Perdue, Austin; Mr. T. C. Walker, Lufkin; Mr. Paul Ramirez, Austin; and Mr. George Moore, Lufkin. The survey team reviewed client program planning and training curriculum; employees' qualifications; progress reports; standing committee reports; the physical plant; etc. The survey was thorough, according to the staff; however, it was quite beneficial as it gave new directions that may assist in providing better service delivery to the program's clients. CONGRATULATIONS! Sunrise Manor.

BE KIND. REMEMBER EVERYONE YOU MEET IS FIGHTING A HARD BATTLE.

T. H. Thompson

NEW PROGRAM DIRECTORS



As of July 5, 1977, Mr. Don Wilcox assumed the position of Program Director of Pre-Screening and Aftercare. Mr. Wilcox received a B.S. and M.A. in Sociology from Sam Houston State University in Huntsville.

Mr. Wilcox and his wife, Carol, have three children: Donna, 11; Marci, 10; and Heather, 8. He enjoys fishing and camping with his family. He could't have made a better choice of locations for both those activities. Welcome aboard, Don.

WELCOME NEW EMPLOYEES

Eight new employees have been employed during the past month. We would like to extend a big welcome to:

CONNIE LEE CARNEGIS, Clerk I, Angelina County Outpatient Clinic. Miss Carnegis is a graduate of Lufkin High School and attended Angelina College.

JOE THOMAS COLKIN, JR., Houseparent, Sunrise Manor. Mr. Colkin is a graduate of Stephen F. Austin State University.

JUDY C. FULK, Workshop Trainer, Nacogdoches Sheltered Workshop. Mrs.

Fulk is a graduate of Texas A & M. LILLIE McQUEEN, Clerk I, Central Administration (Business Division). Miss McQueen attended the University of Houston.

MARY LINDA MEEK, Secretary I, Jasper Community Counseling Center. Mrs. Meek is a graduate of Jasper High School.

LAURA MURPHY, Secretary II, Mental Health Division. Mrs. Murphy is a graduate of Lufkin High School.

GEORGE STEED, DPW Liaison, Trinity Co. Outpatient Clinic. Mr. Steed is a graduate of Stephen F. Austin State University.



Gwen Cunningham assumed duties as Coordinator of Volunteer Services on June 1. Previously she served as supervisor of Angelina County OPC. Mrs. Cunningham is married and has two children; Jan, 21 and Bob, 18. She enjoys the Deep East Texas area, and is an active member in both her church and civic organizations. Mrs. Cunningham hopes the staff will contact her if they have any suggestions or questions about the Volunteer Program that she is in the process of developing.

HOW DO YOU HANDLE ANGER?

_____ Throw things	_____ Cry
_____ Pout/Shout	_____ Agitate
_____ Yell/Scream	_____ Stomp
_____ Get Sarcastic	_____ Overeat
_____ Depression	_____ Drink too much

Want a better way? Try something new.....try getting "in touch" with your feelings. That is, find out who or what you are allowing to make you angry. Why are you permitting this? Are you willing to express your feelings to the person(s) involved? If it was a situation which is angrying you, are you willing to share the circumstances with a close friend? Try handling your anger this way for a change and see if it works. Dealing directly with those situations which make us angry is much better than playing unsuccessful or emotionally damaging games.

A PERSON MUST BE BIG ENOUGH TO ADMIT
HIS/HER MISTAKES, SMART ENOUGH TO
PROFIT FROM THE, AND STRONG ENOUGH
***** TO CORRECT THEM.

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.