



DIRECTIONS

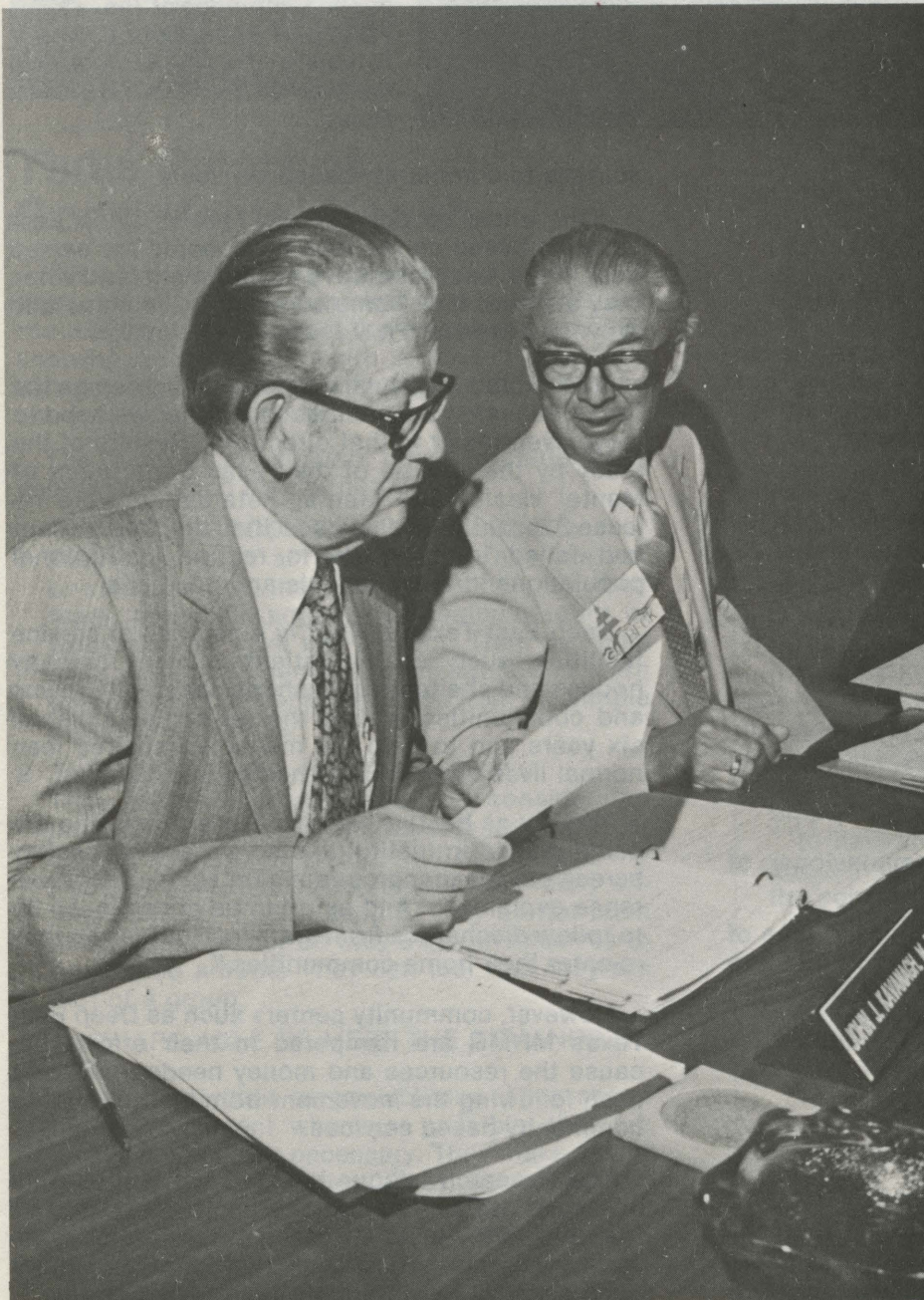
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DEEP EAST
TEXAS REGIONAL
MHMR SERVICES

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**TDMHMR
Commissioner
and State Board
Chairman at
Lufkin Meeting**



Deep East Texas MHMR Services was honored recently when they hosted the State Board of Texas Department of Mental Health and Mental Retardation at one of their regular meetings. Visiting just before the meeting are, from left, V.B. Woods, Chairman of the Board of Trustees, Deep East Texas MHMR Services; John J. Kavanagh, M.D., TDMHMR Commissioner; A.L. Mangham, Jr., Mayor, Nacogdoches, member of the TDMHMR Board; and Edwin R. VanZandt from Rusk, also a member of the TDMHMR Board.

State Board Meets at Center for First Time

Deep East Texas MHMR Services has the distinction of being the first community center to host a meeting of the State Board of Texas Department of Mental Health and Mental Retardation.

The Board met in the Day Treatment and Central Office building of Deep East Texas MHMR at 4101 S. Medford Drive in Lufkin, Friday, September 26, 1980.

Members of the Board are Chairman L. Gray Beck of San Angelo, Walter A. Brooks, M.D., F.A.C.S. from Quanah, Mrs. Howard E. Butt from Corpus Christi, Margaret G. Cigarroa, M.D., from Laredo, A.L. Mangham, Jr., from Nacogdoches, William B. Schnapp from Houston, Mrs. Marvin Selig from Seguin, Mrs. Iris B. Thomas from Prairie View, and Edwin R. VanZandt from Rusk.

John J. Kavanagh, M.D. is Commissioner of TDMHMR.

The Board was mainly concerned at the time of the meeting over their budget request for the State Legislature in the 1982-83 Biennium. The Board anticipates a \$1.2 billion budget request.

Staff Encouraged by League Report

Workers at the Deep East Texas Regional MHMR Services hope the recent report of the Texas Research League will speed up the movement of re-

sources to community-based services.

"Our whole service system here in Deep East Texas is based on the idea that people are served best in the least restrictive environment, and when they are near their home community," commented Wayne Lawrence, Ph.D., Executive Director.

"We're glad that such a prestigious group as the Texas Research League has found that we need to move even faster in that direction." Results of the study by the League of the Texas Department of Mental Health and Mental Retardation were released recently. It disclosed that the Department had failed in its goals to reduce institutional populations in state schools and hospitals.

Deep East Texas MHMR is a network of service facilities such as outpatient clinics, halfway houses and sheltered workshops, located in towns and communities around the region, established six years ago to help the mentally impaired lead normal lives close to their homes and families.

"We try as best as we can to see those who are being placed in institutions so we could possibly screen out the inappropriate admissions," Dr. Lawrence explained. "And as often as possible we try to follow discharges from state institutions as they re-enter their home communities."

However, community centers such as Deep East Texas MHMR are hampered in their efforts because the resources and money needed have not been following the movement from institutional to community-based services.

The Research League believes the institutional costs per day for one patient may exceed \$700 by the year 1990, just ten years away. Today, community centers can deliver outpatient and other such services for little more than \$1.50 per day.

Local Volunteers in Spotlight

Volunteers of Deep East Texas MHMR Services were among those honored with state recognition at the recent annual meeting of the Volunteer Services State Council, held at the Lufkin Civic Center.

Those who donated 100 hours received pins. Those donating 500 or more hours were presented with a gold bar engraved with the number of hours they gave during the year.

Organizations who donated a combined total of 100 or more hours received a certificate.

Awardees from Angelina County were Debra Curry, Michael Easley, Freda Ford, F.B. Hufham, and Janet Miller.

Also, Jeanine Nass, Paula McKnight, Janice Wilkerson, Patrick Sanders, and the Lufkin Service League.

From Hardin County were Mary Ann Crain, June Garrett, Anabel Schaeffer, Janice Warren, and Hazel Johnson.

Those awarded from Houston County were May

Beth Hailey, Oscar Sanders, and June H. Poole.

Honorees from Jasper County: Betty Allen, Jessie Barbee, Greg Smith, and Laverne Nichols.

The group from Nacogdoches County included Karen Anderson, Sue Ann Harrower, Jerry L. Nicks, Nancy Jones, Debbie Taylor, and Dana Watson.

Martha Gipson was honored from Newton County.

From Polk County were Flossie Keels, Dave Wilson and Berna Wyatt.

Volunteers honored from Shelby County were Janet Luedeker and Susan Roderick.

Oma Bush, a member of the Trinity County Advisory Council and the Public Responsibility Committee, received an award. Mrs. Bush is from Trinity County.

Those receiving an award from Tyler County are Joyce Crowson, Timothy Mason, Eileen Mason, John Morrison, Maxie Riley and Estell Howard.

Lufkin was Meeting Place for Volunteers

Lufkin was the meeting place for volunteers and volunteer organizers from around the state when Deep East Texas MHMR Services and the Lufkin State School hosted the 22nd Annual Meeting of the Volunteer Services State Council.

The three-day meeting, held in the Lufkin Civic Center, was intended to provide practical ways Texas Department of Mental Health and Mental Retardation facilities and community centers can cooperate and collaborate in programs of volunteer service to clients served by both kinds of service agency.

Participants were given frequent opportunities to discuss various aspects of the concept of collaboration and were encouraged to explore similarities and commonalities between community-based volunteer programs and those at state-operated facilities.

State Senator Roy Blake, right, from Nacogdoches, is greeted at the 22nd Annual Meeting of the Volunteer Services State Council Awards Banquet by Bill Beaver, left, Superintendent of the Lufkin State School and V.B. Woods, Chairman of the Board of Trustees, Deep East Texas MHMR Services. The banquet took place at the Lufkin Civic Center.

Workshops and other sessions were geared to a free-flowing exchange with open forums for discussing mutual concerns.

The meeting agenda included a tour of Lufkin State School and facilities of Deep East Texas MHMR Services.

Clients Rights

The Public Responsibility Committee will accept complaints regarding abuse and denial of right for mentally retarded citizens. Mail to P. O. Box 935, Lufkin, Texas 75901.



Citizens Advisors Named by MHMR Board

New, citizen members of advisory councils to Deep East Texas MHMR Services have recently been appointed by that agency's Board of Trustees.

Jacquelyn Tims of Livingston, Vocational Counselor for the Texas Rehabilitation Commission was named along with Deiana Woodward of Crockett, Director of the Adult Learning Center, Crockett Independent School District.

They are the newest members of the MHMR Regional Professional Advisory Committee.

Two other East Texas citizens were appointed to MHMR County Advisory Councils in their home communities.

James E. Rhone of Diboll was appointed to the Angelina County Advisory Council. He is superintendent of the Road Truck Shop for Temple-Eastex, Inc. Mr. Rhone is also a member of the Diboll School Board, the Pineywoods Transportation Club, and the Diboll Housing Authority.

Rhonda F. Brooks was named to the Sabine County Advisory Council. She is a social service technician for the Texas Department of Human Resources in Hemphill and is a member of Sabine United, Inc.

Committee Guards Mentally Retarded's Rights

The mentally retarded in Deep East Texas have a strong and effective group to guard their rights.

It's the Public Responsibility Committee and it is made up of citizens from the region who are committed to protect and advocate for the rights of the mentally retarded.

While Deep East Texas Regional Mental Health Mental Retardation Services is the principal care provider for the mentally retarded in this region, the Public Responsibility Committee is completely independent and autonomous. Their only responsibility is to the retarded.

Those who have a complaint regarding the abuse or denial of rights of a mentally retarded person may write the committee: Post Office Box 935, Lufkin, Texas 75901.

Members of the Committee are appointed by their local commissioners court. They are John Smith of Lufkin, representing Angelina County; Neill Hays of Nacogdoches, Nacogdoches County; Mrs. Charles Scherzer of Center, Shelby, San Augustine and Sabine Counties; Mrs. L.O. Bean of

Kirbyville, serving Jasper and Newton Counties; and Mrs. Robert Neyland of Silsbee, representing Hardin County.

Others on the Committee are Mrs. Bessie Sanders of Shepherd, representing San Jacinto and Polk Counties; Oma Bush of Groveton, Trinity County; Oscar Sanders of Crockett, Houston County; and Mrs. L.E. Crowson of Woodville, representing Tyler County.

Memorial Plan Gifts Since February of 1980

In Memory of Mr. John S. Poland by
M/M R.L. Cunningham
M/M James McDermott
M/M Dick Gardemal

In Memory of Ronnie Hawthorne by
M/M Dick Gardemal

In Memory of Mrs. Bill Gandy by
M/M Homer C. Shawver

In Memory of Mrs. Woodrow Wilson by
M/M Homer C. Shawver

In Memory of Mrs. Austin Overland, Sr. by
M/M Homer C. Shawver

In Memory of Ms. Annie Yeager by
M/M Ward R. Burke

In Memory of Scott Faviell by
Dr. & Mrs. Wayne Lawrence

In Memory of Marion Spore by
Dr. & Mrs. Wayne Lawrence

In Memory of Tom A. Pickett by
JoAnn Fries, Maurice Salles, Joyce Tutt

In Memory of Robert Hille by
M/M V.B. Woods
Dr. & Mrs. Wayne Lawrence

In Memory of Mrs. Nina McLemore by
M/M Ward R. Burke

In Memory of C.M. (Moody) Battle by
Nell W. Slavik
M/M Richard Weathersby

In Memory of Mrs. Minnie Odom by
Thomas G. Harper
Melba Wars
Sherri Delk
Gwen & R.L. Cunningham
Joe McCulley

Deep East Texas MHMR has a Living Memorial Plan which provides an opportunity to express sympathy to the family of someone who has passed away.



JoAnn Fries Honored by Special Award

One of Deep East Texas MHMR's most outstanding employees was recognized for her accomplishments recently by being named Employee of the Quarter.

She is JoAnn Fries, director of the Hardin County Sheltered Workshop in Silsbee. Mrs. Fries has been with MHMR more than five years, beginning her duties August 7, 1975.

"I was especially pleased to have been able to present Mrs. Fries this award," commented Jim McDermott, Director of the Mental Retardation and Support Division.

"Mrs. Fries excels in her dedication to her clients and is very resourceful and energetic in their behalf."

Three Points of Good Mental Health

What are some of the characteristics of good mental health? There is no line that neatly divides the mentally healthy from the un-healthy, and just knowing what mental health is doesn't mean you can go out and be mentally healthy, but knowing can help you think about it.

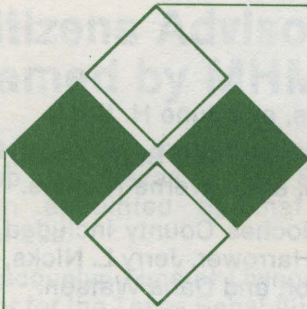
The following are some of the characteristics of people with good mental health:

1. **THEY FEEL GOOD ABOUT THEMSELVES.**
They can laugh at themselves. They are not bowled over by their own emotions, by their fears, anxieties, anger, love, jealousy, guilt or worries. They have self-respect. They can take life's disappointments in their stride and learn from them. They get satisfaction from the simple everyday pleasures.
2. **THEY FEEL GOOD ABOUT OTHERS.**
They are able to give love and consider the interests of others. They expect to like and trust others, and take it for granted that others will like and trust them. They respect the many differences they find in people. They do not push people around, nor do they allow themselves to be pushed around. They can feel that they are part of a group.
3. **THEY ARE ABLE TO MEET THE DEMANDS OF LIFE.**
They accept their responsibilities. They shape their environment whenever possible; they adjust to it whenever necessary. They make use of their natural capacities. They do something about their problems as they arise. They plan ahead but do not fear the future, they live each day fully and welcome new experiences and new ideas.

My Personal Bill of Rights

- I have the unquestioned right:
- to have and express feelings.
 - to have and express opinions.
 - to ask for clarification.
 - to ask for reconsideration.
 - to say "I don't understand" or "I don't know".
 - to make mistakes and be responsible for them.
 - to my preferences, thoughts and feelings without justification or apology.
 - to express what I want and request others to help me get what I want.
 - to say "I'd like some time to think about it", or "I'm not prepared to talk about that today and would like to discuss it at a later time".
 - to have my thoughts and opinions heard and to have my concerns be as important as the concerns of other people.
 - to change my mind.
 - to feel positively about me and accept positive responses from others.
 - to have expectations clarified and make decisions regarding my ability and desire to live up to the expectations of others.
 - to do things that others may not approve of.
 - to be less than adequate and competent at all times.

Presented by Deep East Texas MHMR in the interest of your good mental health.



DIRECTIONS

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Wayne Lawrence, Ph.D., Executive Director
Joe McCulley, Editor

A product of the Consultation and Education Services Program.

Toll Free Crisis Line - - - 1-800-392-8343

Long-Time Employees Recognized for Service

Special honor was paid to long-time employees of Deep East Texas MHMR when a Seniority Recognition Ceremony was conducted recently during Staff Development Training.

The two employees with the most longevity began work at the Center during its first year of operation in 1974. Executive Director Wayne Lawrence, Ph.D., officially began April 8, 1974. He was soon joined by Marty Walker, September 1, 1974. Mrs. Walker is director of the Jasper-Newton Sheltered Workshop in Jasper.

Employees still with the Center who were employed in 1975 include:

Clem Lathan, Jan. 2; Ruby Ward, Jan. 6; May Beth Hailey, Jan. 20; Larry Welker, May 1; JoAnn Fries, August 7; Rita Kenebrew, Sept. 1; Marva Lewis, Sept. 1; Sally Navarre, Sept. 1; Lavetta Henderson, Sept. 2; Eileen Mason, Nov. 14.

During 1976, the following current employees came to the Center:

Paul Jackson, Jan. 2; Sandra Smith, May 7; Melba Wars, May 7; Peggy Smith, June 1; James Adams, Sept. 1; Larry Heaton, Sept. 1; Louise Jinkins, Sept. 1; Marcia Northcutt, Sept. 1; Vonzetta Samuel, Sept. 1; Beverly Thaggard, Sept. 1; Gwen Cunningham, Sept. 27; Jack Martin, Ph.D., Nov. 1; Anita Campbell, Nov. 18; Billy Walton, Nov. 22.



Among those recognized for length of service to Deep East Texas MHMR Services during Seniority Recognition Ceremonies at a recent Staff Development Training meeting were, from left, Eileen Mason, who began with the Center Nov. 14, 1975; Paul Jackson, Jan. 2, 1976; Melba Wars, May 7, 1976; Sandra Smith, May 7, 1976; and Peggy Smith, June 1, 1976.



Some of the most valued employees of Deep East Texas MHMR Services were recognized recently at a Seniority Recognition Ceremony. Among those honored, and the date in 1975 they began employment, are, from left, Lavetta Henderson, Sept. 2; May Beth Hailey, Jan. 20; Marty Walker, Sept. 1; Sally Navarre, Sept. 1; Ruby Ward, Jan. 6; Clem Lathan, Jan. 2; Rita Kenebrew, Sept. 1; Larry Welker, May 1; Marva Lewis, Sept. 1; and JoAnn Fries, Aug. 7. Not pictured is Wayne Lawrence, Ph.D., Executive Director, who was the main leader in establishing the Center, April 8, 1974.