



Directions Newsletter

**Deep East Texas Regional Mental
Health Mental Retardation Services**

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MHMR psychiatric center

With a start-up, matching grant of \$150,000 from the T.L.L. Temple Foundation, Deep East Texas MHMR Services will soon open a 20-bed psychiatric treatment center in Lufkin to serve persons from the region suffering acute mental health problems.

The announcement came at a regional meeting of county judges and local magistrates at the Rodeway Inn in Lufkin when county officials heard Temple Foundation Executive Secretary Ward R. Burke present MHMR Board Chairman Allen Sturrock, judge of Tyler County, with the Temple check for \$150,000.

The meeting in Lufkin was held to orient county officials to the new treatment center and prepare them for the beginning of service, scheduled for May 23, 1985.

"This again confirms the very constructive and beneficial role The Temple Foundation has taken for many years in supporting and encouraging the development of much needed services for the people of our region," commented MHMR Executive Director Jim McDermott.

"We are proud and very appreciative of what the Foundation has done. We have every reason to believe the Treatment Center they have helped establish here



TYLER COUNTY JUDGE ALLEN STURROCK, Chairman of the Board of Trustees of Deep East Texas MHMR Services, announces the opening of a 20-bed Psychiatric Treatment Center in Lufkin scheduled for May 23, 1985. The treatment center was made possible largely through a start-up, matching grant of \$150,000 from the T.L.L. Temple Foundation.

today will be a first-class facility and a source of pride for those of us in the health care field in Deep East Texas."

MHMR officials say the new facility, called the Pineywoods Regional Treatment Center, will be funded on a continuous basis by third-party insurance payors, fees, and funds paid by the Texas Department of Mental Health and Mental Retardation as reimbursement for serving patients locally who would normally have been treated at Rusk State Hospital.

Prior to this, there were few, if any, alternatives for those who needed short-term care while experiencing a mental health crisis,

short of the large state institution at Rusk.

Now the less-stigmatizing treatment center located in a local community hospital in Lufkin can provide this much needed segment of the mental health care system — a segment which was missing before.

The Center will be located on the fourth floor of Lufkin Memorial Hospital and will be integrated with the non-psychiatric, ancillary medical services of Lufkin Memorial.

Clinical Director and Chief of Staff for the Treatment Center will be Michael Cleary, M.D.,

Please see page 3

O'Neill visits Deep East Texas

Dr. Linda O'Neill of Florida, expert consultant to U.S. Federal District Court Judge William Wayne Justice, addressed a meeting of service providers to the retarded and mentally impaired at the Lufkin Holiday Inn.

The meeting, sponsored by Deep East Texas MHMR Services, was intended to give an overview of the problems involved in increasing community-based services for many who are currently residents of state schools in Texas. She suggested possible solutions from her experience with other states which have had similar requirements imposed by court decisions.

Texas is currently under a Federal court agreement to provide community placements for the mentally retarded from state schools if such placement is considered to be in the best interest of the resident. It is estimated that the Texas system of care for the retarded will be involved in the federal court agreement over the next one to five years.

More than one hundred and twenty-five human service providers from the East Texas Region attended the meeting to learn from Dr. O'Neill her recommendations which will be made to the Texas Department of Mental Health and Mental Retardation. Such recommendations are considered to be of vital importance in planning human services in Texas for many years to come.

Dr. O'Neill stressed in her presentation that there was no intention to completely eliminate the need for state school services for some clients. In fact Dr. O'Neill stressed the importance of maintaining high quality care in state schools as the process of community placement continues. The cost for the development of community-based services is yet to be determined, but a crisis of budget priorities is expected in Austin this spring as this court ordered emphasis on community-based services for the mentally retarded competes for limited state dollars.



ANGELINA COUNTY ADVISORY COUNCIL hosts a reception at the Angelina County MHMR Center. Pictured from left to right are John Northcutt, Jan Rawcliffe, Nell Newton, Director of Angelina MHMR Center, Mary Patterson, Advisory Council Chairperson, Judge Allen Sturrock, Chairman, MHMR Board of Trustees, Mona Logan, and Dusty Hutson.

May MHMR month

MHMR Month is being recognized during the month of May. Each of the thirteen counties around the region have many interesting and informative projects planned for the month. All of the thirteen counties plan special media coverage to promote MHMR Month.

Angelina County plans to host a Proclamation Signing by Judge Jones declaring May MHMR Month. Four nightly seminars will be sponsored in an effort to better inform the public of MHMR services.

Hardin County will participate in the annual County Health Fair in Kountze and will utilize the MHMR slide presentation. A chili cook-off will be held in conjunction with MHMR month.

Houston and Polk County will host an Open House.

Trinity County will hold a raffle as a fund-raising project.

Jasper County will sponsor a Mental Health Fair.

Tyler County is in the process of composing a Directory of Services (in booklet form) which will include all Human Service Agencies in the county.

Nacogdoches County will spon-

sor an all day MHMR Seminar which will be composed of concurrent sessions with one speaker presenting Mental Health concerns, one on Mental Retardation concerns and one on Infant Training concerns. Media coverage for Nacogdoches County will include a special 6 o'clock news show. A special effects board will be placed in the local library which will be changed weekly, depicting all areas of MHMR services.

Newton County will host a booth at the annual County Health Fair and will place posters throughout the community.

Sabine and San Augustine Counties plan to place displays in businesses throughout the community.

San Jacinto County is in the process of building a float for participation in the local Pioneers Day Parade.

Shelby County will place displays in local businesses to make the public aware of MHMR services.

We hope that May MHMR Month will serve to better inform the public of MHMR services offered throughout our thirteen county region.

MHMR pilots state program

Volunteers in case management can make a big difference in the lives of their clients. Deep East Texas MHMR is one of six sites selected by TDMHMR to participate in a pilot program to utilize volunteers in case management. The program will be called the Volunteer Case Management Assistants Project. In this project volunteer will work one-to-one with clients, will be a friend to the client, will provide that special caring support needed by the client. Volunteers will work closely with case managers to help link the clients with community support networks, and will encourage the client to develop self-help skills and independence.

Two people from East Texas are serving on the state task force for this project: Gwen Cunningham, Director of Volunteer Programs at Deep East Texas MHMR, and Flossie Keels, Volunteer at the Polk County Outpatient Clinic. Mrs. Keels is an experienced volunteer case management assistant with over 1000 hours of volunteer service.

A statewide system of Case Management services is being developed through TDMHMR facilities and Community MHMR

Continued from page 1...

Psychiatric

from Scottsdale, Arizona. Administrator will be Mark Severns, currently on the MHMR staff in Lufkin.

Services at the Treatment Center are designed primarily for adults with acute mental health problems. Children and adolescents, persons with alcohol and drug abuse problems, and persons with serious physical health problems will not be considered appropriate for admission.

In addition to the clinical director and administrator, the Center will have approximately 20 professional staff and aids.

Centers. Case Management is defined as a system in which a single accountable individual performs activities in the service of the client, ensuring to the maximum extent possible that the client has access to, and receives, all resources and services which can help the client reach and maintain his/her optimal level of functioning. The purpose of Case Management is to assist chronic

mentally impaired persons to remain in their home communities. The focus of Case Management is upon the individual client.

Primary goals of Case Management are to reduce the number of persons residing in state schools and state hospitals, and to reduce the number of readmissions. The ultimate goal of Case Management is to assure the highest level of community functioning.



JASPER MHMR DAY TREATMENT CLIENTS have begun planting their own garden. They are currently growing tomatoes, peppers, butterbeans, squash and various other vegetables. Assisting with teaching the clients about gardening are (from left) Walter Aarant, Evelyn Aarant and Teresa Bailey. Mr. and Mrs. Aarant are the parents of Teresa Bailey, Nurse at the Center.



ANGELINA MHMR CENTER CLIENTS work on a volunteer project for the Lufkin Service League. The clients are making confetti eggs which the Service League will sell at the upcoming Folk Life Festival.



GODTEL DONATION — Members of the HOPE Club from the Angelina County MHMR Center recently made a donation to the Lufkin GODTEL Ministries. GODTEL Director Donnie Hughes receives the check along with her husband and GODTEL Director, Ronnie Hughes, far right. Members of the HOPE Club at the presentation ceremonies were, from left, Chester Mitchell, Lizzie Thomas, Bobbi Slaton, Sandra Wallace, Greg Arnett, Mrs. Hughes, Roy Guidry, Milton Peacock, and Mr. Hughes.

Wellness Wagon...

Nicotine raises health risks

by Sue Jasper, R.N.
Angelina County MHMR Center

For many years the ill effects of smoking, chewing and dipping have been widely publicized in an effort to convince persons with the nicotine habit to stop and those who are not dependent on the substance to never begin the habit.

Nicotine first causes the user to be stimulated or excited and then causes him to be depressed or let down. To feel good a person with the nicotine habit needs a "booster" every twenty to thirty minutes while awake.

Nicotine also affects the heart and the rest of the circulatory system. As nicotine enters the bloodstream, the arteries tighten and become smaller, the blood platelets clot and the heartbeat rate increases. Since the heart is beating faster, it is pumping more blood through a narrower opening. A rise in blood pressure may result which may increase your risk of strokes and heart attacks.

No one is born with a craving to smoke. The first cigarette you smoked probably tasted terrible. So why did you begin?

Young people start smoking for many reasons, because it is the accepted thing to do, because friends or associates smoke, to try to express independence, or to try to act mature.

Please see page 6

GARAGE SALE

The Angelina County MHMR Center will be sponsoring a Garage Sale as a fund-raising project in May. The sale will be held on the lot between the MHMR Center and Safeway on Chestnut. All contributions to the sale will be greatly appreciated. The MHMR Center will accept clothing, miscellaneous items, etc. Let's all work together and make the upcoming garage sale a successful one.

Manic-depression, life's emotional roller-coaster

Manic-depression is sometimes described as an emotional roller coaster, a condition which affects thousands of people, many of whom are not aware that their extreme mood changes have a name.

The Public Information Office of Deep East Texas MHMR Services advises that everyone experiences the good and bad feelings that go along with everyday life, however, manic-depression is much more than that.

Today an estimated 30 million Americans suffer from some form of manic-depression. Fortunately, medical and psychiatric researchers have devised courses of treatment that are in most cases effective. A growing number of experts are convinced that manic-depression is caused by a chemical imbalance, not psychological trauma and that sufferers respond better to a simple treatment of drugs and supportive therapy than just counseling.

The biggest obstacle to treating a person with manic-depression is getting them to a doctor for diagnosis. The stigma that society assigns to the condition keeps many people away from receiving proper treatment and care.

Once someone has been diagnosed as manic-depressive, the illness can usually be controlled with proper counseling and a drug, lithium. It is believed that many manic-depressives often don't require regular counseling because lithium is considered by some experts to be the greatest breakthrough in the treatment of manic-depression — even though no one is quite sure how it works.

Studies reveal that lithium seems to neutralize the manic disorder without making the patient feel drugged. In the first stages of treatment, however, patients may suffer from side effects such as nausea, stomach cramps, thirstiness, weakness and feelings of being slightly tired, dazed or sleepy.

Despite the successful use of lithium, doctors are continuing their studies as to the cause of manic-depression. It has been found that in some cases the chemical imbalance that causes the syndrome are hereditary. If one parent has manic-depression, there is approximately a 10 percent chance that the children will have it also.

The Institute of Mental Health and Deep East Texas MHMR Services have provided the following list of common depressive and manic symptoms. If a person has experienced at least four symptoms from either list for more than two weeks, it may be advisable to contact a physician.

Depressive Symptoms:

1. Unexplainable jumpiness or anxiety.
2. Unusual irritability.
3. Trouble sleeping.
4. Difficulty concentrating or remembering.
5. Physical pains you just can't pin down.
6. A loss of appetite, or a compulsion to overeat.
7. Taking no pleasure out of anything in life — your job, family life, hobbies.
8. Going through a downhearted period that seems to get worse and won't go away.
9. Frequent or unexplained crying spells.
10. A loss of self-esteem or an attitude of indifference.
11. Soft, slowed speech with pauses before answering questions, possibly progressing to little speech or even muteness.
12. Decreased interest in sex.
13. Feelings of guilt and low self-esteem. Minor tasks may be viewed as difficult or impossible. Minor failings may be exaggerated in importance.
14. Thoughts of suicide as a means of escape from the suffering.
15. Drug or alcohol abuse.

Manic symptoms:

1. Supercharged energy.

2. A need for very little sleep.
3. Super-organization.
4. An increased sex drive.
5. Loud and rapid speech.
6. Poor judgment (reflected in spending sprees, foolish business investments, increased sexual behavior, increased letter-writing, or telephoning people at all hours of the day or night).
7. Overinvolvement in politics or religion.
8. Overly argumentative, impulsive or easily distracted.

Austin arts competition

The Texas Advocates, a self-advocacy organization involving 300 persons with mental retardation will host a Performing Arts Competition for persons with mental retardation. The competition will be held at the University of Austin — Jester Conference Center.

The purpose of the competition is to provide a forum through which persons with mental retardation can demonstrate their creative talents. It is open to all persons with mental retardation, who are 18 years or older, and to both individual performers and performing groups.

The registration fee for the competition is \$5.00 per individual and \$20.00 per group (4 or more will constitute a group).

The competition will be divided into five categories: (1) music (voice or instrumental); (2) dance; (3) drama or theatrical presentation; (4) painting (drawings, sketches, oil or water color); and (5) photography. The first three categories are open to either individual or group performers. The painting and photography categories are open only to individual competitors.

Congratulations

Congratulations to David Youngblood and Marlene Heishman, staff members of the Deep East Texas Council on Alcohol and Drug Abuse, who have recently been certified as Alcohol and Drug Abuse Counselors. Mona Logan is Executive Director of the Council.

Continued from page 4

Nicotine

With all these influences at work, the parents' influence would not seem to matter much. Yet statistics show that children of smoking parents are twice as likely to smoke as children of nonsmoking parents.

People who start smoking at a young age find it more difficult to quit later, since the habit has had longer to become established too, so the life expectancy of a smoker who starts at a young age is shorter than that of a person who begins later in life, and far shorter than someone who never smokes at all.

Smokers subject themselves to a much greater risk of death of disability at a younger age. It is estimated that 80% of lung cancers are caused by smoking, causing 71,000 deaths per year in the U.S. Death rates from cancer of the pharynx, larynx, esophagus, tongue, and mouth are about six times as great for smokers as for nonsmokers. Death rates from heart disease

*In an emergency
call the MHMR
Crisis Line
1-800-392-8343*

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Attention Joe McCulley, Editor

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are twice as high for smokers as nonsmokers — from peptic ulcers, nearly three times as high. A tragically high number of people die in early middle age, when their children need them most, from cigarette-related diseases.

Nicotine is the habit forming part of tobacco and is in tobacco juice as well as smoke. It is readily absorbed through the lining of the mouth of the chewer or dipper and directly affects the nervous system.

Tobacco is chewed by placing a golf-ball size wad or quid between the cheek and teeth and sucking on it. Snuff is dipped by placing a pinch between the lower lip and teeth where it mixes with saliva and is absorbed. Chewing and dipping are considered to be undesirable socially by most people. The user has an increased amount of saliva and must either swallow the tobacco juices or spit often.

A look inside a dipper's or chewer's mouth will frequently

reveal soft tissues on the inside of the cheek that appear peculiarly wrinkled, thickened and white (very much like the hide of an elephant)! These leathery appearing areas are called "leukoplakia" (resemble smoker's white patch).

Client Rights

Any client, relative of a client, or representative of a client who has a complaint, comment, or suggestion regarding the health, safety, welfare or legal and human rights of a patient or client of this center is invited and urged to submit them in writing to:

Chairperson
Public Responsibility
Committee
P.O. Box 935
Lufkin, Texas 75901

The Public Responsibility Committee is an independent, impartial body. None of its members are employees of this center.



WACO HEART OF TEXAS MHMR REPRESENTATIVES, Jim Lane (left) and Dale Doan (right), presented a program at a recent Staff Development meeting on the Coordination of Mental Health and Mental Retardation Services within the same facility.



DALLAS COUNTY MHMR Representative, John Baughman, gave a presentation on Case Management at a recent Staff Development meeting.