

Directions Newsletter

Deep East Texas Regional Mental
Health Mental Retardation Services

Volume 13

Third Quarter, MY 1987

No. 5

Site chosen for MHMR Farm

Substance abuse program to open in January

MHMR's proposed alcohol and substance abuse treatment farm has found a home in the Peavy Switch Community, approximately seven miles southwest of Lufkin on Farm Road 2497.

The treatment program, now officially dubbed "Peavy Switch Farm," should open its doors in January 1988.

After residents of the community expressed their support for the farm, Temple-Eastex agreed to donate approximately 50 acres of land to house the project.

MHMR administrators drew a favorable response when they addressed residents of the community at a public meeting held Jan. 15 at the Friendship Baptist Church in Peavy Switch.

"The community interest and support was great," Jim McDermott, Ph.D., MHMR executive director, said. "They voiced overall support for what we're proposing. They were accepting of our program and showed an interest in seeing that this type of service is available to people in the county."

The Lufkin firm of Marsellos & Scott has been hired as the architect for the project and is in the process of drawing final plans and specifications for the facility.

The farm will accommodate up to 48 residents and will serve individ-

uals throughout the 13-county Deep East Texas region. The program will be set in a working-farm environment where residents will assist in raising crops and livestock, both for their own consumption and for sale to area markets. The program will emphasize traditional Alcoholics Anonymous orientation combined with individual, group and family therapy, and alcohol and drug education.

Marty Walker, service director for the new farm, was enthusiastic about support for the program. She said support was expressed by numerous members of the community including Donna Parks and Sylvester Guerra, publishers of *The Hudson Voice*; Joe Smith, superintendent of the Hudson Independent School District; Joe Berry, county commissioner, 1st Precinct; Howard L. Huls-

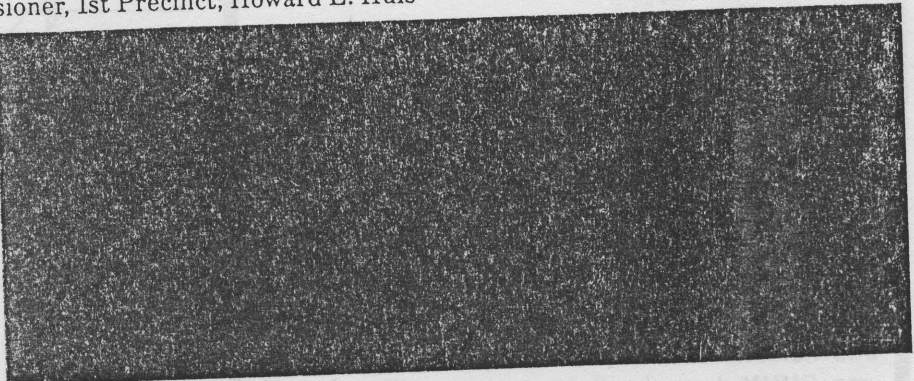
man, vice president of the Hudson Water Supply Corporation board of directors; and Leon Sanches, a member of that board.

In particular, Walker and other MHMR administrators, expressed thanks for the help of G.P. "Pee Wee" Crawford, secretary of the Hudson Water Supply board of directors.

"I feel Pee Wee Crawford made a difference in the community acceptance of this project by delivering accurate information to the community and by advocating for our treatment services," Walker said. "He not only saw the benefits the program could offer the community, but he appreciated the benefits it would offer those caught in the cycle of alcohol and substance abuse."

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See Substance Abuse, Page 2



Drawing of proposed facility for Peavy Switch Farm as prepared by Marsellos & Scott, Architects and Engineers.

Agency offers clients new services

The first three units of Deep East Texas MHMR's newly organized basic-skills program opened during the first quarter of the 1987 fiscal year.

The basic-skills program provides special services for low-functioning adults who are unable to participate actively in workshop or adult day-treatment programs. Units are currently operating out of MHMR's community centers in Jasper and Houston counties and the Family Support Services center in Lufkin.

The goal of the basic-skills program is to help clients become as independent as possible by improving

their motor, listening, visual and self-help skills, Susan Rushing, director of community services, said.

The program requires a low staff-to-client ratio of 1:6, allowing staff to provide clients with close supervision and intensified training, Rushing said.

Each unit is equipped to provide services for six clients.

The curriculum and operating manual for the program was developed by a committee of five MHMR service directors: Marsha Brown-Ford, Larry King, Kathy Thomas, Marty Walker and Larry Welker.

Harold Wunderlich is the agency's

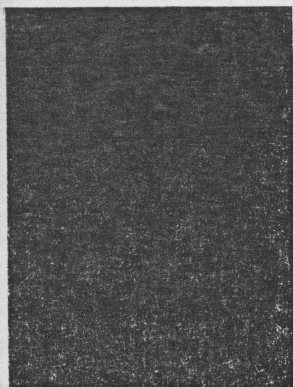
educational consultant for the program. Wunderlich works out of the Family Support Services center and is responsible for assisting local units as they assess and establish teaching programs for clients admitted to the basic-skills program.

The three existing units are considered pilot programs, Wunderlich said. These units will be closely monitored to assure they are operating as prescribed by the program's procedures manual.

"First we'll be ironing out the program's imperfections," Wunderlich said. "Then we hope to expand to include other MHMR centers."

Substance Abuse

(Continued from page 1)



supported us," Walker continued. "He coordinated the community meeting and acted as our mediator. He's even volunteered to help us with the farming."

Walker also extended thanks to the Rev. Ken Crawford and members of the Friendship Baptist Church for providing a location for the community meeting.

Jim McDermott, Ph.D.

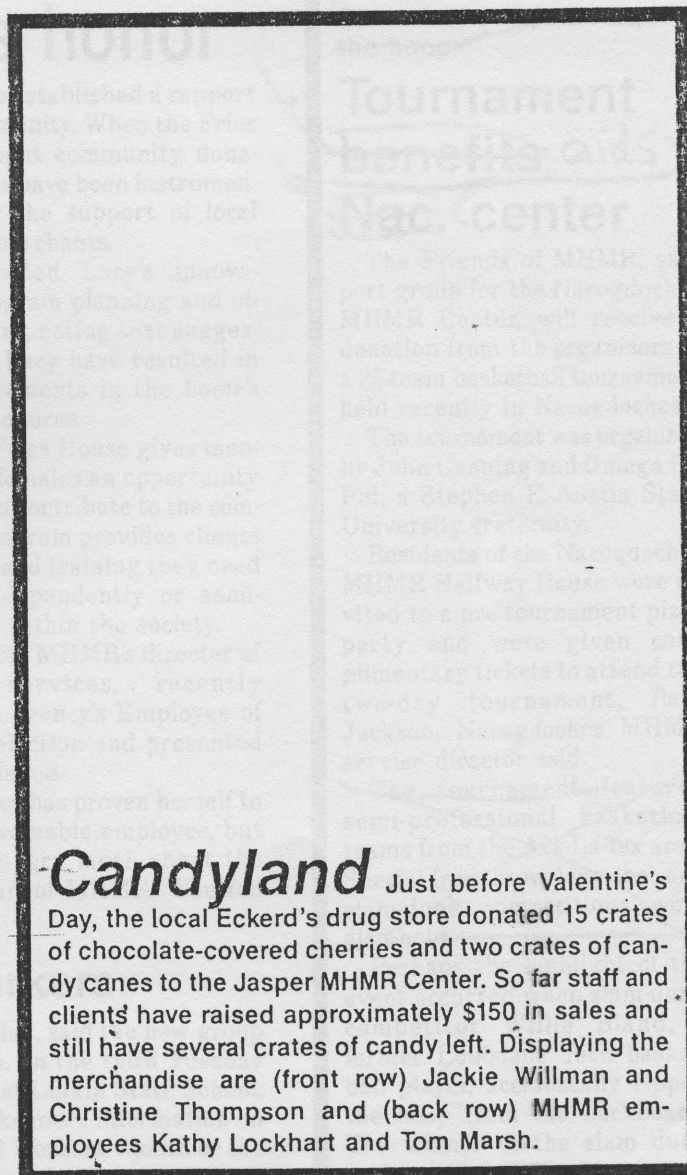
The program was made possible by a \$1.8 million grant from the T.L.L. Temple Foundation, which will cover start-up costs and partial operating costs for the farm during its first five years.

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
Republic 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.



Candyland

Just before Valentine's Day, the local Eckerd's drug store donated 15 crates of chocolate-covered cherries and two crates of candy canes to the Jasper MHMR Center. So far staff and clients have raised approximately \$150 in sales and still have several crates of candy left. Displaying the merchandise are (front row) Jackie Willman and Christine Thompson and (back row) MHMR employees Kathy Lockhart and Tom Marsh.

Workshop eyes hose contract

MHMR workshop clients in Houston County might soon be in the business of making garden hoses.

Larry Heaton, personnel director, said Deep East Texas MHMR plans to submit a bid for a state-commodities contract for garden hoses. If the bid is accepted, the Houston County Workshop will be fulfilling the garden-hose needs of all state-run agencies in Texas.

Representatives from Texas Industries for the Blind and Handicapped recently met with Heaton, MHMR Executive Director Jim McDermott, Ph.D., and MHMR Sheltered Workshop directors.

TIBH spokesmen discussed the ins and outs of producing commodities for contract sale to state agencies.

As a result of this meeting, MHMR is not only submitting a bid for the garden-hose contract, but is also considering the possibility of seeking similar state-commodities contracts which could be filled by other MHMR workshops throughout the Deep East Texas region.

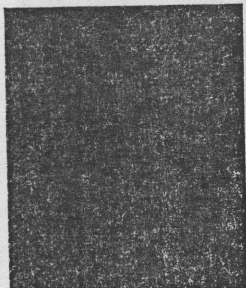
"The potential of such contracts is good," Heaton said. "Not only are we guaranteed sales to all state agencies, but we can also market such products to private individuals."

Employee of the Quarter

Marlene Lacy receives honor

Hardin County resident Marlene Lacy has been selected Employee of the Quarter of Deep East Texas MHMR.

Lacy has worked as a houseparent at the JoAnn Fries House, an MHMR group home in Silsbee, from the time the program opened more than five years ago.



Marlene Lacy

MHMR Service Director Barbara Johnson credits Lacy with helping to create an environment in which the

home's 12 mentally retarded female residents thrive.

"Marlene understands that our residents are adults and treats them as such," Johnson said. "She expects from them what they are able to give."

"The clients think of her as a family member," Johnson said. "They like Marlene, and more importantly, she likes them."

Lacy has also established a rapport within the community. When the Fries House has sought community donations, her efforts have been instrumental in winning the support of local agencies and merchants.

Johnson praised Lacy's innovativeness in program planning and office management, noting that suggestions made by Lacy have resulted in several improvements in the home's operating procedures.

The JoAnn Fries House gives mentally retarded females an opportunity to remain in and contribute to the community. The program provides clients with the skills and training they need to function independently or semi-independently within the society.

Sandy Skelton, MHMR's director of residential services, recently announced the agency's Employee of the Quarter selection and presented Lacy with a plaque.

"Marlene Lacy has proven herself to be not only a valuable employee, but one who cares very much about the clients and staff of MHMR," Skelton said.

Month Focuses on social workers

March 1987 has been designated National Social Workers' month, and a local group of the National Association of Social Workers is being formed in the Deep East Texas Region.

Bettie Johnson, Lufkin State School Social Worker and chairman of the

local organization, said the new group meets at 6 p.m. on the third Tuesday of each month at Lufkin State School. If you would like more information on National Social Workers' Month or the new organization, Johnson can be contacted at 634-3353.

Slam dunk contestant
Dunk shot competitor makes the hoop

Tournament benefits aids Nac. center

The Friends of MHMR, support group for the Nacogdoches MHMR Center, will receive a donation from the organizers of a 25-team basketball tournament held recently in Nacogdoches.

The tournament was organized by John Canning and Omega Psi Phi, a Stephen F. Austin State University fraternity.

Residents of the Nacogdoches MHMR Halfway House were invited to a pre-tournament pizza party and were given complimentary tickets to attend the two-day tournament. Paul Jackson, Nacogdoches MHMR service director said.

The tournament featured semi-professional basketball teams from the Ark-La-Tex area. Special free-throw, long-shot and slam-dunk competitions were also held.

Perhaps the highlight of the event occurred when slam-dunk competitor Willie Bland, a former Louisiana Tech basketball player, accidentally ripped the hoop from the backboard. The winner of the slam dunk competition? Willie Bland.

MENAGERIE

Francisca, Boots, Demon, Suzie, D.D., Frisky, Sally and Stinky are an odd assortment of animals with at least one thing in common — they are all residents of an MHMR facility.

But members of this furry menagerie have other, less tangible, similarities. While D.D. is a wiry-haired, gregarious canine and Francisca is a sleek, slightly haughty feline, they both provide a scarce commodity: friendship.

Research into a phenomenon called "pet therapy" has indicated that relationships with pets can help people by relieving stress, aiding communication, building self-esteem and providing comfort.

In 1959 child psychologist Boris M. Levinson, Ph.D., began using pets as "icebreakers" in his practice, and in 1969 he published a book, "Pet Oriented Child Psychotherapy."

In the mid-70's, Ohio State Univer-

sity psychologist Samuel A. Corson, Ph.D., discovered that mental patients who developed trust and affection with dogs were able, in turn, to place more trust in their doctors.

And in 1980 researchers at the University of Pennsylvania discovered that people with pets lived longer after heart attacks than those people without pets. Soon after, they discovered a link between pet ownership and blood pressure.

While such research does not imply that pets can serve as a substitute for other therapies, it is generally accepted that positive relationships with pets can be thera-

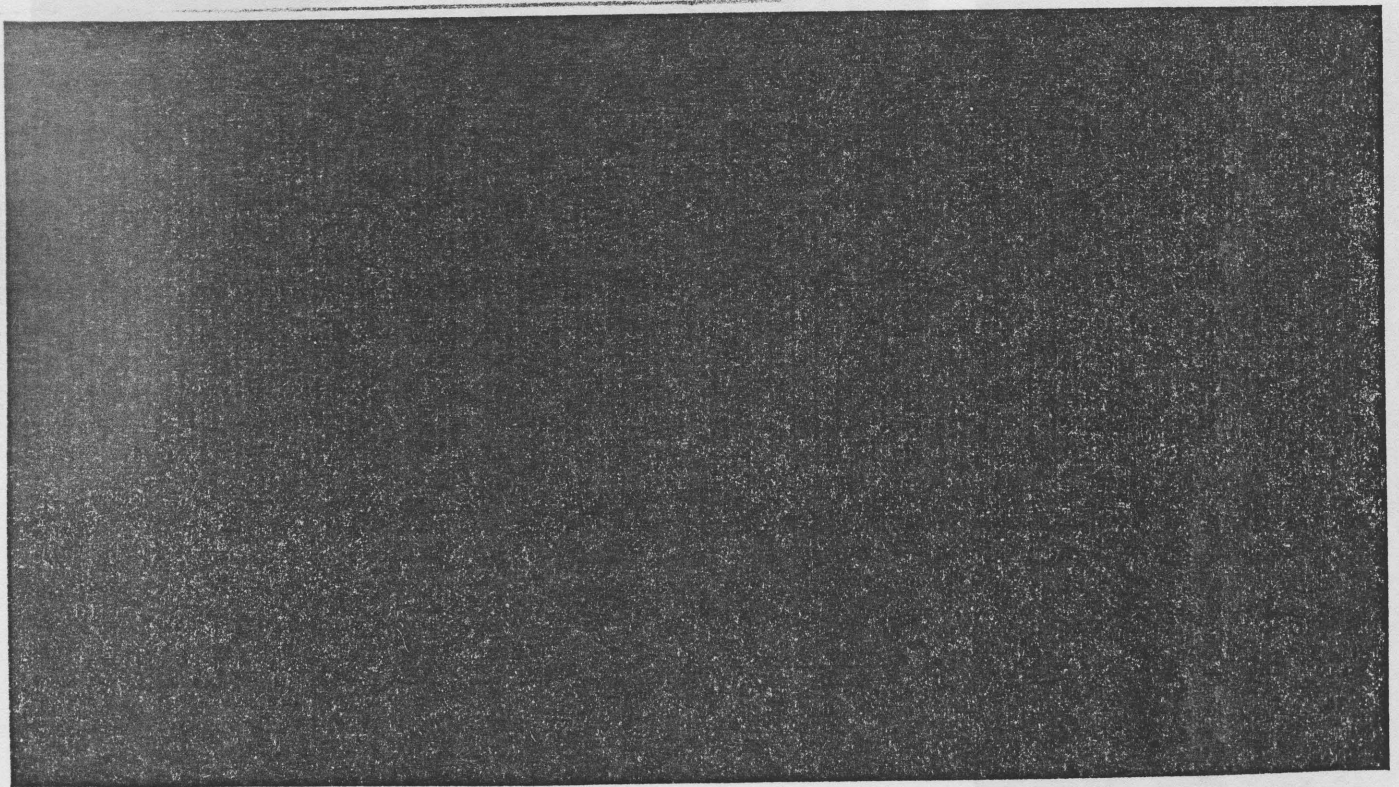
putic, George Patterson, MHMR's director of treatment services, said.

One reason why pet therapy is effective is that animals expect much less of their friends than do people, Patterson said.

"Patients suffering from chronic or severe mental illness often have diminished interpersonal skills and are met with hostility, rejection or misunderstanding from others," Patterson said.

"Pets, however, usually respond positively to attention and affection. Pets give unconditional, positive responses which can establish or enhance a patient's feeling of worth."

Francisca (below) settles down for a catnap at the Kirbyville Group Home. (Opposite page, clockwise from the top) Tom Marsh of Jasper MHMR tries to get a handle on Frisky the pet ferret, D.D. gets a big hug from Wilbur Thompson at the Jasper Center, and Nancy Dailey from the JoAnn Fries Home chats with Boots.



MH

“Animals are such agreeable
Friends — they ask no
questions; they pass no
criticism.”

- George Eliot

A new exercise room and involvement in a fitness program have put clients at the Shelby County MMB Center on a health kick.

The exercise room sports a variety of equipment, including an exercise bicycle, rowing machine, slant board, pushup board, and a press which was donated by the Shelby County Auxiliary, the center's support group.

put from the general public concerning gaps and barriers to employment-related services for persons with developmental disabilities.

This spring, the AHC will be conducting public forums at education service centers around the state in an effort to determine the types of employment-related services available to persons with developmental disabilities.

Some of the places and dates for forums scheduled this spring are as follows:

Dallas	Tues., April 1
Killeen	Thurs., April 10
Corpus Christi	Wed., April 20
Houston	Thurs., April 23
Austin	Wed., May 10

coming forums, contact
at Central Administration

Non-discrimination policy

Deep East Texas Regional MHMR Services does not discriminate on the basis of race, color, national origin, handicap or age in admission or access to treatment or employment in its programs and activities.

Sanford Skelton, rights protection officer, has been designated to coordinate efforts to comply with Section 504 of the Rehabilitation Act of 1973 and its implementing regulation which prohibits discrimination on the basis of handicap.

**Directions Newsletter
Deep East Texas MHMR Services
4101 S. Medford Drive
Lufkin, Texas 75901
Attention: Sheryl Taylor**

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Shelby clients pump iron

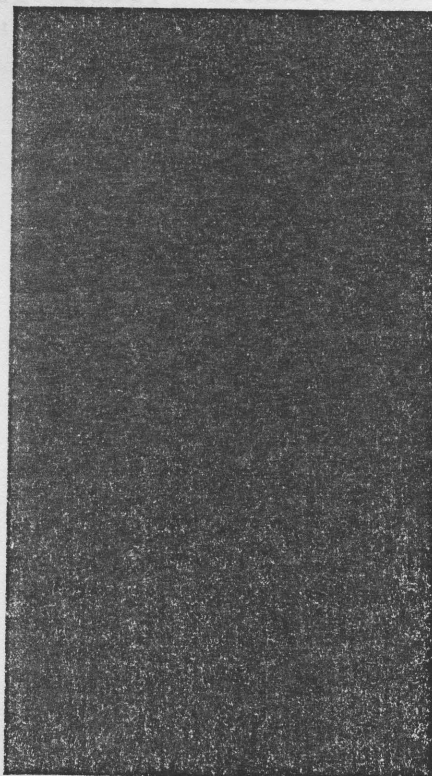
A new exercise room and involvement in a fitness program have put clients at the Shelby County MHMR Center on a health kick.

The exercise room sports a variety of equipment, including an exercise bicycle, rowing machine, slant board, punching bag and bench press, which was donated by the Shelby County Auxiliary, the center's support group.

The auxiliary financed the equipment by saving S&H Green Stamps for eight months, Olga Edwards, chairman of the auxiliary's Green Stamp committee, said.

In addition, at the urging of Shelby MHMR nurse Olga Kelley, 17 clients from the Shelby Halfway House are involved in a fitness program organized by Shelby County Extension Agent Nelwyn Hawkins. The program's goal is to help clients become healthier through exercise and the development of better dietary habits.

A typical session includes a brisk walk outside, simple exercises and informal discussions about healthy dietary habits. The program began in mid-January and will be completed in April, Hawkins said.



Thomas Barr works out on the Shelby Center's new rowing machine.

Jasper Center selling plants

The greenhouse at the Jasper County MHMR Center has a wide assortment of bedding plants prepared for wholesale and retail sale. Folks are welcome to stop by and browse through the greenhouse plants which include tomato, broccoli, bell pepper, jalapeno pepper, sweet banana pepper and various herbs. Bedding plants are sold by the flat and individually. The center is on Highway 63 West in Jasper. The telephone number is (409) 384-6864.

**In an emergency
call the MHMR
Crisis Line:**

1-800-392-8343

Public input sought on employment services

The Association for Retarded Citizens of the United States is seeking input from the general public concerning gaps and barriers to employment-related services for persons with developmental disabilities.

This spring, the ARC will be conducting public forums at education service centers around the state in an effort to determine the types of employment-related services available to persons with developmental disabilities

and to identify and develop means of addressing any gaps and barriers to these services.

A few of the places and dates for forums scheduled this spring are as follows:

Dallas Tues., April 14.
Kilgore Thurs., April 16.
Corpus Christi Wed., April 22.
Houston Thurs., April 23.
Austin Wed., May 13.

Information gathered at the public forums will be used to develop and implement a state plan that will identify and incorporate employment-related activities for persons with developmental disabilities into the various schools, agencies and service providers in Texas, providing a smooth and continuous service system.

For more information on the upcoming forums, contact Sheryl Taylor at Central Administration (639-1141).

Directions Newsletter

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Cutline Rewrite:

Jackie Willman and Christie Thompson (front row) and MHMR employees Kathy Lockhart and Tom Marsh display candy donated to the Jasper MHMR Center by Eckerd's drug store. Clients and staff have sold enough of their 17-crate supply to raise \$150.

Site chosen for MHMR Farm Substance abuse program to open in January

MHMR's proposed alcohol and substance abuse treatment farm has found a home in the Peavy Switch area. A 50-acre site, approximately seven miles northeast of Lufkin on Farm Road 257, was chosen.

The treatment program, now officially dubbed "Peavy Switch Farm," opens its doors in January 1985.

After residents of the community expressed their support for the farm, Temple-Estley agreed to donate approximately 50 acres of land to house the project.

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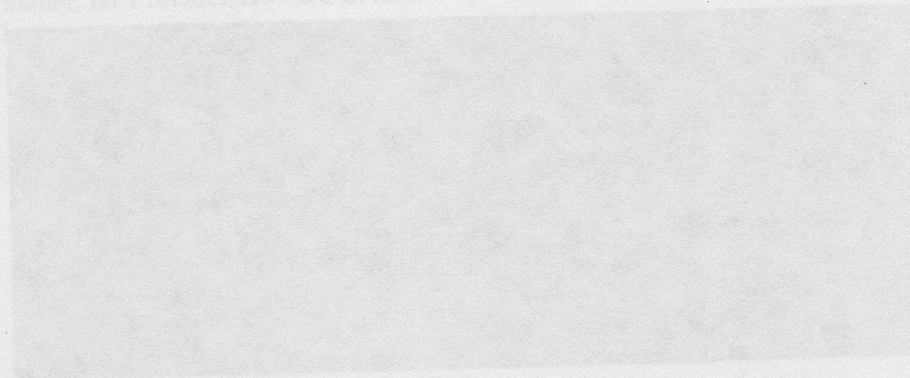
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See February 1985 Page 2



Drawing of proposed facility for Peavy Switch Farm as prepared by Marescaux & Scott, Architects and Engineers.