

# FOCUS

A PUBLICATION OF THE TEXAS ASSOCIATION FOR MENTAL HEALTH

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## Series sent to mothers

A newsletter series designed to help first-time parents cope with the problems of child-rearing is being sent to all new mothers throughout the state by the Texas Association for Mental Health in cooperation with the Office of Early Childhood Development, Texas Department of Community Affairs.

"Pierre the Texas Pelican" a four page newsletter focusing on early childhood development and positive mental health had its first mailing in July.

Narrated by the cartoon character "Pierre" the 28-part series starts with the one-month-old child and ends at age six. The series is mailed monthly until the child is one year old and less frequently as the child grows older.

The series was first developed in

### Guest celebrities to attend mh ball

Mr. and Mrs. John Connally, Katherine Crosby, Dorothy Malone and Celeste Holm will be among the guest celebrities to illuminate the annual fund raising ball of the Texas Association for Mental Health.

Honorary Anniversary Chairman for this year's tenth anniversary of the Galaxy Ball is Mrs. Connally.

A record attendance is expected at the gala to be held from 8:30 p.m. to 1 a.m. Friday, September 7, in the Grand Ballroom of the Sheraton-Dallas Hotel.

Donations from the benefit ball will help support community services for emotionally disturbed children.

Louisiana, where it has been used for 25 years, by former executive director of the Louisiana Association for Mental Health, Dr. Loyd Rowland. Rhode Island, Nebraska and New Jersey as well as Germany have used the series.

"Pierre the Pelican" has been endorsed by the Council on Mental Health of the American Medical Association and by the Texas Pediatric Society. Complete sets are available for \$2.50 from the Texas Association for Mental Health.

### Passed!

## State legislature supports mental health bills in '73

By the conclusion of the 63rd State Legislature, several bills were passed of special interest to the Mental Health Association. They concerned Community Mental Health and Mental Retardation Centers, child abuse, autistic children and sheltered workshops.

**Community MHMR Centers.** Appropriations for CMHMRC were increased by over \$14 million for the 1974-75 biennium. S. B. 25 and H. B. 139 provide \$28,437,532 in the Contract Treatment and State Grant-in-Aid item which supports the Community Centers. The amount doubled the previous appropriations to provide community care for the emotionally disturbed and mentally retarded. The Texas Department of Mental Health and Mental Retardation had requested \$39 million, which was supported by the Texas Association for Mental Health.

**Child Abuse.** Failure to report sus-

pected or known child abuse or neglect is now a misdemeanor. Sponsored by Representative Chris Semos, H. B. 1414 prescribes punishment ranging from \$100 to \$500 or a jail term of 10 days to six months, or both.

**Autistic Children.** For the purpose of the minimum school foundation program, autistic children were included within the definition of "exceptional children" in H. B. 367, introduced by Representative Lane Denton. Other "exceptional children" include those between the ages of 3 and 21 with educational handicaps (physical, retarded, emotionally disturbed, and/or children with language and/or learning disabilities) and children leaving and not attending public school for a time because of pregnancy. These disabilities render regular services and classes of the public school inconsistent with their educational needs.

(Continued on Page 4)

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"Pierre the Texas Pelican" speaks to new parents about the emotional development of their child.



## ...treatment of mental disorders achieved one positive element in its long stay behind gray walls and wire fences...

(In an interview with the Commissioner of the Texas Department of Mental Health and Mental Retardation, Dr. David Wade addressed himself to the development of the mental health delivery system in Texas. Here are excerpts from his remarks.)

Having recently returned from a meeting of the National Association of Mental Health Directors, I was persuaded beyond any question that the state of Texas has developed an overall community delivery system. Our system far surpasses those of most states and is superior in many respects to all I heard described at the meeting.

Historically, the situation in dealing with the mentally ill until the early 1960's was the result of the Dorthea Dix crusade against inhumane treatment.

The State built magnificent structures in remote areas, cleaned up the scandal—which actually involved little more than physical abuse—provided better food, clothing and some staffing.

With the advent of psychotropic drugs, psychology as a medical specialty moved into the mainstream of medicine.

The basis of this new status was treatment at home by local physicians, office treatment, or short term care in local facilities. An involuntal melancholia which would have relegated a patient to a lifetime of institutional care in the 1920's was not any more serious than a gall bladder attack. Odds for recovery were even greater than such a gall bladder attack.

**The treatment of mental disorders achieved one positive element in its long stay behind gray walls and wire fences: treatment of mental disorders developed into a multi-disciplinary approach.**

Social workers, psychologists, recreation therapists, occupational therapists, indigenous workers and all sorts of people had developed an involvement in the therapeutic effort. This was brought forward to the newly developed community approach and has contributed

mightily to its success.

Legislation in the early 1960's which provided for the development of Community Centers caught on very readily because the idea was correct and the time was right.

Each state went about the business of developing Community Centers in accordance with their understanding of the federal act which included the term "maximum feasible autonomy." In Texas we have achieved a pattern in which the Department of Mental Health and Mental Retardation and the local Boards of Trustees both relate to the mental health authority in Texas. By statute this is also the Commissioner of Mental Health and responsible for the Department of MHMR.

I believe we have far less frustration in Texas between Community Centers and institutions than exists in most states. Our Community Centers are thriving. Last year they served over 61,000 patients. Every place I go I hear Community Center

Executive Directors planning for new services and extending existing services. They are developing goals which always include an active intervention program that serves to prevent admissions and re-admission to State Hospitals.

**The future looks bright for the Community MHMR Center concept. I anticipate the time when the entire state will be served by a network of Centers that will cover all or nearly all of the State.**

I want to compliment the members of the Texas Association for their diligent efforts on behalf of the mentally ill in Texas. It is rare that I, as Commissioner, disagree with the Association as to principle. Occasionally the Association becomes impatient. But sometimes there are political, budgetary and other realistic problems that have to be solved before we can move forward. A concept can be born in an instant; implementation sometimes takes several years.



(Dr. Wade also answered some questions about community mental health services)

**When do you expect the entire state to be covered by comprehensive mental health services that are community oriented?**

Within the next year we expect to have four regions covered adequately by Community Centers—the Panhandle, the Golden Triangle, Central Brazos, and deep East Texas.

In less than 10 years we are going to cover most of the population with Community Centers. Our priority for the next few years is to continue to develop the MHMR system.

## ... a multi-disciplinary approach ...

**What do you consider the adequate number of Community Centers needed to serve the population of Texas?**

We need Boards of Trustees in each of the Governor's 25 planning regions to establish a Center in each area. Most, of course, need more than one Center in a region.

**What is the present relationship between TDMHMR and the Community Centers?**

By law, the Department gives advice, consultation and support. The Department also issues rules, regulations and standards.

**What will be the role of the State Hospitals once the Community MHMR System is fully established?**

The services now provided by the State Hospitals will eventually be replaced by community facilities.



# Chapters

## organize social action in the community

The **Abilene** Chapter's innovative "Project: Tell-A-View" generated a town to listen to feelings. The plan included viewing three television films scheduled during prime time at one to two month intervals.

Moderators facilitated small group discussions in homes, churches and schools as neighbors and friends gathered to view the film and discuss the mental health concepts developed in each. A civic leader described it as "the most significant community development that has ever taken place in Abilene's history."

With that success behind them the Abilene Chapter delved into another long-term project. They are presently conducting a one year study to determine the complexion of drug problems in the Taylor County area. As contract agency under a study grant awarded to the Abilene Area MHMR Center they are to develop a comprehensive plan based on the study.

A five-week "Big Buddy" program placing 30 students in various organizations was organized by the **Bexar County** MHA. The chapter is now working with the Community MHMR Centers to promote the first Mental Health Fiesta this month.

**Coastal Bend** is sponsoring a Scholarship Fund for a poor person from a minority group to obtain an Associate Degree in Mental Health. The Association recently sponsored A Human Growth Seminar which utilized simulation game techniques in which players assumed roles as members of a group in a three-tiered society.

The **Houston and Harris County** MHA is organizing an Adopt-A-Unit program at Austin State Hospital. They also report a record 56 speeches given by their Speakers Bureau about the MHA and mental health in the first six months of this year.

An all day workshop for area clergymen was co-sponsored by the **Longview** chapter and Gregg-Harrison County MHMR Center. Speakers and topics were planned to foster understanding of community mental health as well as to aid the minister in his own counseling.

The **Panhandle** MHA has sponsored a scholarship for a first-year student in a Mental Health Associate course. In October they will sponsor a pastoral care seminar.

Ken Ernst, author of the book **Games Students Play (and what to do about them)**, conducted a seminar on the same topic for the

**Tarrant County** Chapter. More than 200 area educators attended the two-day workshop to gain insights into psychological games played by students, teachers, parents and administrators. Mr. Ernst, who studied Transactional Analysis under Dr. Eric Berne, explained the "games" then indicated ways to channel them toward creative objectives.



**Wichita Falls** reports a successful Teen-Parent Seminar for the fifth year in a row. The program fosters better understanding and communications between parents and teenagers.

## Audio-visual resources you probably won't find in the yellow pages



**Slide Show.** "Just Between You and Me" talks about some of the mental health problems in Texas and what the Mental Health Association is doing about them. The slide show with sound track runs seven minutes and is available for purchase or rent. Contact The Texas Association for Mental Health, 103

Lantern Lane, Austin, Texas 78731.

**NAMH Film Service.** Now in full operation, the service has films available on mental health topics. Requests should be sent directly to NAMH Film Service, P. O. Box 7316, Alexandria, Virginia 22307.

**Cassettes.** Recorded interviews produced for "The Human Condition" radio series are now available on cassette tapes. Bert Kruger Smith is moderator of the series. Guests are authorities on mental health and related subjects. Available through the Hogg Foundation Library, The University of Texas, Austin, Texas 78712.

**Directories.** "A Directory of Mental Health and Mental Retardation Services for Texas" and "Directory of Texas Facilities Serving the Developmentally Disabled" are available upon request from The Texas Department of MHMR, Box 12668, Capitol Station, Austin, Texas 78711.

### Calendar of Events

- September 7  
TAMH Galaxy Ball, 8 p.m. Sheraton-Dallas Hotel, Dallas, Texas
- September 13-15  
MHA Leadership and Fund Raising Training Meeting, Arlington, Virginia
- October 8-20  
MHA (Texas) Annual Meeting, Sheraton-Crest Inn, Austin, Texas
- November 13-16  
MHA (National) Annual Meeting, Atlanta, Georgia
- November 16-17  
MHA (National) Board of Directors Meeting, Atlanta, Georgia



# WASHINGTON REPORT

Community MH Centers saved / NIMH returns to NIH / Patient-workers demand minimum wages.

**CMHC** Community Mental Health Centers will continue to be established for at least another year. The Omnibus Bill, H. R. 7806, authorized the extension but carries with it no appropriations.

Long-term extension and renewal of the act was introduced in a bill by Senator Richard Schweiker. The bill (Community Mental Health Centers Extension Act of 1973, S-1998) is supported by the Mental Health Association, and members are urged to make every effort to secure co-sponsors.

The bill would run to June 30, 1976, and there is a possibility this

will be changed to June 30, 1977. **NIMH** The National Institute of Mental Health is returning, at least temporarily, to the National Institutes of Health. HEW Secretary Caspar Weinberger announced that the purpose of the plan was to sharpen the department's focus on biomedical research, health service delivery, health resource development, and consumer protection.

**NIMH** will remain intact and continue its present programming, at least for the present.

**LIGATION** The National Association for Mental Health (NAMH) and the American Association on



**Mental Deficiency** filed suit against the U. S. Department of Labor for failure to enforce the 1966 amendments to the Fair Labor Standards Act. These amendments provide that minimum wages should be paid to patients and resident workers in state institutions for work performed there.

Recently, the Department of Labor filed a motion to dismiss the case. They appear to have conceded that patient workers are covered under the 1966 amendments, but claim that the degree to which they choose to enforce or not to enforce the minimum wage provisions is a matter of unreviewable administrative discretion.

The plaintiffs countered with their own motion claiming that the failure to enforce is either a failure to exercise delegated authority or an abuse of administrative discretion. The next move is up to the court. (The American Federation of State, County and Municipal Employees have moved to intervene on behalf of NAMH and the court has accepted them as intervenors in the case.)

## State legislation

(Continued from Page 1)

**Sheltered Workshops.** The existing general authority for the operation of sheltered workshops by the Texas Department of Mental Health and Mental Retardation (TDMHMR) was clarified in S. B. 336, originally introduced in the House by Representative Carlos Truan. The bill gives TDMHMR the power to operate the workshops and to contract for services or any part of such services. The Depart-

ment is also authorized to sell the goods or services of the program and to set up an operating fund for each sheltered workshop.

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### PHONE CHANGE

New phone number at TAMH!  
It's now . . .  
(512) 459-6584

## IFOCUS

A publication of  
**TEXAS ASSOCIATION FOR MENTAL HEALTH**  
103 LANTERN LANE  
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*A Division of the National Association for Mental Health*

The Mental Health Association is a nationwide citizens' group working on behalf of the mentally ill and for the promotion of mental health.



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