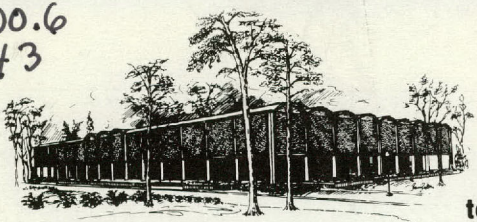
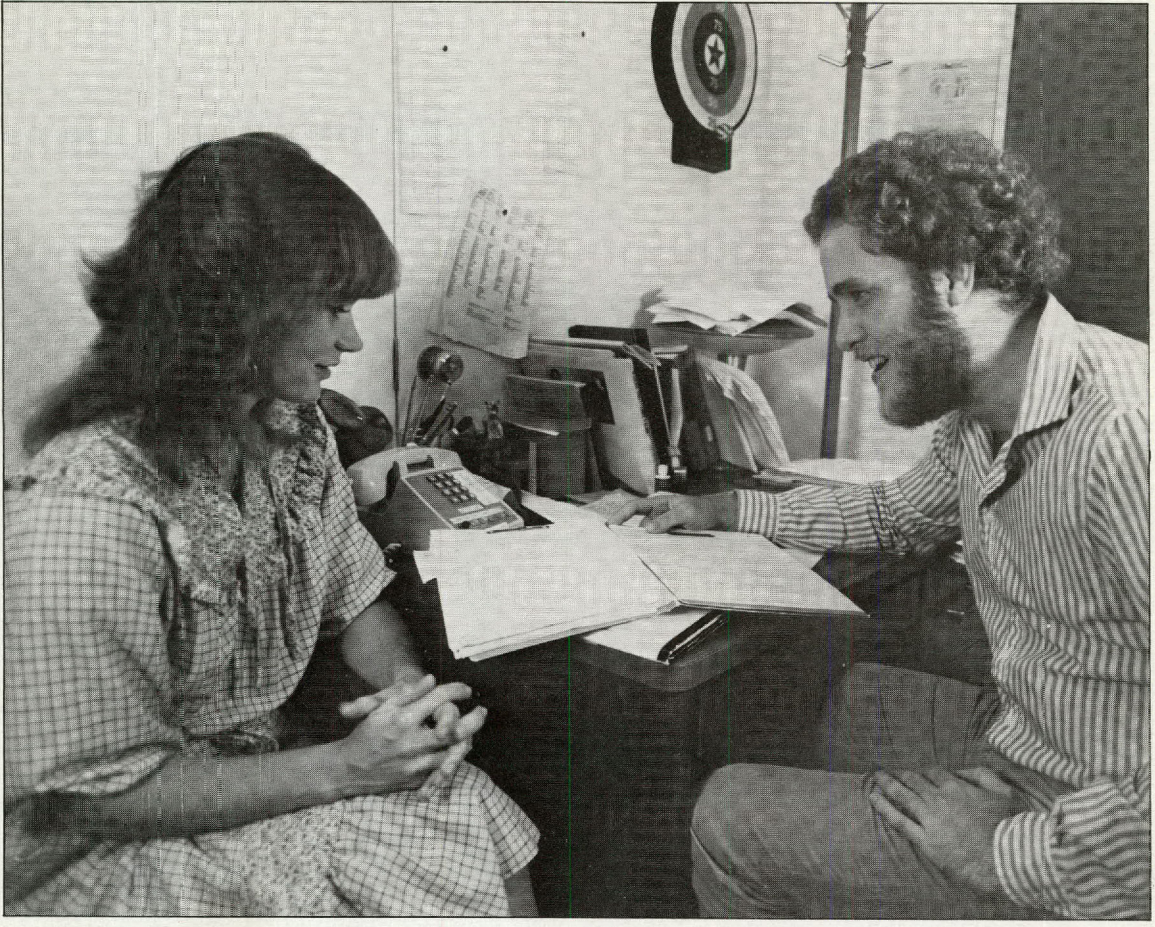


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texas research institute of mental sciences □ houston □ october 1979



Marc Meyers

the emissary

Government Documents

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dr. schoolar writes

advising the police chief on violence

Violence is one of the most complex and baffling issues of our time. Complex, in that it includes factors that are social, psychological, moral, and legal; baffling, in that its very complexity makes it more difficult to deal with. No single corrective approach has made a telling impact on violence in our society, and even with multiple approaches that combine the efforts of social scientists and legal authorities, the rate of violent crime continues to rise. In Texas at this time, a Class 1 crime (murder, rape, robbery, aggravated assault, burglary, theft) occurs every 34 seconds.

Each professional group tends to look for causes in its own field of knowledge. To social scientists, poverty is the most important contributor. Psychologists and other mental health practitioners cite the breakdown of the traditional family structure, personality defects secondary to faulty learning, identity confusion and low self-esteem, educa-

tional failure. The clergy and others concerned with spiritual values point to the impact of increasingly permissive moral standards and the erosion of personal integrity. Law enforcement officers and criminologists speak of growing population numbers, crowded court dockets, and the restriction of procedures that would make their work easier.

All these, and more. We are in fact only beginning to attempt to understand the causes of violence in today's society, and we are no better off when it comes to knowing how to deal with it effectively. Certainly, no one profession working in isolation from others with similar interests will have much influence on the solution. Progress will require all groups to work in concert, biologists and law enforcement personnel, social scientists and educators. We must look at the problem in all of its dimensions: what can each group do now, in the short run, and what for the longer term? What is the respon-

sibility of law enforcement agencies, the courts, and other legal entities, and what can the private citizen contribute? What will be preventive, and what curative?

Police Chief Harry Caldwell took a signal step recently when he named a committee of behavioral scientists to study violence in Houston and to recommend to him ways of approaching the problem in an organized fashion. Represented in the group are the University of Houston, Rice University, Houston Baptist University, Texas Southern University, and the University of St. Thomas, along with TRIMS. Drs. Kenneth Solway, Victor Elion, and I are on Chief Caldwell's committee.

It is part of our institute's function to serve our community in this fashion, helping to demonstrate ways that state and local private and civic organizations can work together effectively. TRIMS has a good record in this regard, and we are pleased to have this opportunity.

chiefs postpone trial of four-day work week

A demonstration at TRIMS of whether or not a four-day, 40-hour work week allows a public agency to operate efficiently was postponed recently until the project is formulated and approved as a research project.

At a meeting of division heads and section chiefs in August, the proposal to test the work schedule for three months at TRIMS was tabled. Dr. Rick Allen is designing research protocols, and he says the schedule may be approved and ready to go into effect this month.

Working a ten-hour day four days a week, either from 7 a.m. to 6 p.m. or 8 a.m. to 7 p.m. would be voluntary, subject to approval by the employee's supervisor. At the end of the study period, the benefits and disadvantages of the schedule would be evaluated, and the decision to continue or end it made at that time.

Staff members participating in the project would work

two basic work patterns—Monday through Thursday or Tuesday through Friday. A one-hour lunch period is required. And if a holiday falls on a regular work day, the employee would either have to work two extra hours (because holidays are counted as only eight hours) or count two hours as vacation time.

Arrival and departure times of employees on the four-day week would be closely audited. Changes in efficiency and fatigue, productivity, losses or gains in convenience of transportation are all part of the research to be done.

The schedule is not entirely new to TRIMS. Some staff members of the outpatient clinics have worked a 40-hour, four-day week for several years, with good results. The schedule is particularly useful in clinics open during evening hours.

'a feeling of family' in Cullen Residence therapy group

Every Friday afternoon up to ten men and women get settled in a circle of chairs at the Cullen Residence Hall for their group therapy session.

They're in the group for a variety of reasons. One is upset about a breakup with his girlfriend, one has trouble with his temper and can't hold a job for long. Another is withdrawn, depressed, and has trouble talking in groups.

Their problems are the same concerns that have prompted countless other people to seek psychotherapeutic help. But in other ways this group is uncommon. Every member, for one thing, is mentally retarded. And everyone lives at the same place, the Hugh Roy and Lillie Cullen Residence Hall, a modern dormitory-like facility for mentally retarded adults.

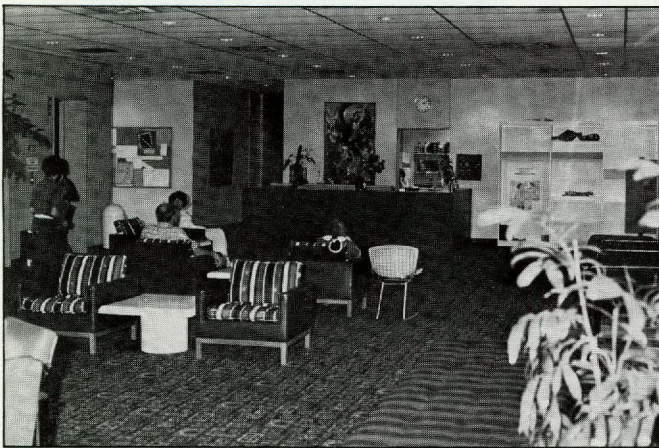
The group has met weekly since May, led by co-therapists David Wood, a master's level psychologist, and Barbara Bowen, a pediatric nurse-practitioner, from the TRIMS child development clinic. Usually the group members have been referred by one of Cullen's resident counselors. The members "wanted help and they came here to talk about their problems," Bowen says.

verbal skills vary

Discussing those problems can be hard. "One of the difficult things about the group is their varying degree of insight and verbal skills," Bowen says. "But," she adds, "I love working with them. It's one of the best parts of my job."

Wood has found that some adjustments have to be made when dealing with a mentally retarded therapy group. "You have to keep your language simple, make one point at a time, and keep things concrete. Initially I found that kind of frustrating, but now I'm used to it. And it's obvious when someone in the group doesn't understand me."

Other than that, there are not many differences between working with this group and one that is not retarded. "The problems and the issues are the same as in other groups, but often mentally retarded persons' coping mechanisms are different," says Wood. "Their feelings are the same, but their defenses are more primitive, they don't intellectualize, and sometimes they have more trouble tolerating stress." For instance, a person of



Reception and recreation rooms at Cullen Residence.



cover

Barbara Bowen and David Wood meet every week with a group of adults at Cullen Residence of the Center for the Retarded. Their clients are "responsive human beings with a capacity for warmth and caring." Story above.

normal intelligence who lost a job might feel like banging his head against a wall, but the mentally retarded person might actually do it, he says.

One goal is to help the more impulsive members learn to control themselves. Wood also hopes to help group members identify their feelings and what precipitates them, and then be able to cope with them.

see progress

Both therapists mention the progress they've observed in group members. The man who could not stay in a job because of his temper is employed now. Wood talks about a woman who is less withdrawn. She suddenly started to discuss her feelings and to react to others. Bowen cites members who have improved their relationships in the group and in the residence in general.

The fact that all the members are living in the same place has been helpful for the group, she says. "They seem to respond to one another as if they're all part of the same community. There's a feeling of family." Group members are able to observe how another member is doing in his or her living setting, and friendships established in the group have continued outside.

About 200 mentally retarded adults now live in the five-story Cullen Residence, according to Renee Wallace, director of residential services. They are either going to school, working in the community, or attending the Center for the Retarded workshop. The residence has its own cafeteria, laundry, bank, sundry shop, beauty parlor, soda shop, and infirmary, as well as a gym and pool.

The facility's goal, Wallace says, is to "assist mentally

retarded adults to become as independent as possible and lead as nearly normal a life as possible within the range of their abilities."

work in community

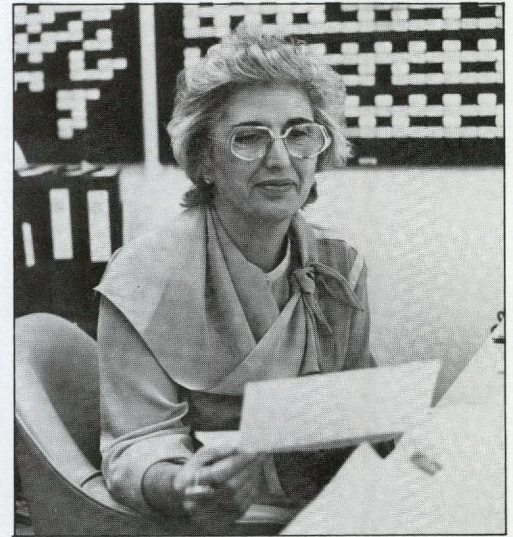
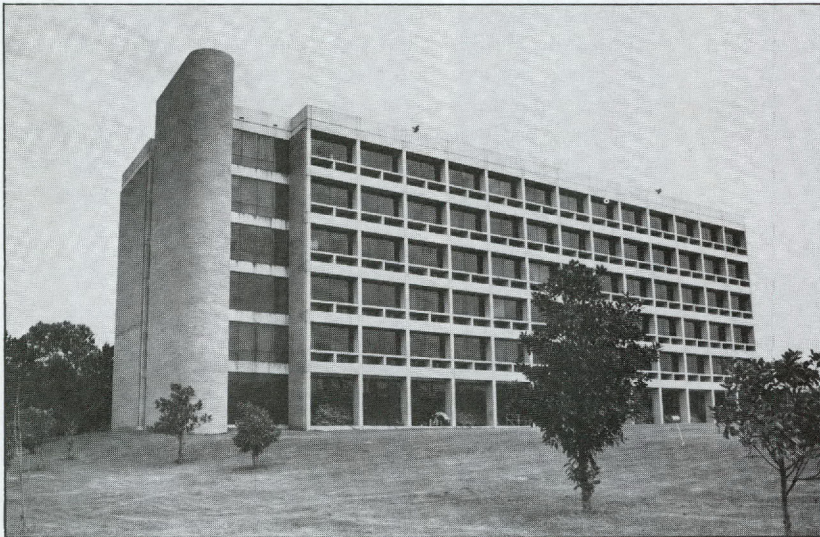
About 80 of the residents are working in the community now, she says, mainly in housekeeping or janitorial jobs, but also as a teacher's aide, hospital patient escort, messenger, assistant cook, assembly line worker, hatband maker, and coin sorter at a bank.

For residents who want to live on their own, there is an independent living program, which teaches residents the skills they will need. Here residents learn to cook, plan menus and shop for food, and to budget and handle checking and savings accounts. The program teaches them how to find and keep a job, handle tax and social security forms, and buy insurance, as well as how to select an apartment, find medical and health services, and recreational facilities. Assertiveness training—how to handle oneself in the community—is included in the program.

Wood says he likes working with the retarded and enjoys the residential home setting. Previously the house advisor at a halfway house for chronically ill psychiatric patients, he likes helping people "who are working toward some degree of independent living. I find that exciting."

The members in their group are improving, Bowen says. "They are responsive human beings with a capacity for warmth and caring. To work with them, to bring out those qualities, is very rewarding."

—Karen Hanson Stuyck



Top left: The five-story, modern residence has comfortable public rooms, a pool and gymnasium for about 200 mentally retarded persons who either go to school or work in community jobs or the sheltered workshop. Top right: Renee Wallace is director of residential services at the Center for the Retarded Cullen Residence. Bottom right: Barbara Bowen and David Wood. The two therapists like working with the retarded and enjoy the residential home setting.



first impressions

students, interns, residents think they picked the right place to train

For the old hands, talking to newly arrived students about their first impressions of TRIMS is like getting a booster shot of enthusiasm.

"I picked the right place," says Peter Reid, clinical psychology intern from the University of Rhode Island. "A lot of people here, including the director, seem to be excited about being here." Reid is serving a family/child internship and will be spending part of his time at Children's Mental Health Services. He will work with Dr. Jack Fletcher on neuropsychological assessments at TRIMS and treat patients in the adolescent and family clinic.

"There's so much going on here, my only fear is getting myself overcommitted," he says.

Art therapy student John Moore of the University of Houston at Clear Lake works with Felice Cohen in the children's clinic. He's met so many people that he is afraid he won't remember names even nine months from now. "Things seem to be clicking away so efficiently here," he says, "except for myself."

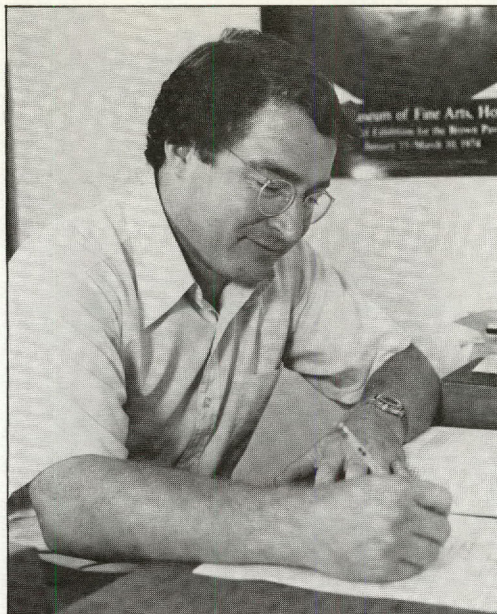
The Moore family—Debra Moore is a nurse-therapist working in Baylor College of Medicine's new pain rehabilitation clinic—moved from Austin, and they will probably stay in Houston after John's graduation.

young brain researchers

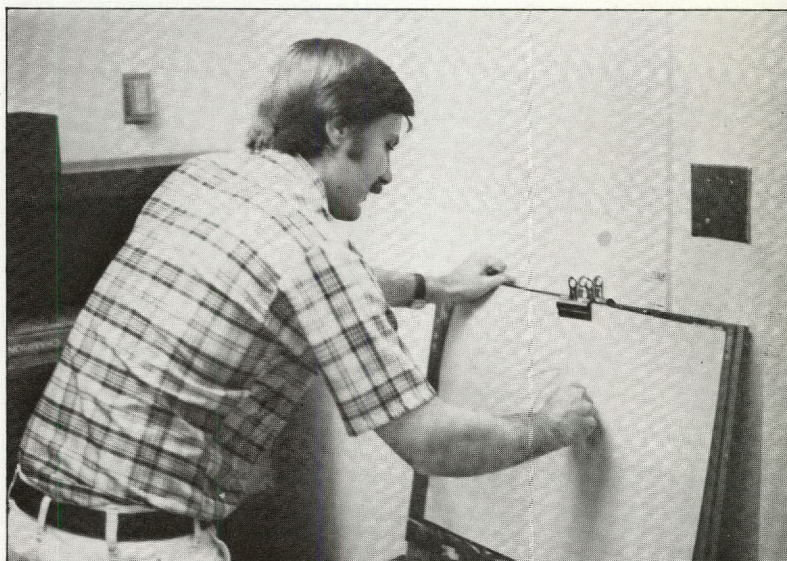
The two young scientists in Dr. Beng Ho's neurochemistry-neuropharmacology labs are both interested in hormones that seem to act as neurotransmitters in the brain. Heidi Sue Phillips and Chun-Kwok Wong are predoctoral students at the University of Texas Graduate School of Biomedical Sciences. Phillips came from Williams College and Wong from the University of Rochester. Both will do behavioral studies in animals of substances that have only recently been identified in the brain.

Wong and Phillips visited the Houston institutions several times before deciding to come here. "I liked the general atmosphere," says Wong. "I found the people helpful and willing to explain their work."

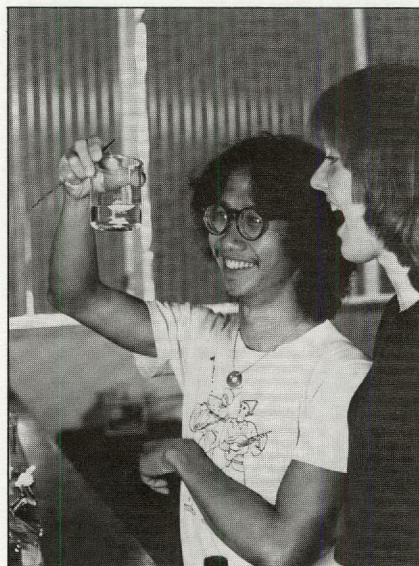
Phillips had done a tutorial with Dr. Ho and "really



Peter Reid



John Moore



Chun-Kwok Wong and Heidi Sue Phillips



Dr. Ann Carlisle

liked it a lot. People take time to train students, which doesn't happen in all places," she says. "They're willing to sit down with us and talk about what we are doing. TRIMS is the place in the medical center where people who say they want to do behavioral studies don't get a funny look. Here this is everyone's goal."

from Berkeley

Moving from beautiful San Francisco Bay to overcast, humid Houston was not the easiest thing for Dr. Ann Carlisle. Along with three others, a psychiatrist and two psychologists, she belongs to the gerontology training program's first group of fellows.

"I am impressed by the staff members," she says. "They seem excited about their work, and the support staff is really helpful in showing us how and where to find things."

Carlisle graduated from the California School of Professional Psychology in Berkeley with the intention of working in geriatric psychology. She expects to publish her study of life satisfaction among 800 retired Standard Oil employees.



Dr. Maryann Ford

from GP to psychiatry

Dr. Maryann Ford, a second-year psychiatry resident, visited TRIMS last year and was "tremendously impressed with the helpfulness of the people in the building." She had expected an institutional atmosphere, but didn't find it.

A general physician for 13 years, having worked at John Sealy Hospital and the UT Medical Branch student health center at Galveston, Dr. Ford became interested in nonanalytic methods of psychiatric treatment. The TRIMS reputation for research and its emphasis on outpatient work, the orientation toward short-term therapy, and the absence of night calls (Dr. Ford has three children) brought her into the training program.

She and several others commented on the exhaustive orientation they were just completing, glad to finish the preliminaries and get to work.

second thoughts

For occupational therapists Karen V. Grubbs and Mary Anne Dillon, it's too late to talk about first impressions because they are about to complete three-month internships in the inpatient unit. Grubbs is returning to Florida, probably to work in a physical rehabilitation setting. Dillon will serve one more internship at the Methodist Hospital-Baylor Neurosensory Center.

Both tell about their pleasure in working with a variety of patients at TRIMS and as valued members of a treatment team.

Grubbs believes the chance to work closely with professionals from other disciplines might not have been available to her elsewhere. "Here people talk to each other and have respect for each other's work," she says.

"Each member of the team uses what the others contribute," says Dillon.

Whether or not they eventually work with mental patients, Grubbs and Dillon say they found their psychiatric experience exciting. "It helps us to see a person in a holistic way," Grubbs says. "You can't work with physical disability and forget the mind."

—Lore Feldman



Occupational therapy director Marlo McRae with Karen Grubbs and Mary Anne Dillon

assertive. aggressive! passive?

the first one, although a buzzword, works better

Assertively is the best way to deal with others.

That's the conclusion of studies conducted by TRIMS psychologist Dr. Alice Hiniker and Dr. Diana Rathjen of Rice University.

The purpose of their research, Hiniker said, was to evaluate, in the wake of all the assertiveness training courses, whether or not assertiveness is the most effective way of dealing with people and whether others find that behavior attractive. "People were selling 'Be Assertive' T-shirts when there were no data to indicate that assertiveness had any interpersonal value," she said. She and Rathjen were probably the first to evaluate that question. Their studies explored the effectiveness of four behavior styles—assertive, aggressive, passive, indirect or passive-aggressive—in various situations.

In one case students were asked to rate four hypothetical employees' responses when their supervisor tells them, "It looks like you had trouble with the Roberts account. Let's talk about it."

All the employees think the supervisor is correct, they didn't handle the account well. The assertive one responds, "I agree, I could have handled it better. Do you have any suggestions?"

The aggressive response is, "I don't think you could have done any better."

The passive respondent says, "You're right. I'm always messing things up," while the employee using an indirect approach replies, "I would have done better if you had helped me."

rated responses

Students were asked to rate how well each employee handled the situation and how appropriate the response was.

The assertive style was seen as the most effective way of dealing with the situation as well as best in showing respect for oneself and consideration of others, Hiniker said.

The passive style was rated second in effectiveness, but was seen as indicating a lack of self-respect, while the



Dr. Alice Hiniker

indirect and aggressive styles were viewed as least effective, hostile reactions to the situation. Both male and female respondents rated the assertive behavior most effective and the aggressive behavior least effective, regardless of the sex of the employee or supervisor.

In other studies Hiniker and Rathjen evaluated the four behavior styles in various college contexts and in another business situation. The assertive method was rated most favorably in all settings.

refuted myths

These results, Hiniker said, "refute many of the current myths about the best way to win friends and influence people. The 'masculine' fear that a person can't stand up for his rights without being aggressive, and the 'feminine' fear that expressing one's own rights will be labeled as aggression were shown to be equally unfounded. And the belief that aggressive behavior might win you respect or that passive behavior might lead to others' liking you were also found to be untenable."

Why did she think the passive style rated so well in the study? In women employees, Hiniker said, the passive or indirect behavior was often regarded as "cute" or "coy." Women stereotypically exercise indirect power. "People are used to women getting power in that way. Until recently, legitimate power based on one's position, or expert power, have not been readily available to women," she said.

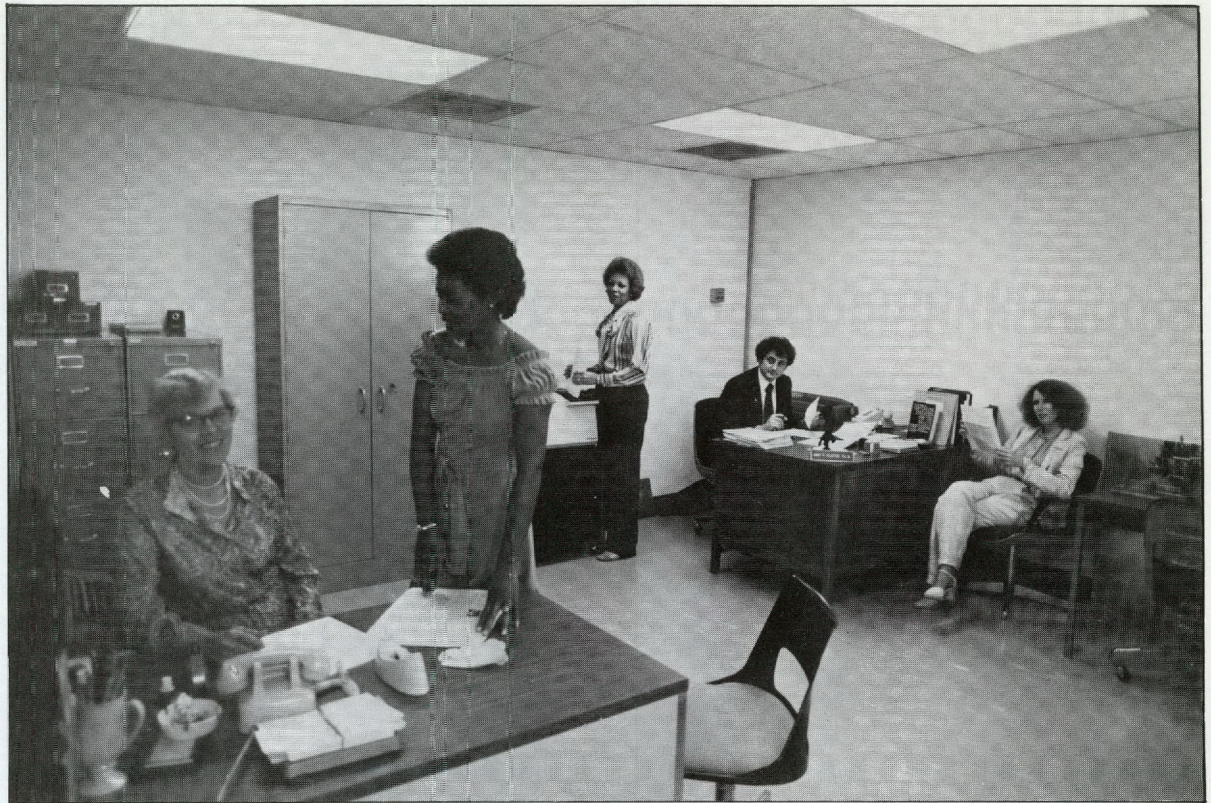
The fact that in all the studies assertiveness was seen as the most effective way for women to act may reflect different perceptions of women, she said. "Women's roles have changed."

conducts courses

Hiniker herself has conducted assertiveness training, teaching interpersonal skills courses for business people, trainers of drug abuse counselors, and children. Almost everyone, she said, uses all four of the behavior styles in a day, but assertiveness training "gives people more options, making them more aware of all the alternatives and the likely consequences of the various styles." And yes, she said, people can effectively pick up assertive techniques from a course. She's done studies to prove it.

Currently she is analyzing data from a study set up to evaluate the effect of physical attractiveness on the way other people perceive the same four behavior styles.

—Karen Hanson Stuyck



Continuing education staff Mildred Dobson, Joyce Sanders, Ira Mae Sams, Dr. Gary Sluyter, and Dr. Linda Webb.

Sluyter and Sanders join continuing education staff

The TDMHMR continuing education office, which moved from Austin to TRIMS headquarters last summer, is now fully staffed with the addition of two staff development specialists, Dr. Gary V. Sluyter and Joyce Sanders. Dr. Linda Webb is continuing education director.

Former assistant deputy commissioner for mental retardation services for the state, mental retardation director for the Mental Health and Mental Retardation Authority of Harris County, then superintendent of Corpus Christi State School, Sluyter left public service temporarily to run his own management consulting firm. He is the author of 26 papers and *Simon's Simple Principles of Management*, a satiric look at problems he will address both seriously and lightly as he plans a curriculum on management techniques.

Sanders is a registered nurse with a master's degree who was coordinator of nursing inservice training at San Antonio State Hospital before she became assistant director of nursing at TRIMS. She is designing interdisciplinary training programs for patient-care personnel throughout the state.

Mildred Dobson, administrative secretary, and Ira Mae Sams, administrative technician, complete the team.

30 years' experience

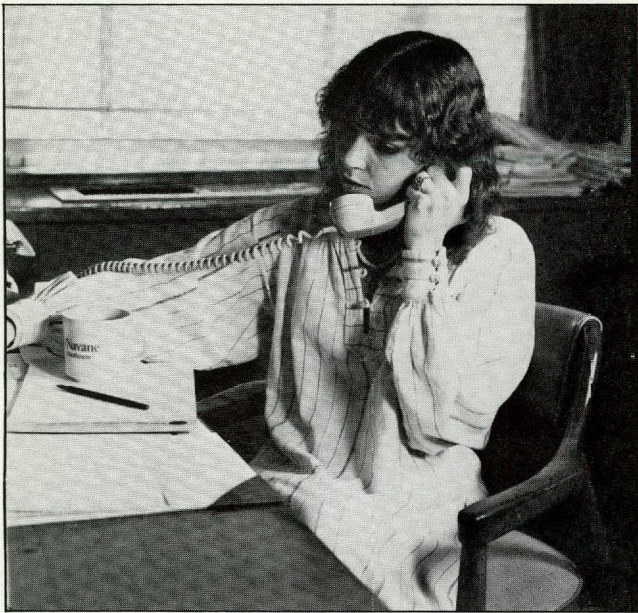
"Between the five of us," Webb says, "we have about 30 years of service with the department. Based on our different kinds of experience—in research and public health, psychology and management, nursing and education—we expect to be able to design programs that raise professional competency and have a direct impact on patient care."



From *Simon's Simple Principles of Management*.

The continuing education budget is much smaller than when the program was funded by a grant from the National Institute of Mental Health at its inception, she says. "There is no way one office with a staff of five can meet all the needs. We have to find new sources of funding, and we will coordinate our programs with those already existing in medical schools and universities."

publications



Phyllis Qualls

J. Ray Hays and Kenneth S. Solway. Psychological characteristics of juveniles against whom waiver of juvenile jurisdiction is considered. *Psychological Characteristics* 7:55, 1979.

The study investigated whether or not adolescents certified for trial as adults are different from those against whom such proceedings are not filed. Although their Minnesota Multiphasic Personality Inventory profile patterns did not differ from those of normals or typical delinquents, results suggested a difference between the delinquents' perception of their own behavior and the way others saw it.

There is a fair amount of evidence that nondelinquent juveniles commit as many offenses as do delinquent juveniles. This finding suggests that it is the less intelligent adolescents who tend to be apprehended by juvenile authorities. The results of this study have led the authors to engage in a thorough examination of the psychological aspects of the certification process in Texas in order to better serve the judicial process and the juveniles who are evaluated.

□ and at meetings □

Carol Walser chaired the regional meeting of the Association for Administration of Volunteer Services. . . . Nancy Wilson prepared written comments about community needs to be presented by the Harris County Committee on Aging to public hearings in Dallas of the Administration on Aging.

□ master's in public health □

Phyllis Qualls received her master's degree from the University of Texas School of Public Health last month. Her thesis was a study of the relationship between isolation and social functioning of psychiatric patients. She found that socially isolated patients tended to cope less

effectively with the demands of daily life, although their psychiatric illness did not necessarily worsen. Qualls is administrative assistant to the inpatient unit medical director and was a case worker in inpatient social services and the outpatient clinics.

□ Myers at TWU □

Dr. Toby Myers has moved to Texas Woman's University to be the Houston center's first coordinator of child development and family living. Myers helped to design the curriculum in which TRIMS child therapy trainees are earning master's degrees. She was at TRIMS for 13 years, as a vocational rehabilitation counselor, research specialist, and administrator of the early childhood clinic.

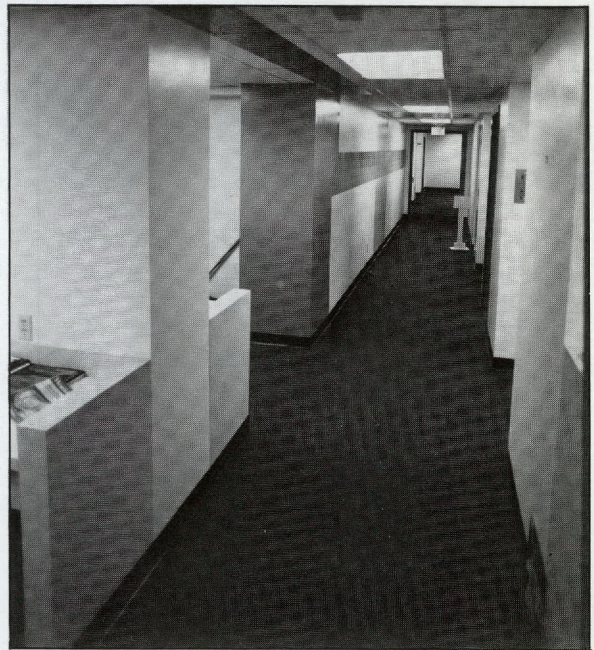
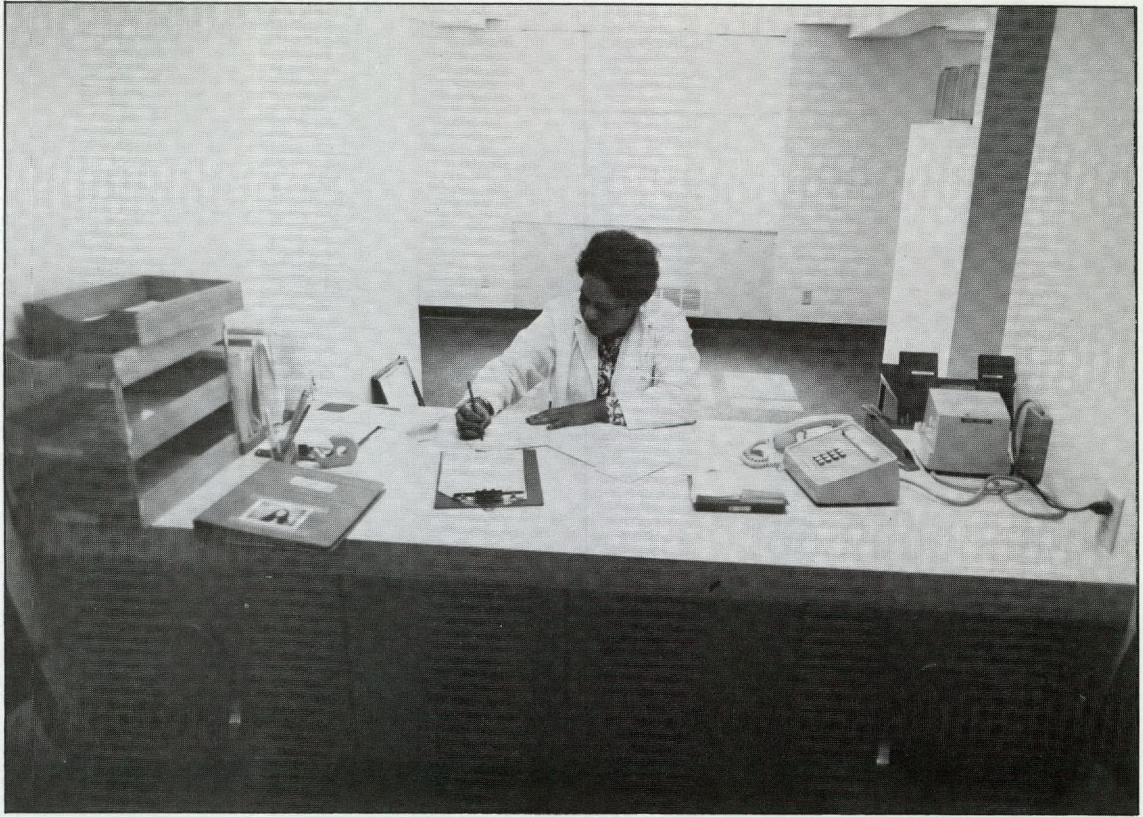
□ closer look □

Learning that many Austin State Hospital employees hold second jobs, a research group at the hospital decided to look into the situation. If "greedy" state employees take home "oceans of wealth" from the state treasury, producing "nothing" in return, asks the hospital's newsletter, why were so many of them working night and day?

Information officer Paula Womack, personnel director LaDair Wright, and director of internship training Dr. Bob Silver collaborated in the research with Mary Faith Sterk, graduate student at Worden School of Social Work. They found:

- 30 percent of 843 respondents hold second jobs.
- 75 percent of those are in the six lowest salary groups.
- Since 1974 salaries at Austin State Hospital rose by 35.45 percent while the Centex Price Index went up by 49.35 percent, creating an income gap of 13.9 percent.

One comment appended to a questionnaire said: "After rent, utilities, and car payments, I have about \$43 left for gas, food, clothing, incidentals, and recreation." Another: "HELP."



Marc Meyers

space!

The multiphasic screening clinic and chemical-free drug abuse unit were still moving into new quarters on the second floor of Center Pavilion Hospital when these photos were taken, and soon these new rooms will be more populated. The clinics are bright, light, uncluttered, and an object of institutewide envy.



TRIMS gerontology and geriatric clinic staffers had the pleasure recently to discuss the evolution of their program with visitors from Lutheran General Hospital in Park Ridge, Illinois, a Chicago suburb. The Chicago group is planning a geriatric service in the 800-bed hospital and has been traveling around the country to see what's being done elsewhere. They asked questions about community outreach, funding, ties with other agencies, program components and entry points, giving the TRIMS staff a golden opportunity to tell about their problems and considerable successes. Here, ready for a lunch break, were Howard Rabinowitz, Dr. Suha Beller, Dr. Chun-Teh Hu, Dr. Morris Binder, Lutheran Hospital medical director, Nancy Brothers, director of inservice training for Lutheran Hospital, Nancy Wilson, The Rev. Stephen Massie, Lutheran Hospital program coordinator, Dr. James Hartford, Betty Houchins, Lutheran Hospital program specialist, Dr. Charles Gaitz, and Dr. Patrick Staunton, the Chicago hospital's psychiatry chairman.

we can help

The Public Responsibility Committee composed of volunteers from the community has been established to assist in protecting the rights and interests of every patient in the care of the Texas Research Institute of Mental Sciences (TRIMS).

Complaints, questions, concerns or suggestions may be made known by writing to

Chairman
Public Responsibility Committee
P.O. Box 20391
Houston, Texas 77025

orientation for volunteers

An orientation on TRIMS services, volunteer needs and activities will be held Monday, Nov. 5, 1979, from 9 a.m. to 12 in the auditorium. Representatives of TRIMS clinical services will speak. All interested persons are welcome.

217 staff members to collect bonus pay for length of service

During the course of this fiscal year about 42 percent of TRIMS staff members—217 people—will receive the longevity pay increase authorized by the 66th Texas State Legislature.

The bonus consists of \$4 per month for each year of state service, beginning after five years, up to 25 years. The system works in five-year increments. This means that an employee with more than five but less than ten years of employment with TRIMS or another state agency will draw \$20 per month of longevity pay. When the employee reaches ten years' service, the length-of-service bonus rises to \$40. Someone with 15 but less than 20 years of service will receive \$60 per month.

Personnel director Coy Nolley calls this "the most significant boost in employee benefits" this year. "It took

us 20 years to get it," he says, recalling that he attended a legislative session in 1958 when the bill was first introduced. At each subsequent session, until the last one, the measure was introduced and defeated.

Nolley calculates that during the fiscal year 30 staff members will complete their fifth year of service, becoming eligible for a \$20 monthly longevity bonus; 104 with between five and ten years' service received the \$20 raise in their September paychecks; 59 will be paid \$40 per month for between 10 and 15 years of service; 16 who will have worked for the state for between 15 and 20 years will receive \$60; six will receive \$80 for between 20 and 25 years of service; two staff members with more than 25 years of state employment will receive a \$100 a month raise.

migraine symposium in Houston

A symposium on the *Biological Basis for Pharmacological and Biofeedback Treatment of Migraine* will be held Nov. 30-Dec. 1 at the Marriott Hotel-West Loop in Houston.

Sponsored by TRIMS and the Texas Department of Mental Health and Mental Retardation office of continuing education, the conference is designed to acquaint medical and mental health practitioners with the current status of techniques for treating migraine patients. The symposium is divided into discussions of clinical aspects, biological basis, biofeedback application to migraine headache, and the relaxation component in managing

the illness.

Speakers are Drs. James L. Claghorn, Roy J. Mathew, Maxine Weinman, and John Largent of TRIMS; Dr. John S. Meyer of Baylor College of Medicine and Dr. Ninan Mathew of the Houston Headache clinic. Others are Dr. Edward Blanchard, State University of New York; Dr. Seymour Diamond, Chicago; Dr. Lee Kudrow, editor, *Headache*; and Dr. Joseph Sargent, Menninger Foundation.

For further information about the program and registration, contact Dr. Mathew at TRIMS.

"high noon" at Jones library

"High Noon with Living Texas," a free, brown-bag lunch series of entertaining talks about Texas history, culture, and issues is heard Tuesdays at noon in the Jesse Jones Library auditorium.

The series began Sept. 18 with Ray Miller, producer of the "Eyes of Texas" television show, speaking on Texas ghost towns. Remaining talks on the schedule are:

- Oct. 2 The Peopling of Texas, John Edwin Coffman
- Oct. 9 The Trans Pecos, Richard Phelan
- Oct. 16 The Civil War West of the Mississippi, Frank Vandiver

- Oct. 23 Country Music: The Storytellers, William Martin
- Oct. 30 Houston: An Illustrated History, Don Carleton
- Nov. 6 Texas and the Cowboy Image, Joe B. Frantz

The crash course on Texas, past and present, by Rice University professors and other experts is sponsored by Houston National Bank, Houston Academy of Medicine, Texas Medical Center, and the University of Texas Health Science Center.

new research

- New research protocols approved by the central office research review committee:
- The relationship of job satisfaction to perception of social climate in a staff process group—Carol Ann Brady, Ph.D.
- Differential diagnosis of hyperkinetic reaction and organic brain syndrome in a children's psychiatric clinic—Carol Ann Brady, Ph.D.
- Preschool screening for Lutheran parochial schools—Jack M. Fletcher, Ph.D.
- Changes in myelin proteins and morphology in fetal alcohol syndrome—T. Samorajski, Ph.D.
- Cholinergic drugs in the treatment of memory and movement disorders—Robert C. Smith, M.D., Ph.D.

stop smoking! in new Methodist Hospital class

If the perfect human being—shapely, athletic, all habits controlled—ever emerges into this world, it will be from the Methodist Hospital Annex hidden away on Earle Street in Houston.

The hospital has added a Stop Smoking! course to its successful programs of weight control and exercise. Dr. William Myerson, clinical psychologist who recently completed a TRIMS family therapy fellowship, directs the quit-smoking course.

His classes meet for eight weeks, during daytime and evening hours, a new course beginning the first of each

month. Goal of the program is total abstinence, but Myerson says that is not attempted until the third session. He teaches participants techniques of behavior modification and self-hypnosis, how to identify cues for smoking and structure daily habits to avoid these signals.

"We try to make life easy by going around the problem, not confronting it," he says.

Fee is \$120, which includes monthly followup sessions for the participants' lifetime (which, of course, may be lengthened by not smoking). For information call 790-2625.

"matter of time" may be borrowed

"A Matter of Time," the series on aging produced by TRIMS and KUHT, is now part of the TRIMS videotape collection and available for borrowing.

The series, funded by a grant from the Texas Committee for the Humanities and Public Policy and the National Endowment for the Humanities, consists of six one-hour shows. They deal with such subjects as attitudes about growing older, adjustments to retirement, guardianships and protective services, health care and

quality of life, age-preferential legislation and political activism, and environments and housing alternatives.

Thelma Schoettker produced, directed, and narrated the shows. Howard Rabinowitz, TRIMS gerontology training coordinator, was project director, and Peter Baer of the TRIMS audiovisual section did the filming.

Those interested in borrowing the videotapes should contact Rabinowitz.

TRIMS psychologists compile catalog of test materials

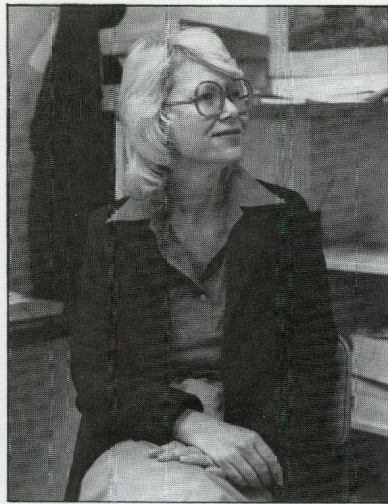
A catalog of psychological assessment instruments is available from a TRIMS psychologist.

Compiled by a committee chaired by Dr. Caryl H. Smith, the "Catalog of Selected Psychological Assessment Instruments" deals with procedures for testing adult patients. Others on the committee were Dr. Steve McColley, J. L. Rachel, and David Cansler.

The catalog is divided into three parts: clinical assessment, psychiatric rating scales, and tests and rating scales used primarily for research. Two appendices are

included. The first lists commonly asked questions for which a person is referred for psychological testing and the types of assessment procedures typically used to answer. The second lists publishers of psychological assessments.

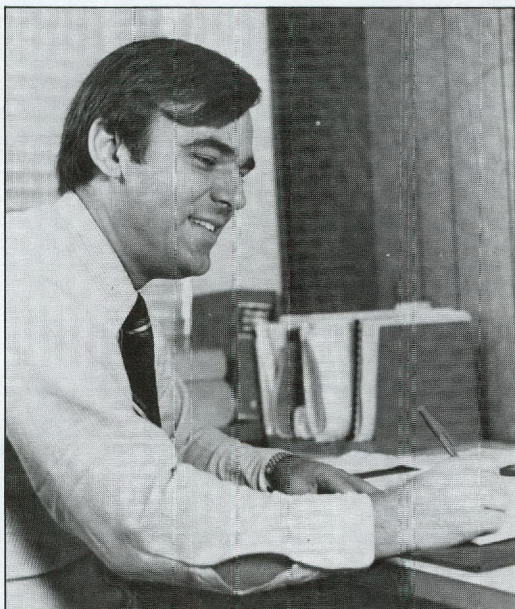
The catalog, according to Dr. Smith, "pulls together in one place a diverse set of assessment instruments and provides, in a standardized format, handy reference information on each one." It is available from Dr. Smith at the TRIMS inpatient section.



When **Virginia Mahan** graduated from Tulane University with a master's degree in social work, she was "wooned, wined and dined, and flown around the country" by recruiting social service agencies. "Those were the days of the Great Society," she says. "Meanwhile we've seen many cutbacks in programs." Mahan works half-time now because she has two school-age children. Assistant professor at Texas Woman's University, she teaches child development to the early childhood clinic's child therapy trainees and supervises the internship of a social work student from Smith College. In her course on parenting, she says, she stresses that parents of atypical children have a "real opportunity to grow and mature that confronting their children's problems offers." Helping students in her field develop their skills to a new level keeps her in her job, she says. "I graduated only 16 years ago, but I feel like an old-timer."



As a woman behind a TV camera, **Kathleen Mulkey** belongs to a still-rare but multiplying species. Rather than feeling isolated in a man's world, she's found that men and women "have the same problems foisted on them and deal with them in much the same way." The institute's new video technician, Mulkey graduated from the University of Texas School of Communication in 1974. She worked part-time at the Lyndon B. Johnson Library, preserving the "number one media president's" tapes for his archives. She's worked in Washington for the U.S. Department of Transportation, at the San Antonio College learning resources center, for a commercial TV station in San Antonio and the public channel in Austin. Here she finds the "esprit de corps pretty strong," and she hopes to give the institute's audiovisual training materials "as professional a look as possible."

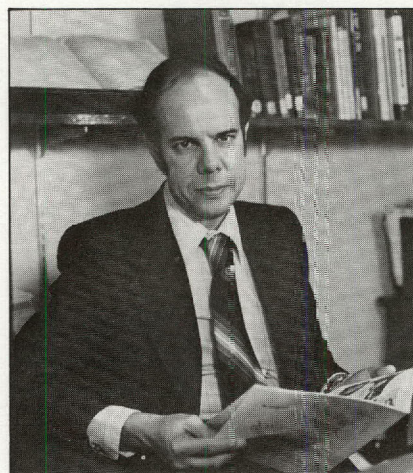


Dr. Michael Chojnacki moved from Milwaukee to Houston for the opportunity to do research. A clinical research psychiatrist on the Scholar-Burch-Smith team, he is in charge of inpatients participating on research protocols—the recruitment and care of patients, as well as assessments with standardized rating scales of their clinical progress. Right now he is looking for young patients with schizophrenia or affective disorders, who will be studied for their clinical response in relation to their blood levels of medication. He is also interested in studying certain biochemical and enzyme markers in blood that may indicate disease state and response to drugs. Chojnacki says he's been impressed by the friendliness of Houstonians and by "the strong commitment to research and education at TRIMS." He and his family are still busy settling into their new home. His seven-year-old son, David, associates Houston with the space center, Chojnacki says, and is "very intent on going there."

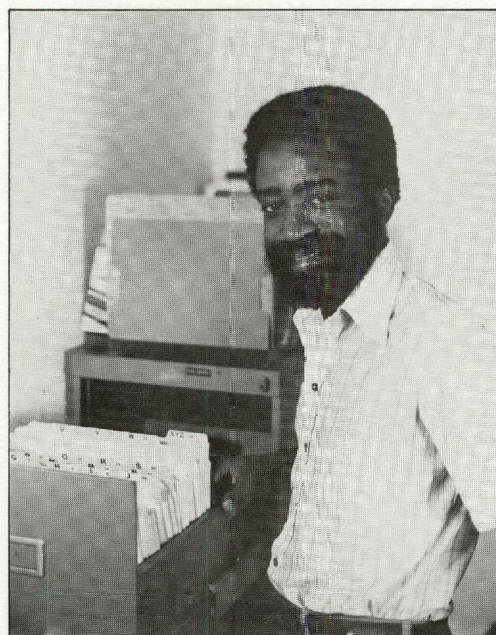
Dr. Francisco I. Pena was a high school biology teacher in Laredo when he caught what he now calls “the seven-year itch.” The upshot was that at age 36 he started medical school in Guadalajara, Mexico (because American medical schools don’t like to accept older students) and taught college psychology and biology courses to support himself and his family. Mrs. Pena is also a teacher. During four years of medical school and two years of internship and mandatory social service (both unpaid), Pena commuted to Laredo to see his wife and four children. Today he is a new TRIMS psychiatry resident whose ultimate goal is to specialize in geriatric medicine. And he’s still traveling to Laredo. The Penas’ oldest son is a senior premed student who vows he will be practicing medicine sooner than his father. Isn’t Dr. Pena’s life a little frantic? “It’s just a matter of getting organized,” he says with a smile.

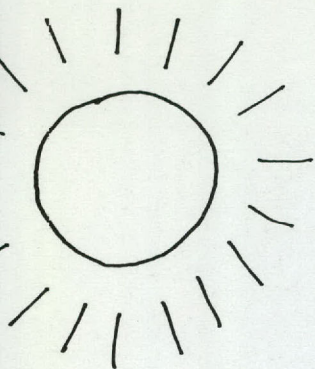


Dr. Charles DeJohn is new medical director of the six-bed drug abuse unit at Center Pavilion Hospital and the chemical-free clinic which has just moved to the hospital’s second floor. DeJohn began his professional career with a Ph.D. in physics, entering medical school at age 31. His soft, low-pressure manner should prove persuasive to people who face a struggle to give up psychological dependence on drugs long after their physical dependence is ended. “Many people would like to give up drugs because they’re living in turmoil, but they are frightened of what their lives will be like without drugs,” he says. Patients who withdraw from drugs in the hospital promise to stay 21 days, although the process may last only ten days. “Getting rid of psychological addiction,” DeJohn says, “takes a lot longer. Withdrawal is not the end of the problem.”



For the past six years **Greg Kennon** has been getting to work at 5:30 a.m. to counsel heroin addicts at the TRIMS substance abuse clinic. “The one thing I’ve learned that’s kept me here,” he says, “is that people who are addicted to heroin are like all other people.” The most rewarding part of his job, he says, is helping addicts to understand that too—to realize that their fears and doubts are the same as everybody else’s and that they can learn to live a normal and rewarding life. “To learn how to have a better experience in life is not unlike learning a lot of other things, like how to cross the street without being hit by a car,” he says. “But you don’t say that a child who doesn’t know this is sick, or that you’re giving him traffic therapy.” He notes that addicts are more apt to get off methadone or to seek counseling during transitional stages in their lives, when they’re moving from one age group into another. Kennon is a member of the Texas Center of A. K. Rice Institute, which sponsors conferences on group relations.





"You win some, you lose some, and the rest are rained out." From *Simon's Simple Principles of Management*—story p. 8.

seminars

Mental health training seminars, Friday mornings 11 to 12:15 in TRIMS auditorium.

oct. 5 • "myths and realities"
first episode of "a matter of time," TRIMS-KUHT television series on aging

oct. 12 • alcohol metabolism and alcoholism: pharmacogenetic considerations
Jean Pierre Von Wartburg, M.D., Ph.D.
Institute for Medicinal Chemistry
University of Bern, Switzerland

oct. 19 • consultation in residential treatment settings
Carol Brady, Ph.D.
clinical psychologist
child treatment clinic, TRIMS
Robert Chapman, Ph.D.
director, Cambio House and Maple Ridge, Mental Health and Mental Retardation Authority of Harris County

oct. 26 • biological heterogeneity: a new stratagem for psychiatry research
Monte Buchsbaum, M.D.
chief, unit on perceptual and cognitive studies
adult psychiatry branch
National Institute of Mental Health
Bethesda, Maryland

texas research institute of mental sciences
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