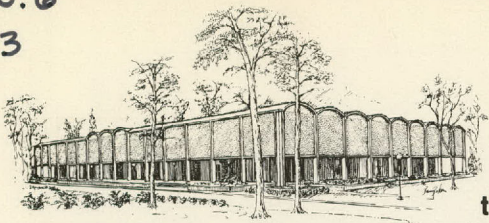


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the emissary



Jefferson Fegley



dr. schoolar writes

the joint commission survey

For four days last month TRIMS underwent its biennial survey by the Joint Commission on Accreditation of Hospitals. This time we are seeking accreditation in three areas: in general psychiatry, in which we have been accredited for many years; in children's and adolescent programs, for which we received our first two-year accreditation in 1976; and in drug abuse, an area in which TRIMS has long been a leader but for which we are seeking our initial accreditation.

The survey carried out by two different individuals was thorough. Every facet of TRIMS having to do with patient care, in the broadest possible definition of the term, was investigated from every angle—the physical plant and its safety, the domiciliary aspects of patient care, patient rights, credentialing and professionalism of the staff, staffing patterns, treatment plans and the patients' participation in their formulation, provisions for an ombudsman and advocacy procedure for patients and for staff, the nature and conduct of research, the institute's position in and relationship with the community—all these and many more areas of structure and function were investigated in detail.

And always with the theme of documentation and record-keeping.

Certainly, more records and much more verification of records are required of hospitals now than ever before. It is no longer sufficient, for example, for a member of the medical staff to submit a copy of his or her medical license for inspection and filing with the credentials committee. The validity of the license must be verified independently by the committee; the same holds true for a growing number of professional disciplines. Items on patient records require documentation with the utmost care, and no less concern is given to the confidentiality of those records. In fact, it may be said that no one area, no single aspect of the institute's function has greater importance than another, because, though the patient is our primary concern, we must have as our goal the highest possible standards in every area.

to have work recognized

As is true of all hospitals seeking accreditation, TRIMS requests the survey by JCAH, and we pay a significant fee to have it done. We want to measure up, to be able to demonstrate our capacities and to have them recognized. As a state

agency and a member of the Texas Department of Mental Health and Mental Retardation, we want people to know what we are doing, what our purposes and philosophies and practices are. If we are in error, then we can change. As Oliver Wendell Holmes said, "The best disinfectant is strong sunlight," a dictum with which I readily agree.

In two of our areas, general psychiatry and services for children and adolescents, I believe we did well. In fact, for children and adolescents the standards seem to have been met in almost every instance. Deficiencies are not major ones, and in many cases they are already corrected or in the process of being corrected. The need for a new facility was mentioned again and again.

In the drug abuse area we fared less well. There were far too many areas in which compliance was not readily demonstrable, or in which adequate documentation could not be provided. This is a blot on our record, the cause of which must be reversed immediately.

The survey was of benefit to all of us, and I am grateful to each TRIMS staff member who contributed to it in such positive fashion.

Niederehe gets NIMH grant to study memory deficits

Dr. George Niederehe, research specialist in gerontology, was awarded a \$52,188 grant by the National Institute of Mental Health to study memory impairment in affective disorders of the aged.

Niederehe will study 144 women, two-thirds of them over 60, the rest between the ages of 20 and 45, to identify the relationship between depression and memory deficits. The topic has interested him since graduate school at the University of Chicago where he completed several related studies.

Many depressed patients tend to exaggerate their memory deficits and to complain about them even after their psychological problems have improved, Niederehe

says. Although their memory seems normal, depressed persons also seem to accept the stereotypes of aging, believing unfounded tales that aging is accompanied inevitably by forgetfulness.

His research is designed to reveal how depression influences memory, which components of memory loss are real or imagined, and how these may be distinguished. The subjects will include a group of organically impaired elderly persons in the hope of clarifying diagnostic differences between depression and organic problems.

Dr. Charles M. Gaitz, acting head of clinical services, is co-investigator. Consultants are Dr. Charles N. Cofer, professor of psychology, University of Houston, and Dr. John E. Overall, professor of psychiatry, University of Texas Health Science Center.

TRIMS and MHMRA to share some adolescent services

Houston has no public hospital beds for emotionally disturbed children, and the continuity of care so sorely needed by families who cannot afford private care is often a chancy matter.

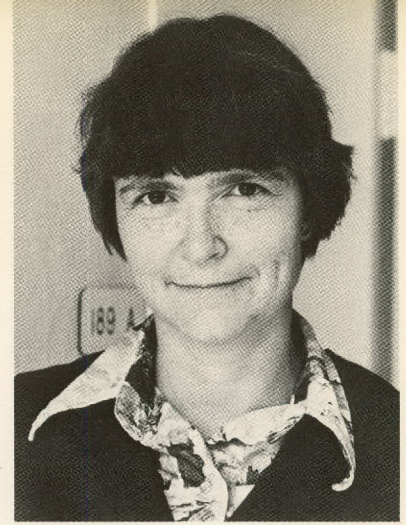
As a first step in responding to this problem, TRIMS and the Mental Health and Mental Retardation Authority (MHMRA) of Harris County last month agreed to share some services for adolescents. TRIMS will provide crisis and short-term hospitalization for youngsters aged 13 to 17 while the MHMRA will designate two beds for referral of adolescents to its alternative care facilities. The present TRIMS inpatient unit on the top floor of Center Pavilion Hospital is unsuitable for young children since it has no play space and no pediatric staff.

When and if TRIMS can offer hospital beds to children in a new building, the two agencies will collaborate—TRIMS to provide evaluation and treatment when brief hospitalization is required, MHMRA to admit children who need residential but less intensive therapy in community facilities.

The affiliation agreement, signed by MHMRA executive director Eugene Williams and TRIMS director Dr. Joseph Schoolar, has as its goal "a broad framework of policy to avoid duplication of effort, to promote cooperation, and to assure continuity of care, especially in regard to residential and hospital programs for children and adolescents."

too many children sent to Austin

Plans for cooperative services began last January when TDMHMR board member Mrs. H. E. Butt, alarmed about the large number of children sent to Austin State Hospital from this area, called a meeting in Corpus Christi. TRIMS representatives in this and later discussions included the chiefs of children's services, Dr. Kay Lewis, Dr. Mae McMillan, Dr. Sergio Henao, and Dr. Jaime Ganc. Dr. Carolyn Villarrubia, chief of MHMRA children's services, and Dora McBride of Can Do It, a private group, took part in the negotiations. McBride is also a coordinator of TRIMS developmental services and a board member of the Mental Health



Dr. Kay Lewis

Association.

Carrying the plan out fully depends on a new building for TRIMS—which would include units for emotionally ill children and adolescents and for children with developmental disabilities—and on additional residential treatment facilities and group homes which the MHMRA proposes to establish. The agencies reviewed and approved each other's budget requests which will come before the state legislature next year.

If appropriated, these funds would for the first time provide continuity of care for children in Houston, Dr. Lewis says. "A child who needed residential treatment, but not in a hospital, would be treated in an alternative setting by MHMRA. If a child needed to be in the hospital, TRIMS would offer a bed for short-term evaluation and treatment, after which the child might go home or to a less restrictive environment in one of the MHMRA facilities."

The agencies will also share training, particularly training in family therapy offered by Dr. Henao's family psychiatry section. Statistics on the needs of young clients served by the two agencies will be pooled.

families needed nearby

"We know that some kind of bed situation is mandatory," Dr. Lewis says. "We must be able to hospitalize children near their homes because of the importance of working with families."

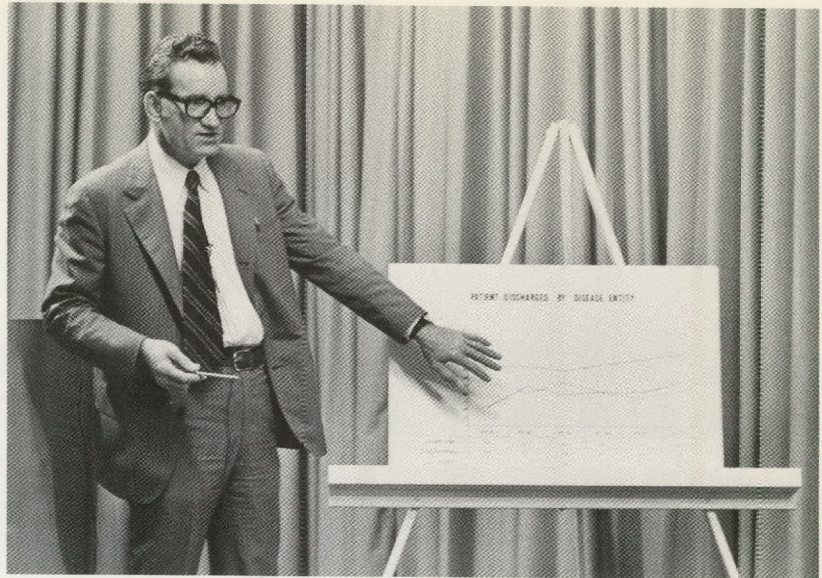
Dr. Beverly Sutton, director of the children's unit at Austin State Hospital, found that the success of treating children depends on the closeness of the hospital to their home, Dr. Lewis says. "The more you can work with the family, the shorter the child's hospital stay."

Although the TRIMS patient population is not limited to Harris County, 80 percent of the institute's young patients are from this area, she says. She believes that the location of the proposed children's inpatient unit in the Texas Medical Center will bring referrals of difficult-to-treat youngsters from other medical center institutions as well as from other state hospitals and schools.

cover

At a shopping center, on a wet street downtown. . .no telling where the KUHT-TRIMS film crew will turn up to ask questions about retirement, topic of the second "Matter of Time" program. Story on pages 10-11.

Dr. Schoolar explains budget request for 1980-1981. In two-hour presentation, he outlined accomplishments of past and needs of future. TRIMS will emphasize demonstration projects but will not reduce patient care, he said.



inquiry into TRIMS budget proposals hears how much, for what, and why

It was show and tell at the highest level.

In three days of hearings in the TRIMS auditorium, administrators of TRIMS, three state schools, Rusk State Hospital, and Beaumont State Center for Human Development presented their budget requests to examiners of the Legislative Budget Board and the Governor's Budget and Planning Office.

Agency leaders gave the occasion their best shots, and so did the examiners who had done voluminous homework. The TRIMS budget alone covers 298 pages. The statewide hearings form the basis for recommendations to the 66th legislative session beginning in January, during which the state's operating funds are appropriated for two years.

In a two-hour presentation illustrated by charts, TRIMS director Dr. Joseph Schoolar explained the institute's request for \$15,381,000 for 1980 and \$15,494,000 for 1981. Division and section chiefs answered questions and added comments.

support from community leaders

For the first time the TRIMS budget and the separate request for a new research, treatment, and training center were publicly supported by community leaders. This contrasted with the hearing two years ago, when leaders of the Mental Health Association and the Mental Health and Mental Retardation Authority (MHMRA) of Harris County opposed the new building. The fear then was that the \$13 million construction costs might preclude funding of more community-based services.

But this time mental health leaders of Houston had behind them two years of cooperation and coordination in the Mental Health Needs Council. Agency boards, hospital leaders, and the medical and psychiatric societies had reviewed and endorsed the budgets. An interagency agreement had made it clear that treatment and bed space, particularly for children and adolescents for whom so little residential care is available in Houston, would be

shared (see story p. 3).

Angelee Duke, executive director of the Mental Health Association of Houston and Harris County, told the examiners that her organization supports the budget request because TRIMS serves the county's patients "in a very meaningful way." She spoke of the fast-growing population of the city and of the inadequacy of the present TRIMS hospital for adults and its unsuitability for children.

Dr. Spencer Bayles, chair of the Mental Health Needs Council and of the mental health committee of the Harris County Medical Society, said, "For the first time the requests of these two agencies (TRIMS and MHMRA) are complementary rather than competitive. The major expansion of MHMRA aims to meet a significant portion of clearly and repeatedly identified unmet service needs. The modest TRIMS expansion will make possible greater knowledge and will increase the supply of capable, well-trained personnel to provide better service." He brought a supporting statement from the Houston Psychiatric Society.

children and elderly are priorities

Dr. Schoolar explained the institute's work in all areas, describing the basic questions in mental illness that must be dealt with by research, training programs for psychiatrists and other therapists, and treatment for mentally ill persons at both ends of the age spectrum that the agency considers its highest priority.

TRIMS hopes to establish a center for studies of chronicity, he said, that will emphasize brain diseases in aging, chronic mental illness, and mental retardation. Grants have been submitted to fund these studies, but "if we don't get the grants, we'll have to do it anyway," he said.

Asked how many of the institute's programs depend on new space, TRIMS leaders said that crowding of the present building is a problem and that new space will have to be rented to accommodate even current



Examiners listen as Dr. Schoolar presents TRIMS budget. Left to right: Tim Graves, Legislative Budget Board evaluator for mental health; Linda Farrow, LBB examiner for mental health; Greta Rymal, LLB senior examiner; Joe Kouba, examiner for Governor's Budget and Planning Office.

programs. Assistant director Dr. James Claghorn added that the inpatient area "looks like Grand Central Station at certain times of day," students are hard pressed for space, and conference rooms are overbooked.

Speaking about the selection of patients for research, Dr. Schoolar stressed that TRIMS is not getting out of patient care but is emphasizing demonstration projects with the goal of "developing a true service rubric for the county and state."

work based on state needs

The approach is to "see the patient in whatever state he or she comes to us" and to develop a complete psychobiological profile to which all research sections contribute. Decisions to continue, end, or start research and treatment programs are based on the needs of the state, he said. For this reason the institute will pay greater attention to alcoholism and continue research in the mechanism of action of all psychiatric drugs. This work is well along, he said.

Screening of state school residents for inherited metabolic errors was stopped because genetic counseling is available elsewhere, and because the results of screening bore no relationship to treatment of the children. TRIMS will not attempt to duplicate research going on elsewhere.

To a question about the institute's major contribution to the department, Dr. Schoolar replied in a roundabout way, citing advances in treatment of cardiovascular diseases. Forty percent of these may be traced back to basic research—"science for the sake of science," he said.

"We do not look for a drug that's going to cure schizophrenia, or a drug to cure depression, or a drug to cure sociopathy. These diseases are too complex for this single approach. We look at all of these at once from the standpoint of developing basic knowledge applicable to the mental sciences, and clinical knowledge applicable to one of the mental aberrations.

"What we try to do is to have a climate of fertile research activity, a coterie of individuals working cooperatively, so that knowledge as it is developed finds application in the development of mental science."

Evaluation of treatment methods and of "what's good and bad in drug usage probably has the most immediate impact on people in Texas from the standpoint of alleviating human suffering and from the fiscal standpoint—saving money," he said.

A study of prescription practices in state facilities resulted in a 40-percent reduction in overall drug usage and "much more rational, orderly prescription practices," Dr. Claghorn added.

need all of it

Far from being an adversary proceeding, the hearings are an inquiry into the needs of agencies to carry out their work. The panel included Joe Kouba of the Governor's Budget and Planning Office, senior examiner Greta Rymal, Linda Farrow, and Tim Graves of the Legislative Budget Board.

After administrators from Richmond State School described their training program for blind and deaf residents, the examiners asked whether funding at less than the highest level would affect the service.

"We need it all," said the Richmond representatives. No matter how the question was phrased, that was the answer. In the audience were parents of Richmond State School residents who supported the budget and the school's staff with strong pleas for money.

"We cannot accept Richmond State School's budget being anything less than the very realistic level 4 funding as presented here today," said Lynda Richardson, head of the school's advisory board.

—Lore Feldman

perceptual deficits in mental illness

in new lab Dr. Eugene Ebner examines basic psychological processes

Perception. . . cognition. . . attention. . . memory.

These basic psychological processes control the ways human beings view and react to their surroundings, the way they acquire and use information.

In a mentally ill person, these mechanisms are off key.

Like a photograph from Mars, psychological functions can now be divided into components and studied in the laboratory. In the institute's newest section, Dr. Eugene Ebner's experimental psychopathology laboratory, the instruments are a tachistoscope instead of a microscope, a slide projector instead of an operant-behavior box. The research group tracks eye movements rather than the brain's electrical impulses.

The logic of psychological research is the same as that of biochemical studies, Dr. Ebner says. "We have much evidence that deficits in perception are characteristic of people suffering from the major psychotic disorders. But we have to know what the basic psychological processes are like before we can understand what goes wrong in psychoses or the brain diseases of aging. It's reasonable to think that by closer study we can find specific perceptual abnormalities that underlie more global mental disturbance."

After all, he says, an individual lands in a mental hospital not because of an apparent biochemical defect, but because of the deviant way in which he or she sees the world. Bizarre behavior may well be the result of

disturbed neurochemistry. But it is deviant behavior that makes a person a patient.

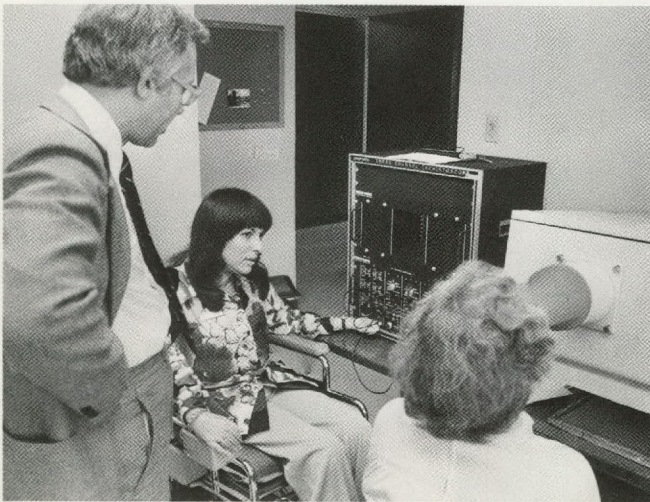
test patterns flash by

The tachistoscope is a large box with a rubber viewing tube in which test patterns are presented in fraction-of-second intervals. An electronic instrument controls timing. The speed with which one can recognize a picture or pattern and describe it is an index of perceptual function.

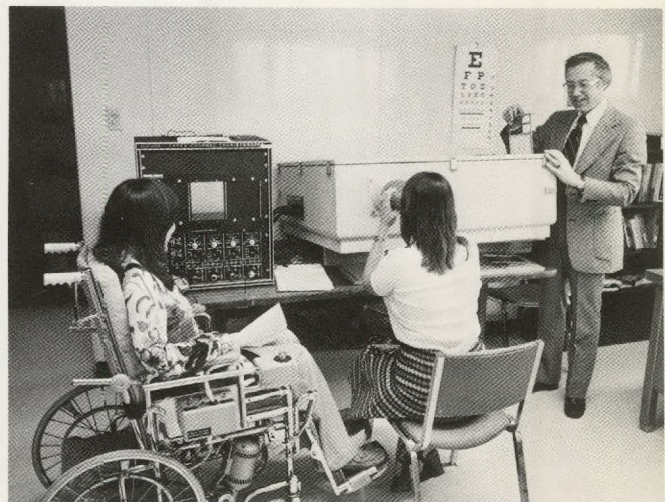
For the reporter trying it out, blocks of letters flash by, first invisibly, then too fast to read. "Take a guess," Dr. Ebner says encouragingly. Nothing. Finally, at subliminal speed, a few of the letters register. A Rorschach pattern stays on long enough the third time for a quick interpretation. Witches. Again. Elephants! Dr. Ebner and research assistant Larry Lohman assure the worried subject that normal perception has a wide range.

On a screen on which colorful blobs gradually come into focus, an abstract painting turns out to be. . . bicycles. Instructions are to keep talking, don't stop guessing, describe what you see.

"We can analyze the quantity and quality of the comments, how many guesses are made, how many seconds it takes to recognize the picture. It tells us a lot about the person's psychological life, richness or poverty of imagination, and the range of his or her life experi-



Dr. Eugene Ebner and Dr. Caryl Smith giving a test on tachistoscope.



Many different kinds of patterns can be presented on tachistoscope at varying speeds. The instrument tests perceptual function. Dr. Smith, left, at timing control as Dr. Ebner, right, changes the picture.

ences," Dr. Ebner says.

The tests are like games, and this is why children make such good experimental subjects, he says. He hopes to do longitudinal studies that may reveal whether a sensory problem has bothered a person for years and finally brought on a psychotic break, or whether the deficit in perception began with the illness.

perceptual differences in schizophrenia

Dr. Caryl Smith, psychologist in the inpatient unit, spends part of her time in the psychopathology lab to study patterns of perceptual function in schizophrenic patients. She is looking for differences between chronically ill patients, those acutely ill, and a group of staff members and students.

Part of her study involves Rorschach patterns on the tachistoscope. The instrument adds control of time intervals and spatial orientation to the ordinary Rorschach test in which the person tested has unlimited time, can turn the figure around, and cogitate on its meaning.

"We may be able to identify perceptual problems earlier and perhaps develop some form of remediation as has been done for learning disabilities," Dr. Smith says. "We're really at the threshold of this work. We're looking for things that could be useful later as diagnostic tools."

Eye-tracking may be one of those indicators. It is done by electrodes attached to the outer corners of the eyes while the individual watches an object moving from side to side. In normal persons, eye-tracking forms a smooth wave pattern. In many schizophrenic patients the wave is uneven. Dr. Ebner says this finding has been so consistent that it may give some clues to the perceptual difficulties common in schizophrenic patients. The fact that the eye-tracking defect has been found also in a large number of first-degree relatives of schizophrenics strengthens evidence for a genetic link in the disease, he says.

collaborative studies

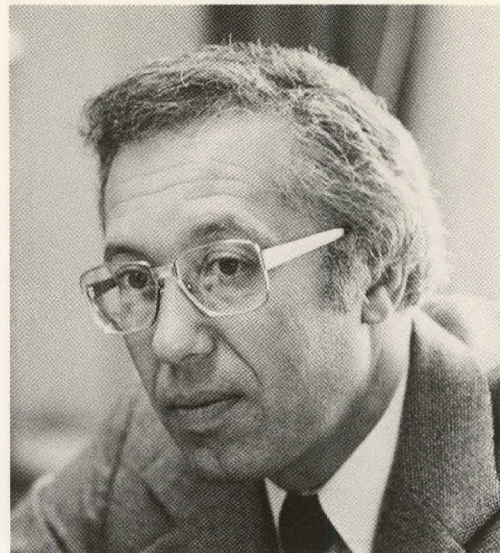
Dr. Ebner is pleased with the collaboration he has been offered by other TRIMS researchers and by the interest of his University of Houston students. He plans to study acute effects of neuroleptic and memory-enhancing drugs with Drs. James Claghorn and Thaddeus Samorajski, memory functions in aging with Dr. George Niederehe, and developmental disabilities with Drs. Kay Lewis and Jack Fletcher.

University of Houston graduate student J. L. Rachel works in the lab part-time, as does psychology intern

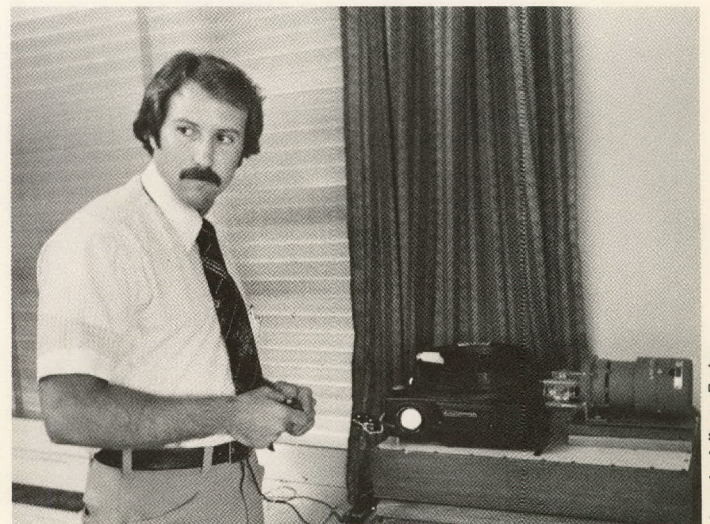
Donna Copeland whose dissertation concerns eye-tracking dysfunctions in schizophrenia.

The researchers welcome visitors to the new lab in room 1454 of Center Pavilion Hospital and will demonstrate their equipment at the drop of a slide.

—Lore Feldman



Dr. Ebner, chief psychologist and chief of experimental psychopathology laboratory.



Larry Lohman, research assistant. His slide projector has a gradual-focus attachment.

first impressions

TRIMS staff members always have plenty to say about the new trainees that arrive in the fall. This year the Emissary risked asking the newcomers, after the first hectic week, what they think of us.

Bill Myerson, Ph.D.
family therapy

Everyone is very friendly around here. They all say, "Hi yall."



Doris Weaver
psychology
Southern Illinois University

I'm very impressed with TRIMS, but do you want my first impression of the Houston transportation system? It stinks. I waited two hours for the bus this morning and when I griped to the driver he said that it would be faster by 1990.



Terry Bauknight
psychology
Duke University

I'm impressed with the faculty. They seem committed to internship training. In graduate programs you are usually the lowest priority people. Here they seem to give you some responsibility and respect. That's unusual.



Sandra Jackson, M.S.W.
family therapy

I get a sense of people dedicated to their work—secretaries, medical records personnel, therapists. But I'm also sensing a lot of tension around here because of the reorganization. Of course another impression is of the space shortage. It seems there is a shortage of space, offices, supplies, parking.



Margaret Long
social work
University of Houston

The facility is like a maze. Right now I'm learning certain trails through the maze. Just like any test animal I've found my way to the snack bar. A big part of my first impression is Les Goekler in the library. He's so helpful it makes the library more than just a resource but a real learning opportunity. He's really made us all feel at home. He can even remember our names.

"touching bases" in mental health association's ballpark

Weekly discussions on coming to terms with contemporary life, called "Living: touching bases with yourself and others," is a new program of the Mental Health Association of Houston and Harris County.

Members of the Houston community are invited to the sessions held each Tuesday at 7:30 p.m. at the Mental Health Association, 3208 Austin. There is no charge; refreshments are served.



symposium on violence to consider prediction and treatment issues

The institute's 12th annual symposium, *Violence and the Violent Individual*, Nov. 1-3 at the Shamrock Hilton Hotel will examine the etiology of violence, its precursors, and prediction and treatment of the violent individual.

Twenty-six papers will be given by speakers coming from institutions around the country. Ramsey Clark, former U.S. attorney general, will give the overview. Topics that follow range from legal and human-rights issues to conjugal violence and effects of media on violent behavior. Research and treatment methods and findings are a major concern of the conference.

The symposium has received a \$10,000 grant from the Law Enforcement Assistance Administration of the U.S. Department of Justice, the largest single contribution ever made to a TRIMS symposium, and a smaller grant from Merck Sharp & Dohme Postgraduate Program.

Programs and registration forms are available from Dr. J. Ray Hays at TRIMS, (713) 797-1976.

Patsy Ambrose
social work
University of Houston



It's like a beehive around here. We've seen patients back to back all day. I haven't even had a chance to go to the restroom. The amount of activity really surprises me.

Vivi Daniel, M.D.
psychiatry resident
University of Jabalpur, India



I've been in Houston for the last three years so the city isn't new to me. I really feel at home at TRIMS. It isn't too big as so many of the hospitals around here. I felt comfortable right away. Maybe that's because I've been looking forward to working here.

Rafael Lacomba, M.D.
psychiatry resident
Universidad Autonoma
de Santo Domingo



From the outside TRIMS looks fairly small. Myself and all the other residents were surprised by how much there is inside. Especially when we were taken on a tour and discovered a basement.



Patricia Pechacek
nursing
University of Texas

This is my first experience in a psychiatric setting. I really wasn't aware of the type of client population or the severity of the problems. It's amazing.



Peter Watrous
psychology
University of Tennessee

The neat thing was meeting a lot of people right away. The bad things started when I met my landlord. He said if he had seen me first he never would have rented to me. He objected to my "kinky hair" and "that stuff all over my face." I hadn't been here a week when I wrecked my car. Besides that it has been a good start.

photos by Marsha Lee Recknagel

publications

Felice Cohen. Art therapy: Reminiscences, suggestions and hopes. *Art Psychotherapy* 5:35, 1978.

□ workshopping □

Felice Cohen lectured on art therapy to the department of gerontology of the University of Texas Medical School at Galveston and the psychiatry staff at Belhaven Hospital. She is moderating a panel for the American Art Therapy Assn.'s meeting in Los Angeles and will conduct a two-day workshop at Grove School in Chicago. Another speaking date is with mental health workers of the Illinois Department of Mental Health.

□ case management □

David Wood and Barbara Bowen led a workshop on case management for the Council for Exceptional Children in San Antonio, showing their videotape, *Very good Danny — a developmental evaluation*.

□ honors and duties □

Barbara Brooks is serving on the Texas Nurses Assn. bylaws committee for 1978-80. . . Kristina Stephens was elected to the board of trustees of the American Assn. for Laboratory Animal Science. . . Dr. Thaddeus Samorajski is now adjunct professor at Texas Woman's University.

□ and papers □

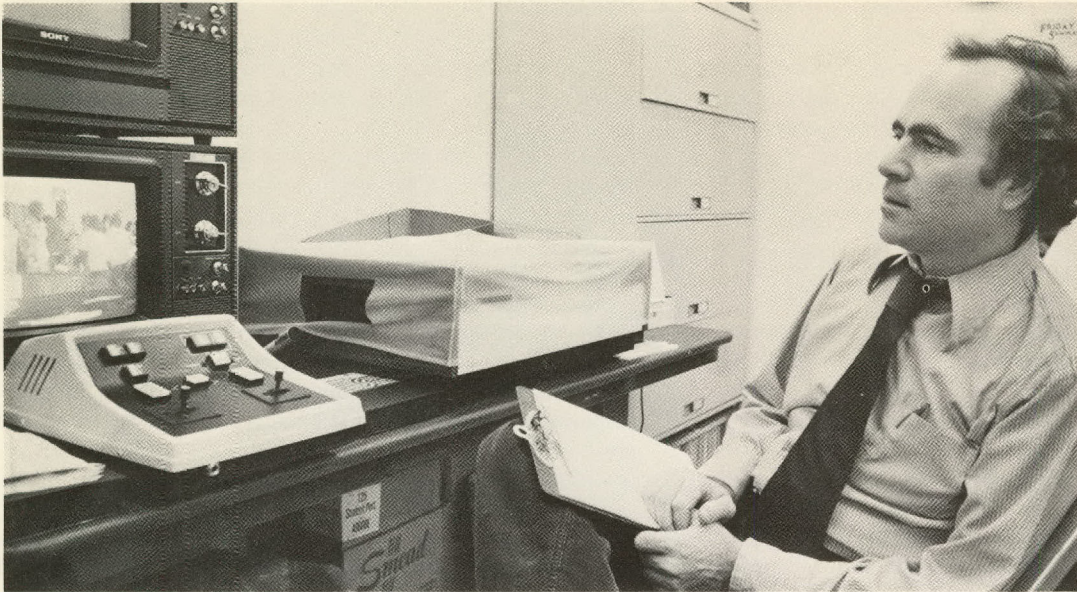
Dr. Maxine Weinman presented "Relationship of organizational structure and effectiveness in psychiatry departments in general hospitals" (her doctoral dissertation) to the American Public Health Assn. in Los Angeles. . . Kip Halley and Elizabeth Phillips reported on "Incest: prevalence and management" to the American Assn. of Marriage and Family Counselors in Houston and the American Assn. of Sex Educators, Counselors, and Teachers in New Orleans. Halley, Phillips, and Lyle Hitzman discussed the Vietnamese resettlement program in Houston at the Texas chapter meeting of the National Assn. of Social Workers in Dallas.



Thelma Schoettker has the reputation of being Houston's best interviewer. Host of her own show on Channel 2, then program director of KEYH, she is now producing, writing, and narrating the KUHT-TRIMS documentary series on aging.

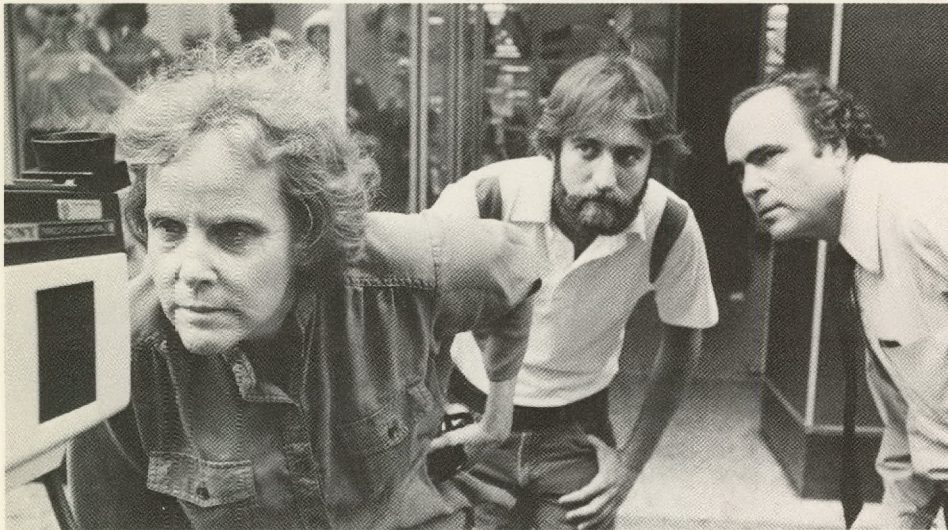


Women and men in neighborhoods all over town — in shopping centers, churches, on the street — are telling how they feel about retirement. Is it the end of life or a new start? Is forced retirement good or bad? Are you prepared for the time you stop working? The second "Matter of Time" show on Channel 8 examines another aspect of myths and stereotypes about aging.



photos by Jefferson Fegley

Project director Howard Rabinowitz looks at footage from day's shooting at a shopping center.



Being able to review work on location is a great advantage of the videotape camera over film. Schoettker, Baer, and Rabinowitz are their own worst critics.

on the street with 'matter of time' tv crew

The TRIMS-KUHT team are out shooting the second "Matter of Time" show, this one on retirement.

It was a hot, rainy day when photographer Jefferson Fegley went along while they filmed man/woman-in-the-street interviews downtown and in Meyerland Plaza. Producer-writer Thelma Schoettker interviewed, project director (and TRIMS gerontology training coordinator) Howard Rabinowitz held the long mike, audiovisual technician Peter Baer taped. Then they reviewed their work as it ran in the camera.

The television series on public policy issues in aging is a joint project of Houston's public television station KUHT Channel 8 and TRIMS. It is supported by a grant from the Texas Committee for the Humanities and Public Policy and by the National Endowment for the Humanities. Aired this summer, the first program was so well received that it has been repeated twice.

The show on retirement now in production promises to be as good. Among the stars are Lenora Driver, recently retired from the geriatric information and referral service after several other careers, and architect Earl Gilbert who designed Houston's Gulf Building, Lamar Hotel, Chamber of Commerce building, and the San Jacinto Monument.

Behind the scenes as advisors and also on camera are humanities scholars Dr. Stephen Klineberg of Rice University, Drs. Zena Blau and Howard Eisner of the University of Houston, Rabbi Hyman Judah Schachtel, gerontologist-writer Dr. Alex Comfort, and retirement planner Elizabeth Rockwell of Heights Savings Bank.

Rabinowitz hopes to complete the series of six programs next spring. The second show will probably be ready for preview next month, but air dates have not been set.

and now a word. . .

With this issue *the Emissary* begins a space for comments, essays, editorials, letters by readers who have something to say in print. All contributions are welcome on any subject. They must be signed, but names will be withheld on request and kept in confidence.

And because the column is new and has no copy, the editor will prime the pump with her favorite topic.

communication

The *Publication Manual of the American Psychological Association* states that "A psychologist's research is complete when the results are shared with the scientific community."

This is not completely true. Research is complete when it is shared with the community and applied to the well-being of people. If our responsibility to communicate what we do at TRIMS were fulfilled with the publication of scientific papers, we could reduce our budget, slice up the staff, clear our calendars of half of our appointments, quit traveling, close our office doors, and live in intellectual peace and quiet.

Who needs to know what we do? Legislators and tax payers, of course, because they pay the tab. Present and prospective patients. Professionals in and out of our own

disciplines. That's nearly everybody out there.

"I don't trust reporters. They never get anything straight." "I don't like PR. It gives you a bad name among your colleagues."

Some of the people who make these pronouncements haven't talked to a reporter in years. How could they be misquoted? They never talk to anyone but the cognoscenti.

The scientific societies are forever urging communication skills on their members. And at TRIMS, where there are so many students and so many seminars with mixed audiences from the different professions, most clinicians and scientists can explain their work in plain English. They like to do it because they wish to attract support to their life's work. Dr. Schoolar and the division and section leaders gave a dramatic example of this at recent budget hearings.

In Houston, the print and broadcast media employ a corps of reporters who share our concern for spreading information about health care and science. Telling about our work is part of the job, not an extraneous interruption. Our constituency is wider than that of the learned journals.

—Lore Feldman

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 20915
Houston, Texas 77025

new tapes

The audiovisual section offers these new videotapes:

Psychotherapy of the psychoses—large-group discussions and key speakers at recent continuing education seminar.

Management through communications: defensive versus open styles—Dr. Norma Selvidge, communications analyst, Austin.

Workshop on medical record-keeping and summation conference of TRIMS accreditation site visit—Dr. Ethel Bonn and Dr. Genie Skypek, Joint Commission on Accreditation of Hospitals.

Tapes may be borrowed from Mike McGuyer, TRIMS audiovisual section.



Grace Fisher retired last month after what Dr. Beng T. Ho calls "11 years of friendly, devoted service" in the neurochemistry and neuropharmacology research section. Fisher's husband Russell, who had also worked at the institute for 11 years, retired in 1971. They are moving to a lakeside home in Cleveland, Texas.

volunteer councils gather for state meeting in Houston

Members of volunteer services councils from all TDMHMR facilities will gather in Houston Oct. 12-14 for their twentieth anniversary meeting at the Shamrock Hilton Hotel.

Hosted by the TRIMS volunteer council, the conference offers a variety of general and workshop sessions, exhibits, films and plays, tours and parties. Films on mental health and volunteerism will be shown all day Thursday, the first day, and tours of the Texas Medical Center and TRIMS will be conducted twice on Thursday, each time ending with a reception on the TRIMS patio.

The general session begins Thursday evening with a banquet addressed by Dr. John J. Kavanagh, TDMHMR commissioner, and Dr. Joseph Schoolar, TRIMS director.

State Sen. Chet Brooks of Houston will deliver the keynote address Friday morning. Other speakers are Edwin R. VanZandt, chair of the TDMHMR board, and Dr. Reuben McDaniel, associate dean of the College of Business Administration, University of Texas, who will discuss "demystifying the bureaucracy."

Concurrent workshops in the afternoon concern proposal writing, adult developmental theory, TRIMS—past, present and future, and citizen action to protect rights and promote change.

The Saturday session begins with a discussion of "The child at risk: prevention, identification and intervention" by Dr. Kay Lewis, chief of the TRIMS developmental services section.

Two concurrent special-interest workshops follow. The session on informed consent and ethics in psychiatric research is moderated by Dr. Schoolar. Dr. Neil Burch, head of TRIMS research, Bebe Selig, member of the consent committee, Dr. Charles Weigel, chair of the volunteer services council for TRIMS, and Rabbi Hyman Judah Schachtel are panelists.

The workshop on special requirements of the emotionally disturbed retarded is led by Dr. Lewis. Panelists are Dr. Jimmie R. Clemons, deputy commissioner for mental health services, and Dr. John Carley, deputy commissioner for mental retardation, TDMHMR.



Priscilla Stobb

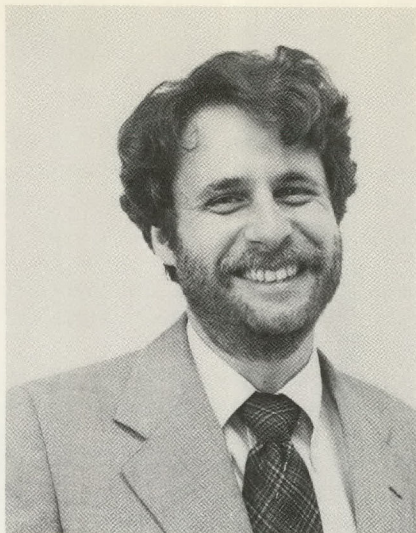
These people won first place for *the Emissary* in a national contest. Left to right: Lore Feldman, editor, Marsha Recknagel, writer-photographer, Gee Lindblom of Baylor graphic arts, art director, Randy Strong, cartoonist, Jefferson Fegley, photographer. Dr. Joseph Schoolar, columnist, was absent because he had better things to do than pose for a picture.

emissary wins first prize in national media contest

The Emissary won first place among newsletters in a media competition of the National Association of Mental Health Information Officers last month. This is the fourth time the publication has won national honors.

Editor Lore Feldman and writer-photographer Marsha Recknagel were at the organization's meeting in Washington to accept the award. The contest attracted 102 entries, judged by Dean Herbst, head of the division of health affairs, Texas College and University System, and Ernestine Wheelock, public relations director and editor, Women in Communications.

Other winning Texans were Hazel Casler who accepted three awards for Harley Pershing, director of the TDMHMR arts, graphics, and educational services for *Impact*, the news magazine, *Challenges*, last year's annual report, and *People*, a slide show; Denise Barnhill of Bexar County Mental Health and Mental Retardation Center, San Antonio, for a public service campaign and magazine ads; and Joan DeRooy of Tropical Texas Center for Mental Health and Mental Retardation, Edinburg, for a brochure and the newsletter *Sab'as Tu*.



Dr. Simon Sobo interviewed for a psychiatrist's position at TRIMS a year ago but took his name out of the running. "My wife wasn't ready to move," he says. But this year the Sobos decided to leave their home in Westchester County, New York, and move southwest. Sobo had a private practice in Manhattan and taught at Albert Einstein Medical School. "This type of job has dried up in the Northeast," he says. "New York is falling into the sea. No, don't say that, just say that in many ways New York is depressed." Dr. Sobo works in the personality disorder clinic, supervising psychology interns and psychiatry residents, and teaching two of the training conferences. A prolific writer, Dr. Sobo once sent one of his papers to Anna Freud. She answered him, saying she had been searching for the words to describe the process he wrote about, and that she thought he did a better job. The paper was published in *Psychoanalytic Study of the Child*, and Anna Freud's letter hangs framed on Dr. Sobo's wall.



Seven years ago **Susan Tipery** awoke from sleep to discover she was numb from the neck down. Other symptoms followed—weakness of arms and legs, double vision, four months of blindness. Multiple sclerosis. In the last two years the course of the disease has changed. Tipery won't call it a remission but a "99-percent improvement" brought about by spinal injections of steroids and a new positive outlook. "I don't want to say I found religion because that turns so many people off. But let's just say I did change my views. I'm not a despondent atheist anymore." Tipery works as a volunteer in the gerontology research section. "I have a lot of empathy for old people," she says. "Almost everything they have to deal with I experienced during the different stages of my disease. I've even heard MS described as instant aging." A music major in college and a graduate student of music therapy, Tipery recently resumed playing the piano after the seven-year lapse. "To be able to create music again is the greatest thing. It is the love of my life," she says.

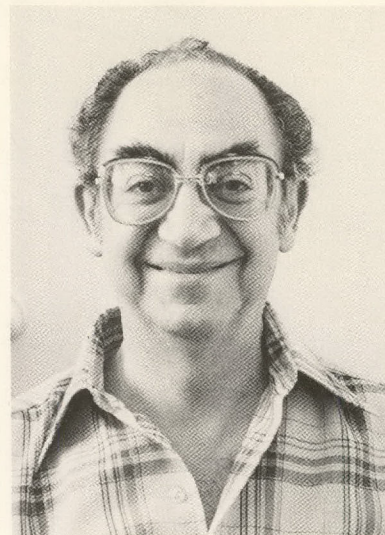


Supply clerks in purchasing must be trustworthy but, generally, they don't need White House security clearance. **Floyd Edwards** already had it. Edwards served in the U.S. Army Honor Guard in Washington from 1968 to 1970. The guard's first responsibility is to protect the President. A less appealing duty is to act as pall bearers for funerals at Arlington Cemetery. "It was depressing," Edwards says. "At the first funeral we all cried—the casket bearers, the family, everyone. After that it became just a job." Edwards participated in President Eisenhower's funeral. During the last six months of his service Edwards was chosen to guard the Tomb of the Unknown Soldier. "When hippies showed up, they made faces, tried to make us laugh. I had to bite my lip." Edwards receives all incoming supplies for TRIMS during the day, attends college as a mathematics major at night, and on weekends he sometimes caters for parties. "I'm an excellent cook. Continental, soul, Spanish, Chinese. Anything you want."

Joyce Warner might live longer because of her job. "This kind of work prepares you for aging," she says. A caseworker in the geriatric clinic, Warner has changed her lifestyle during the last three years. She jogs a mile a day, eats only two eggs a week, adds little salt to her food, and takes four vitamins a day. "People tease me, but I think I feel better and that's what matters." Counseling elderly people, she says, is "frustrating work but it has its rewards. I might see a married couple who have had the same problems for 30 years. If I can initiate any change I feel good." After five, Warner switches age groups. She leads a discussion group of teenage women at her church, and frequently speaks to church and school groups about drug abuse and emotional problems. On weekends she chaperones the City Youth Crusades, a chorus of 300 children who often perform in other cities. Warner admits she can't say no when asked to do something but says she enjoys all of it.



Dr. Roberto Flores Villasana of Mexico City was an unexpected but welcome visitor to TRIMS recently, hosted by Drs. Edwin Johnstone and Rick Allen. Dr. Flores is staff psychiatrist for 9000 employees of Banco Nacional, the largest private bank in Mexico. Professor of psychiatry at the University of Mexico, Dr. Flores has been counseling bank employees two days a week. Recently bank officials asked him to design and head a general psychiatry unit that will include marriage and family, geriatric, and substance abuse clinics. A child psychiatrist is already on the staff. Dr. Flores estimates that, counting family members, the bank's employee health care program covers 45,000 persons of whom about nine percent need psychiatric services. He left TRIMS with an armload of papers on the problem-oriented medical record system and the organization and management of TRIMS outpatient clinics, saying he might send a postdoctoral student to TRIMS.

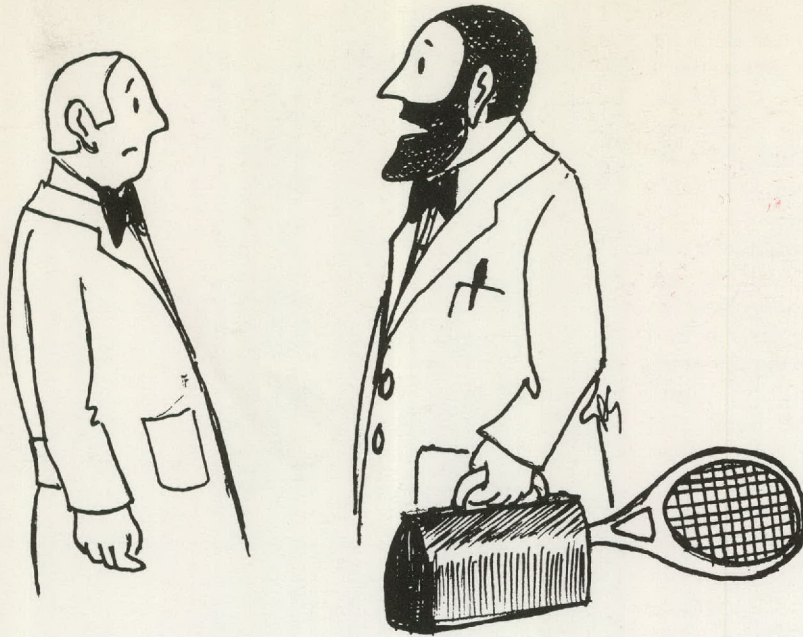


In less than a year, **Thelma Furlow** moved up the ranks from clerk to supervisor of eight staff members in medical records. Although happy to be promoted, she was worried. "I had worked here for a year and I felt funny asking others to do things," she says. "At first I was running myself ragged doing everything myself." Furlow has learned a lot in the last three months. "I don't think you have to be hard-nosed to be a good supervisor," she says. "It's still a little difficult for me to ask for help but I say please." Recently divorced, Furlow had not worked for ten years. "I didn't know how to do anything. I barely knew how to write a check." Now she is supporting herself and her two children. The job, the promotion, the day she received credit were all major steps, she says. "I've become very independent. Sometimes it's hard but I'm proud of myself," she says with a big grin.



dr. syndrome

by Randy Strong



I hate to rush off, but
I've been summoned to appear in court.

seminars

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

**oct. 6 • the concept of
temperament: a homeodynamic
approach to personality
development**

Stella Chess, M.D.
professor of child psychiatry
New York University Medical Center

**oct. 13 • no seminar—volunteer
services state council meeting at
Shamrock Hilton Hotel**

**oct. 20 • masked "myxoedema
madness"**

Ken Reed, Ph.D., M.D.
research fellow, TRIMS

**oct. 27 • whisperings between
brain cells as seen in interactions
with low-level electromagnetic
fields**

W. Ross Adey, M.D.
associate chief of staff for research
Veterans Administration Hospital
Loma Linda, California

**nov. 3 • no seminar—annual
symposium, violence and the
violent individual
Shamrock Hilton Hotel**

**nov. 10 • perceivers, perception,
and psychopathology: illusion
and delusion**

Eugene Ebner, Ph.D.
chief, experimental psychopathology
laboratory, TRIMS

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Jefferson Fegley, *photographer*
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address correction requested