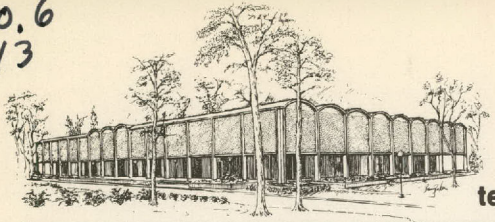


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Marsha Lee Recknagel



Love is ageless.
Visit a nursing home resident

at senior fair
page 13

the emissary

Government Documents

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dr. schoolar writes

council spells out county's needs

In April, the Mental Health Needs Council presented to the members of Harris County Commissioners Court its report on the mental health services of this county—both the current level of service delivery and the estimated additional services needed.

The council was appointed by County Judge Jon Lindsay. Its findings extend a March 1976 report by the Houston Psychiatric Society describing the deficiencies in mental health services in this community. Some of those inadequacies have been corrected—specifically, the emergency room capabilities of Ben Taub General Hospital have been enlarged—but the present council report details even greater, and worsening, needs. "Waiting lists for outpatient services grow longer. Patients must often be sent to remote state hospitals because treatment is

not available locally. Other patients must remain hospitalized for longer periods due to the critical shortage of residential care and halfway house services needed to bridge their return to a fully independent life."

Areas of need given greatest priority by the council are:

- Public and private inpatient beds for children 0-12 years of age
- Public alcohol detoxification services
- Residential and halfway house care for adults
- Public inpatient beds for adolescents
- Public inpatient beds for adults
- Residential care for geriatric patients

Immediate needs include an additional 210 psychiatric hospital beds, 91,000 additional outpatient hours, and 144 halfway house places.

These needs are projected to increase exponentially, at least over the next seven to ten years.

Most significantly, the council places the responsibility for remedying these deficiencies on everybody, stating the "responsibility... is broad. It transcends political boundaries and includes both our legislators and the entire citizenry of Harris County."

TRIMS is part of that citizenry, and glad to be counted among it. We treated 712 inpatients and 11,324 outpatients last year, even though research and training activities are our primary concern.

We are a member organization of the Mental Health Needs Council, with several staff members devoting considerable time to its efforts. It is a pleasure to work cooperatively with the other organizations as part of the psychiatric community.

we'll conserve energy without making people suffer, Ragan says

It's, well, a hot topic.

The president says 78 degrees. The governor wants Texas thermostats at 76. And the people who work at TRIMS (as elsewhere in Houston) want to know how they can work efficiently, provided they can get here, without living in a fine, patriotic sweat.

The man in charge of complying with rules while keeping working life bearable is Wallace Ragan, chief of plant engineering. His message to his worried constituents is: "We are going to conserve energy without making anybody suffer."

Ragan attended two days of state and departmental meetings in Austin recently where the technical matters of stopping energy waste in public buildings were discussed. Studies will be done of all public facilities, and the State of Texas will attempt to qualify for federal funds for some of these studies.

But actually, Ragan says, TRIMS has been engaged in the conservation effort for six years. Since the department's orders to this effect came out in 1973, TRIMS has saved about 30 percent in electrical consumption. The institute has consistently kept down utility expenses so that, although rates rose steeply, actual expenditures did

not go up as much.

Air conditioning is the biggest problem, and the one staff members are concerned with most. It is difficult to cool the building evenly, and Ragan is aware that keeping thermostats at 76 degrees will bring temperatures up over 80 degrees in some offices, laboratories, and clinics.

"We will stop waste," he says. That means chilling the cold water involved in air conditioning slightly less, keeping hot water at a lower temperature, removing unessential light bulbs or replacing them with lower-wattage ones.

"Turn out lights if you leave your office for more than ten minutes, don't keep outside doors open, draw draperies over floor-to-ceiling windows," he says.

Many offices have boiling coffee pots, which helps to push up temperatures. But Ragan says that whenever this topic was mentioned at the Austin meeting, participants shied away from having to interfere with the practice.

The TRIMS station wagons will be filled with gasoline according to odd-even license plate regulations, even though they qualify as a fleet, and only the courier will be allowed to buy gas for his van whenever necessary, Ragan says.

"We will do all we can to keep our work going efficiently and to keep people comfortable. It's a team effort."

“weekend fathers” want share in bringing up their children

Monday through Friday, single mothers practice parenthood on their children by mopping slobbered milk, placing Band-aids, nagging. Finish your homework and go to bed!

On the weekend, fathers and children buy toys, eat in restaurants with tablecloths, and pet baby goats in the zoo. Fathers have the best of the bargain.

Some divorced fathers in Houston told a different story recently on Channel 13's "Good Morning, Houston." Filmed on a trip to the zoo with their children, they said the quality and quantity of time they spend with their children is inadequate. They do not have enough influence on their children's development, and the division of labor between divorced parents needs to be more equal. The videotape, "Weekend Fathers," was followed by an interview with Sam Brinkman, founder and past president of Texas Fathers for Equal Rights.

Brinkman, consultant for TRIMS psychophysiology research, has custody of his four-year-old daughter, Heather. He speaks with empathy not only for fathers, but for children and mothers involved in custody battles.

don't shut other parent out

"If I have one message," he said, "it is to stress communication between the parents about raising their child. The visited parent wants to participate in the child's discipline, to have an impact on the child's life. I would like to say to the custodial parent, Don't shut the other parent out of the child's life."

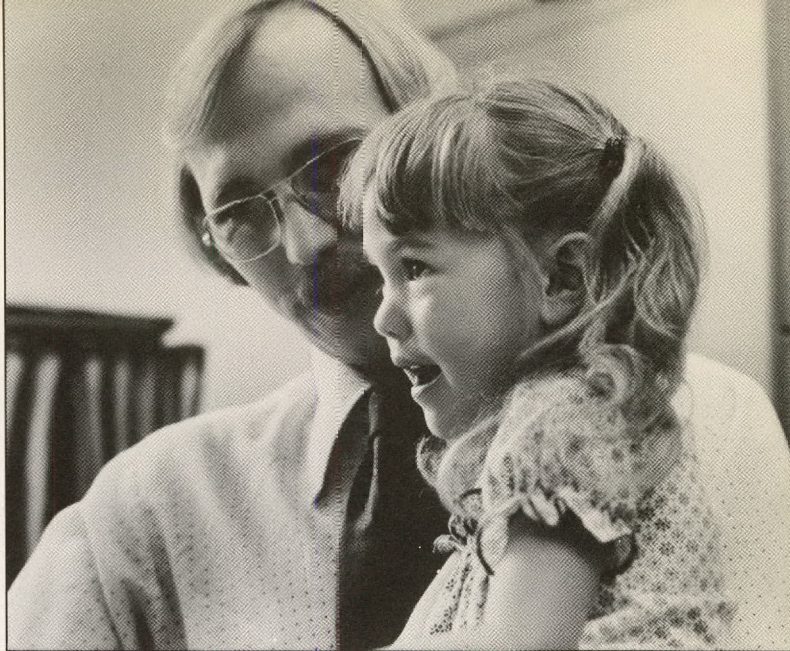
On the tape made by Don Nelson of Channel 13, the fathers talked about the "pettiness and vindictiveness" caused by fighting for children in court. Weekend visits, marriage counselor Pete Jolin said, "are a reminder of the bitterness" of these contests. Seeing their children so briefly brings up feelings of "what's the matter with me, I can't seem to love my child."

"My former wife gives me the message that my job is to pay child support and let her raise the children," another man said.

Meanwhile some of the children, the little ones riding on their fathers' shoulders, seemed less concerned. "The only thing I have trouble with on weekend visits," an 11-year-old boy said, "is finding where the dishes go in the cabinet."

Unfortunately, not all divorces are settled so amicably that the child can feel that way, said Brinkman.

—Lore Feldman



Sam and Heather Brinkman



children having children

'whether you
keep or release
the baby,
it's hard'

photo by Gordon Stanley

Probably she has lost a significant person in her life, has had different people acting as her parents, and maybe she has a mother or a sister who were adolescent mothers.

"She" is a teenage unwed mother, and these are some of the common experiences—"the red flags waving along the way"—that child therapist Jean Logan is discovering among the pregnant teenagers she counsels at the Florence Crittenton Home. She is repeatedly finding these common denominators, she says, regardless of the age, social class, race, religion, or educational level of the girl.

Logan, of course, doesn't mean that teenaged girls with such experiences will automatically become pregnant. "But they're vulnerable," she says. "Because of their life experiences they're at risk when they begin adolescence."

Logan, who is writing her master's thesis in child development on "Historical commonalities of adolescent pregnancy," wants to document the similarities she sees in the unwed mothers she has been counseling for the last two-and-a-half years. Ultimately she would like to develop a profile from her data of the kind of girl who is most likely to become an adolescent mother, in hopes that preventive action can be undertaken before she becomes pregnant. "That's my dream," Logan says.

questioning expectations

In the meantime Logan is assisting pregnant teenagers in dealing with such questions as whether they should keep their babies or release them for adoption, and whether their expectations of motherhood are fantasies or reality. For example, a young woman will tell Logan, "This baby is all mine."

"I ask her, 'What did you ever have before that was all yours?'" Logan says.

Usually in a group setting, Logan and co-therapist Jim Viola help the pregnant girl deal with issues of identity (who am I? what am I going to be when I grow up?), her relationship with the baby's father, her new body image, and her relationship with her parents.

"Some issues are very painful for the girls to confront," Logan says, "such as dealing with how they will parent, as well as how they were parented." They discuss questions such as, How do we learn to be parents? Where do we get that information? "They say they learned from their own parents, but they don't want to do it that way," Logan says. "Then I say, 'But how can you do it differently?'" Often too the therapists are called upon to provide basic biological information about pregnancy.

aged 11 to 20

The adolescent mothers Logan and Viola have counseled have ranged in age from 11 to 20, with the majority being 15 or 16 years old. Usually the girls come to the Crittenton Home when they are four or five months pregnant. "I wish we could start working with them when they're only three minutes pregnant," Logan says. "There are so many issues to resolve."

Logan sees adolescent pregnancy as a developmental interference. "Just working through adolescence is enough of a task, but to compound it with a pregnancy can really be an obstacle," she says.

One of the prime reasons for counseling these teenagers is the hope that, with intervention, they won't become pregnant again while so young. At the Florence Crittenton Home the girls may continue their education and receive prenatal care as well as psychological counseling.

Of the pregnant teenagers she has counseled, more girls decide to keep their babies than to release them for adoption, Logan says. "The girls are told, 'This is your decision to make, whether to keep the baby or not,' but I wonder, is it really? Usually they get a lot of input from other people in that decision, from their parents, friends, extended family, and the baby's father." Whatever the young woman decides, Logan says she tells her, "Whether you keep or release the baby, it's hard."

return after delivery

Sometimes after her baby is delivered a girl will return to the Crittenton Home to discuss her concerns. Hearing from a teenager who has "already been there, who has either kept or released her baby, is so valuable to the other girls," Logan says.

One of the most frustrating aspects of Logan's job involves reconciling herself to a girl's decision to keep a baby when she thinks the teenager won't be a competent mother. "You have to draw a fine line in trying to be objective when all your information says that this girl won't be an adequate mother. You have to try to monitor your sense of hopelessness with some of the girls and the concerns they bring with them."

So why does she want to deal with such an often frustrating group? "I love working with these girls," she says. She is firmly convinced that "cycles can be broken. A girl may have had the most traumatic life experiences, but the unpleasantness she's lived with does not have to handicap her. Things do not have to stay the way they are."

Her opportunity to work with these young women, Logan says, resulted from the shared concern and subsequent planning of Mayme Ardis, executive director of Florence Crittenton Services, and Dr. Mae F. McMillan, chief of the early childhood therapy clinic at TRIMS.

—Karen Hanson Stuyck

Jean Logan



publications

Roy J. Mathew, Beng T. Ho, Patricia M. Kralik, and James L. Claghorn. Anxiety and plasma prolactin. *American Journal of Psychiatry* 136: 716, 1979.

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Robert C. Smith, John Crayton, Haroutune Dekirmenjian, David Klass, John M. Davis. Blood levels of neuroleptic drugs in nonresponding chronic schizophrenic patients. *Archives of General Psychiatry* 36:579, 1979.

Peter B. Silverman and Beng T. Ho. Stimulus properties of DOM: commonality with other hallucinogens. Beng T. Ho and Peter B. Silverman. Stimulants as discriminative stimuli. In F. C. Colpaert and J. A. Rosecrans (eds.), *Stimulus Properties of Drugs: Ten*

Years of Progress. Amsterdam: Elsevier/North Holland Biomedical Press, 1978.

M. M. Airaksinen, J. T. Huang, B. T. Ho, D. Taylor, and K. Walker. The uptake of 6-methoxy-1,2,3,4-tetrahydro-beta-carboline and its effect on 5-hydroxytryptamine uptake and release in blood platelets. *Acta Pharmacologica et Toxicologica* 43:375, 1978.

Mary L. McKenna, Beng T. Ho, and Leo F. Englert. Generalization of norcocaine to the discriminative stimulus properties of cocaine. *Pharmacology Biochemistry and Behavior* 10(2):273, 1979.

Vicente S. Estevez, Beng T. Ho, and Leo F. Englert. Metabolic correlates of cocaine-induced stereotypy in rats. *Pharmacology Biochemistry and Behavior* 10(2): 267, 1979.

□ alcohol and opiate antagonists □

At the Federation of American Societies of Experimental Biology, Eve Applebaum presented a paper on the effects of opiate antagonism on the discriminative stimulus properties of ethanol, and Dr. H. L. Altshuler discussed the interaction of ethanol and opiate antagonists in rats.

Dr. Altshuler has joined the editorial board of *Drug and Alcohol Abuse Research*, which will publish its first issue late this year.

□ drugless side effects □

Dr. Roy Mathew gave a paper, "Tricyclic side effects without tricyclics in depression," to the NIMH New Clinical Drug Evaluation Unit. Drs. Maxine Weinman and James L. Claghorn are co-authors.

□ award to Cowen □

Millie Cowen, past president and board member of the Volunteer Services Council, was presented the Ernest Krautkopf Congregant of the Year award by Congregation Emanu El.

□ exhibit prize □

The Palmer Drug Abuse Program in Houston won the top scientific exhibit award at the Texas Medical Association meeting in Dallas. Dr. Timothy Sharma is PDAP's sponsor.

□ Cohen in Holland □

Felice Cohen delivered a lecture on art therapy at the St. Bavo Psychiatric Institute, an 800-bed psychiatric center in Noordwijkerhout, the Netherlands. She discussed psychotic symbolism, diagnosis and therapy with psychiatrists, psychologists, social workers and psychiatric residents.

□ Hunt in Heights □

Dixie Hunt has left Dr. Schooler's office to open her own shop, Hunt's Hoj Poj. It's at the corner of 13th and Yale.

□ how do we know? □

The only way *the Emissary* can find out about staff members' publications and professional activities is if you tell us. The grapevine is unreliable; send us a note, please. In the case of published papers, a copy of the paper or abstract will help explain what the title means.



Millie Cowen

use blood-level tests in treating depressed patients, scientists say

Prescribing antidepressant drugs is no longer a hit-or-miss proposition because laboratory assays make it possible to tell how much of a drug is actually circulating in a patient's bloodstream.

TRIMS researchers gave a workshop last month for 50 local and state hospital physicians to discuss accurate diagnosis of depressed patients, the drugs used to treat them, side effects and drug interactions, and the laboratory techniques to assess the drugs' effectiveness. The workshop was a prelude to offering the institute's laboratory services to test blood samples of patients who have not responded well to treatment.

Discussed particularly were the tricyclic antidepressants for which, after years of research, precise information is available on how they work and their proper therapeutic dosages. These widely prescribed drugs are nortryptiline, amitryptiline, imipramine, protryptiline, and desipramine, all called tricyclics because the drugs' molecule has three rings.

They are effective for 60 to 80 percent of patients suffering from endogenous affective symptoms, Dr. Joseph Schoolar, TRIMS director who chaired the workshop, explained. Among symptoms of endogenous depression are sleeping and appetite problems, disturbed thinking and memory, low energy, lagging interest in activities, sexual problems, paranoia, obsessive-compulsive symptoms, and feelings of depersonalization.

"There are many ways of defining depression," he said. But it is still true that "a depressed individual is one who looks depressed, acts depressed, and says he is depressed." The tricyclic antidepressants are not effective in schizophrenia—they may make a schizophrenic patient's depression worse, in fact—and neurotically depressed or grief-stricken patients do not need them and do not respond to them, he said.

test plasma samples

Dr. Robert Smith, chief of behavioral neurochemistry, explained the clinical use of the drugs in detail. He stressed the futility of too-low dosages and the danger of too-high ones. Testing plasma samples for the amount of drug in a patient's body is the one precise method of

administering proper amounts because patients vary widely in the way they metabolize medication.

Chemotherapy and psychotherapy for depression both work, but they attack different aspects of the problem, he said. The drugs reduce specific depressive symptoms while psychotherapy improves the patients' social adjustment.

Dr. Smith advised physicians to wait three to five weeks before changing the prescriptions of patients who do not seem to respond to antidepressants. The tricyclics take that long to reach their full effect, he said.

symptoms same as side effects

What are thought to be side effects of the antidepressants, Dr. Ken Reed explained, may instead be symptoms of the illness. Research has shown that during the first week of treatment, when patients are taking no drugs, they complain of the same problems—dry mouth and dizziness, for example—that are ascribed to the medications.

He described the danger of the tricyclic drugs for patients with cardiovascular disease and warned doctors never to give a suicidally depressed patient a ten-day supply of pills. "A thousand milligrams will kill you," he said. "A patient needs to stockpile the pills only for five or six days to commit suicide."

But it is "probably a myth" that older patients can only tolerate small dosages of one antidepressant, nortryptiline, he said. "If we test plasma levels, we know where we are in treatment."

Dr. David Fenimore, chief of instrumental analysis, and Dr. Chester Davis, research specialist in that section, described the development of techniques in their laboratories to make blood level assays fast and inexpensive.

The two scientists urged physicians to use these tests for the drugs for which therapeutic ranges are known, and advised them how to select appropriate laboratories in their areas. When these are not available locally, Fenimore said, the TRIMS laboratories stand ready to perform the test in selected cases.

—Lore Feldman

symposium on emotionally ill retarded set for Sept. 26-28

The 13th annual TRIMS symposium, *The Emotionally Disturbed Retarded*, is scheduled for Sept. 26-28 at the Shamrock Hilton Hotel.

Organizer Dr. Kay R. Lewis, chief of child and adolescent services, says the conference "will address those working and serving the needs of the emotionally disturbed, a group that has fallen in the cracks between mental health and mental retardation services."

The need to improve services for this group has become more intense, Dr. Lewis says, with the advent of

the Mentally Retarded Persons Act in Texas. The legislation assures services to all retarded persons, including appropriate diagnosis and evaluation.

Well-known professionals in the field are being invited to address the meeting, and invitations will be sent to prospective participants in TDMHMR, professional organizations, universities, and social agencies throughout the state.

For more information contact Dr. Lewis's office at TRIMS.



Dr. Charles Weigel was president of Volunteer Services Council for two years.

Lee McMurrey teaches needlework.



V. V. Cash chaired public responsibility committee.



Carol Walser is director of volunteer services.

Sally DeWalch, Junior League of Houston representative on volunteer council board, helped obtain 12-passenger van for TRIMS patients from her organization.



council honors volunteers for thousands of working hours

Volunteers at TRIMS are now involved in everything from teaching occupational therapy classes to helping conduct research studies.

Lee McMurrey, a volunteer at the inpatient unit, has been teaching needlework to patients, staff, and occupational therapy students for three years. Former owner of a needlework shop, she teaches all forms of the craft—knitting, crocheting, needlepoint, bargello, and crewel. “Needlework and talking to people are my therapy,” she says of her volunteer work. “And it gets me out of the house.”

V. V. Cash started her volunteer career at TRIMS assisting in the library but then switched to working on the public responsibility committee, a volunteer group established to help protect the rights and interests of TRIMS patients. Cash chaired the PRC this year. The committee “investigates complaints, gets the facts, and gives the results and any suggestions to Dr. Schoolar,” she says. There is no predominant category of complaint. “We see a little of everything.”

Since the committee installed nine suggestion boxes in hallways and waiting rooms around TRIMS, the inpatient unit at Center Pavilion Hospital, and the substance abuse clinic, the number of complaints has increased dramatically. “Since January we’ve had 53 suggestions, requests, compliments or complaints in the new boxes,” Cash says. Previously all suggestions had to be mailed to a post office box from which, over the same period, only two complaints had been received.

Dr. Charles Weigel, outgoing president of the Volunteer Services Council, Inc., has divided his extensive volunteer hours between serving on the council and lecturing on legal aspects of mental health. A professor of law at South Texas College of Law, Weigel is a charter member of the council. He says, “I’m a volunteer because I believe in volunteerism. TRIMS, more than any other organization, made me aware that we need a background organization for our work, that volunteers serve patients, but we also serve the people who serve the patients.”

These three were among the 28 volunteers receiving awards at the Volunteer Services Council’s fifth anniversary awards program June 21.

patients’ van arrived

At the awards dinner Carol Walser, director of volunteer services, cited the council’s achievements over the

last year. “TRIMS is very grateful to all of you,” she told the volunteers. She announced the arrival of a 12-passenger Dodge van donated by the Junior League of Houston for transporting TRIMS patients on recreational trips.

The council planned and conducted three meetings, for the Association of Voluntary Action Scholars and the Southwest Social Science Association, the American Association for Administration of Volunteer Services, and the Volunteer Services State Council for the Texas Department of Mental Health and Mental Retardation.

The Volunteer Services Council sponsored a dinner for state legislators at the Doctors’ Club, an open house for the substance abuse clinic, and a Christmas celebration for all hospital patients and children in the clinics, Walser said.

Walser presented a plaque listing the council’s past presidents: Raymond Kerr, Millie Cowen, and Charles Weigel. The plaque will be placed in the Eugen Kahn board room.

plan playground

The Rev. Jon Thrasher, incoming council president, announced that the council’s main project next year will be establishing an outdoor playground for children at the east end of the TRIMS building. Other officers elected at the meeting are Lilla Bell, vice president; Virginia Grinaker, secretary; and Richard Ramirez, treasurer.

Guest speaker was State Representative Chase Untermeyer who told the volunteers of the value of their community service and cited the importance of the work they do in helping the state “replace tax dollars with hard-spent hours of volunteer work.”

Volunteers who had worked for 100, 500, 1000, 1500, and 2000 hours received gold pins at the dinner while Walser talked about their work and showed slides of them in action. The following persons received awards.

More than 100 hours:

Molly Aczel served on the public responsibility committee.

Vickie Bullock helped conduct psychology research in the inpatient unit.

Barbara Garber helped conduct psychology research in the inpatient unit.

Virginia Grinaker worked on the senior fair, in nursing and senior information services, and is interviewing participants in gerontology research. She is secretary of the Volunteer Services Council.

Mildred Gresham worked in medical records until she joined the TRIMS staff.

Kathy Lawther worked in psychology research in the inpatient unit.

Joanne Morphey, M.A., helped with occupational therapy in the hospital and is a new member of the public responsibility committee.

Richard Ramirez was treasurer of the volunteer council, serves in that post this year, and has helped to secure financial support for the council from Fannin Bank.

Stacy Swango worked in nursing service in the hospital.

Bridgette Terrasson worked on weekends in occupational therapy and was hired as a summer student in that department.

Susan Tipery worked on two studies in gerontology research and now leads a music therapy group in the social rehabilitation clinic. She helped host the state convention.

Ruth Travis, M.A., assisted in medical records, gerontology research, and currently works in the library.

Kathleen Wright staffs the information desk.

Suzanne Yavornitzki, Ph.D., serves on the consent committee, a group of volunteers who review research protocols, and as a play therapist in the children's clinic.

More than 500 hours:

Lynne Campbell was a member of the public responsibility committee and now serves on the consent committee.

V. V. Cash, J.D., first worked in the library, then became a member of the public responsibility committee, serving as chair.

Cheryl Cohorn, M.S.W., J.D., is a member of the consent committee.

Martha Erwin served on the public responsibility committee and is now a member of the consent committee.

Priscilla Ray, M.D., served on the public responsibility committee and now works on the consent committee.

Linda Wells, J.D., was a member of the board of directors of the volunteer council and currently serves on the public responsibility committee.

More than 1000 hours:

Lilla Bell worked in the social rehabilitation clinic and in the hospital. She is vice president of the council and served as secretary of the executive committee. She chaired the state convention for volunteers.

Millie Cowen was president of the volunteer council. She helped conduct music recreation in the day treatment center and serves on the council's board of directors as a charter member, and on the executive committee. She represents Temple Emanu El Sisterhood on the board and has secured their financial support for the council.

Carolyn Gless works in the social rehabilitation clinic and trains other volunteers for this clinic and the information desk.

Mohini Sindwani, Ph.D., is a therapist in the children's clinic.

The Rev. Jon Thrasher is president and a leader in fundraising for the council, and was the vice president. He has served on various ad hoc committees.

More than 1500 hours:

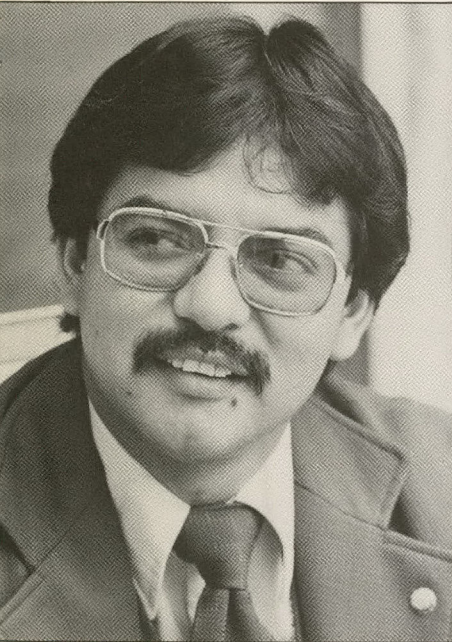
Sadie Caplovitz, Ph.D., works in the therapeutic nursery as an intake counselor and in doing follow-up studies.

Lee McMurrey works in occupational therapy with patients and teaches classes for the staff.

More than 2000 hours:

Charles Weigel II, J.D., LL.M., is a charter member of the council and served as vice president two years and as president for the past two years. He chaired the steering committee which formed the advisory committee for the substance abuse clinic and served as treasurer of the Volunteer Services State Council.

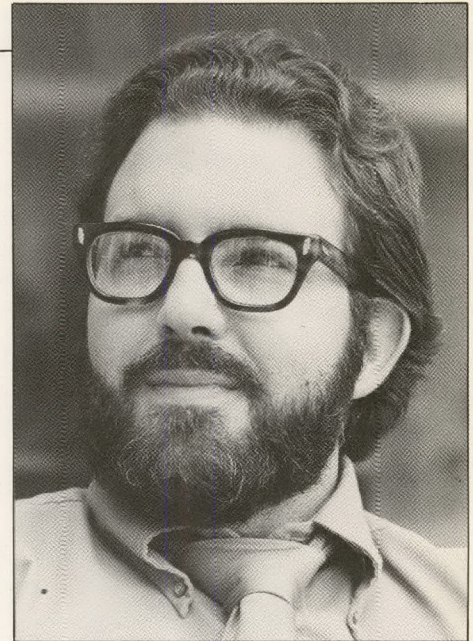
Lilla Bell is vice president of council.



Richard Ramirez is council's treasurer.



Carolyn Gless works in social rehabilitation clinic.



The Rev. Jon Thrasher heads council this year.



Susan Tipery leads music therapy group.



Virginia Grinaker is council secretary.

Mirabi urges more psychiatric interest in mentally retarded

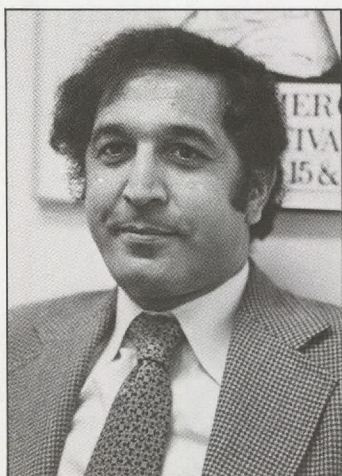
Psychiatrists today tend to shy away from treating the mentally retarded, according to Dr. Mohsen Mirabi, chief of adult outpatient Service C.

"Unfortunately today only one-third of one percent of American Psychiatric Association members are involved in the field of mental retardation," he said.

Mirabi is currently serving his third year as chair of the American Association of Mental Deficiency's (AAMD) medical division for region 5, which includes Texas, Arkansas, Kansas, Louisiana, Oklahoma, and Missouri. Although not the largest, region 5 is one of the most active AAMD regions, he said. With 14,000 members, AAMD is the only interdisciplinary professional organization concerned with the mentally retarded.

Mirabi attributes the dearth of psychiatric interest in the retarded to a lack of sufficient training in mental retardation during psychiatric residencies. Some psychiatrists, he said, believe that because mentally retarded persons have low IQs and limited verbal ability they are not suitable for psychotherapeutic intervention.

But this just isn't true, he said. "Almost all psychiatrists know how difficult it is to treat a Ph.D. of high intellect, but who's nevertheless highly resistant and intellectualizing in his therapy."



Dr. Mohsen Mirabi

Quoting a colleague who likened the mentally retarded to turning on a radio, "only the volume is low," Mirabi added, "A mentally retarded person is as much a feeling, thinking individual as anyone else."

Today three percent of the U. S. population are mentally retarded, he said, and 40 to 50 percent of mentally retarded persons are believed to have associated emotional problems. "Unfortunately this group has had little access to psychiatric care."

Mirabi said he is delighted that the TRIMS symposium this year will be devoted to the emotionally disturbed mentally retarded.

treat patients and run programs

Because of their background and training in biological, genetic, psychosocial, and behavioral aspects of illness, psychiatrists are uniquely equipped to deal with the mentally retarded. Mirabi believes psychiatrists can contribute not only to treating the emotionally disturbed mentally retarded person but to organizing and administering programs.

But psychiatrists' expertise doesn't suffice to meet the needs of mentally retarded persons, he said. A comprehensive approach involving educators, other mental health professionals and medical specialists is the most effective means of delivering adequate care.

Mirabi presented a paper, "The role of psychiatrists in mental retardation," at the 103rd annual AAMD meeting in Miami. In August he plans to report on "Psychopharmacotherapy and mental retardation: an update" to the International Association of Scientific Study in Mental Deficiency meeting in Israel.

He has been appointed by Dr. John J. Kavanagh, TDMHMR commissioner, to serve on the central office committee for certification of state facilities as diagnostic and evaluation centers and of the professionals who serve as evaluators.

For the third year Mirabi is planning the program for the regional AAMD medicine division meeting in October. Earlier in his career, Mirabi worked as staff physician in a state hospital in Kansas, where he first treated mentally retarded persons. His TRIMS service includes crisis intervention and information and referral.

—Karen Hanson Stuyck

TRIMS therapists to teach workshop on child development

Eighty child care workers of the Texas Department of Human Resources will attend a three-day workshop at TRIMS to discuss child development and the services available to help children with problems.

The conference July 24-26 will be chaired by Dr. Kay R. Lewis, chief of the TRIMS child and adolescent services section, and Glen Razak, social worker and information and referral specialist for that section. Discussion leaders include Dr. Mae F. McMillan, Dr. Eileen Cassard, Dr. Nancy Pezzia, Dr. Carol Brady, Tempa Shearer, Suzanne Bafus, William McKinnon, Dora McBride, and Mary Beth Holley.

Those attending are workers of the Department of Human Resources' early periodic screening, diagnosis


and treatment (EPSDT) program, who annually examine children of families receiving welfare support.

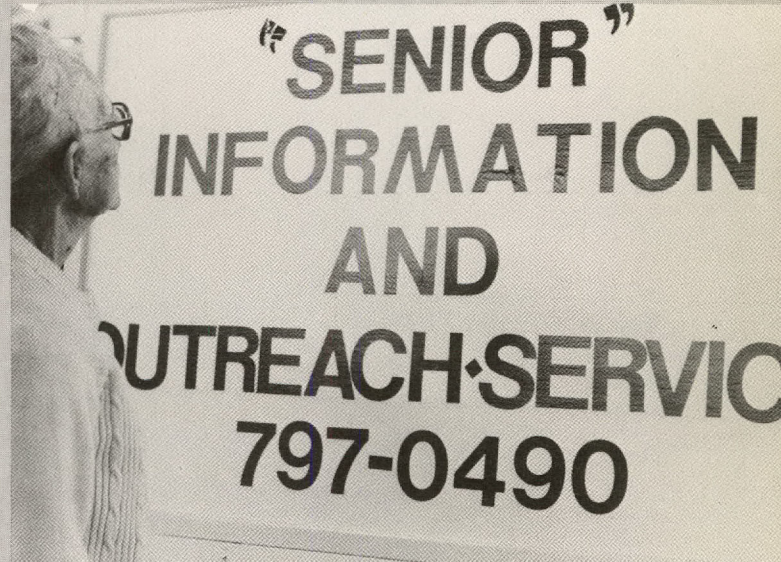
Razak says the program has a liberal amount of time allotted to question-and-answer sessions and informal discussions. The TRIMS therapists will review children's services available at TRIMS and in the community and describe indications for referral. An introductory course in medical terminology will offer information on how to interpret results of blood and urine tests and visual and hearing examinations.

There will be sessions on normal development of preschool children, school-age children and adolescents, sex education, communicating with parents, and handling children's behavior problems.



senior fair and not a rocking chair anywhere

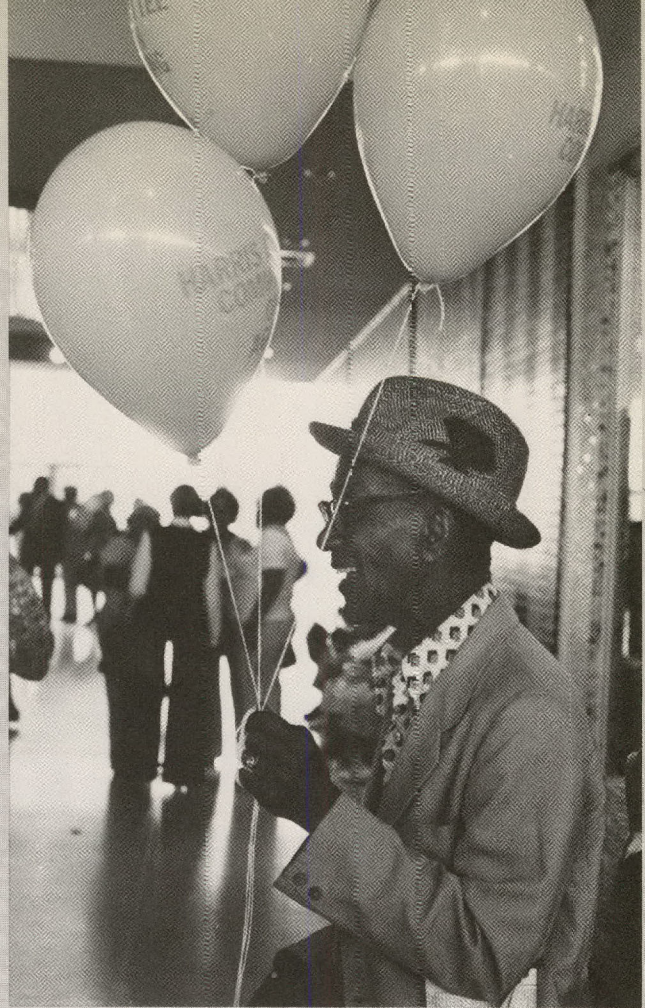
In celebration of senior citizens month, the Harris County Committee on Aging sponsored the fifth annual Senior Fair at Northline Shopping Mall. There were craft and refreshment booths, service and information tables, blood pressure screening, and live entertainment. Virginia Grinaker, a TRIMS volunteer, and Virginia Fromme-Montgomery, community resources specialist for the senior information and outreach service, coordinated the event. 



photos by Marsha Lee Recknagel



Henrietta Rodriguez, right, behind the potted plant, listens to a woman's concerns about services. Rodriguez is a fieldworker for the senior information and outreach service.



Senior information and outreach service staff members Melba Haynes, Vernice Callier, and Carolyn Hemphill staffed the TRIMS booth.



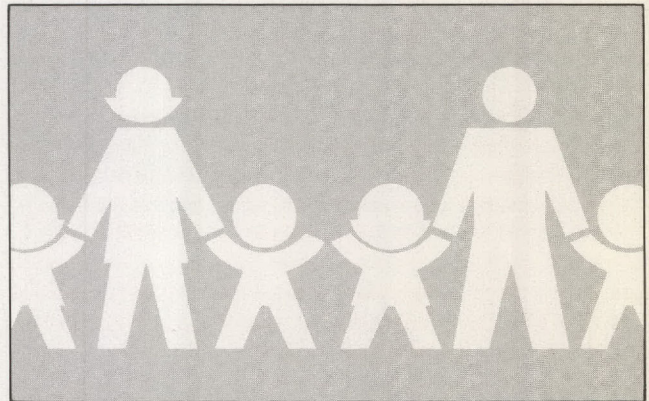
Erin Pizzey founded and directs a refuge for battered women and children in England. At a TRIMS seminar, she chronicled the development of the first crisis shelter, Chiswick Women's Aid, into a network. Run with nothing but private contributions, these houses accept all women seeking help and the locations, unlike addresses of such shelters in the United States, are well known. She said the style of house management is chaos because that is the only atmosphere in which the women and children feel comfortable at first. "Then quality of relationships, in a sense, replaces violence," she said. Pizzey blamed professionals for closing their eyes to family violence and misdiagnosing battered women as depressed.



new research

New research protocols approved by the central office research review committee:

- Regional cerebral blood flow patterns in schizophrenia, depression, and pseudodementia in relation to age and cerebrovascular disorders—James L. Claghorn, M.D.
- Addendum to Study of fluoxetine in major depressive illness—James L. Claghorn, M.D.
- Addendum to Comparison of SK&F 69634 and haloperidol in hospitalized schizophrenic patients—James L. Claghorn, M.D.
- A baseline controlled study of clovoxamine in hospitalized depressed patients—James L. Claghorn, M.D.
- Apomorphine combined with neuroleptics in poorly responding schizophrenic patients—Robert C. Smith, M.D., Ph.D. (Kerrville State Hospital).



community affairs dept. offers slide show on state's children

A new slide-tape show on problems affecting Texas children and families is available free from the Early Childhood Development Division of the Texas Department of Community Affairs.

The 15-minute show is narrated by former U.S. Representative Barbara Jordan. It focuses on the need for community action in helping families, troubled youths, and abused or handicapped children.

Contact the Early Childhood Development Division, P.O. Box 13166, Capitol Station, Austin 78711, or call toll-free 800-252-9642 (STS 822-5834).

pamphlets

□ The Texas Department of Community Affairs has collected latest statistics on the condition of children and their families in each of the 254 Texas counties. The profiles include information on health, education, income, and services and are available from Family and Child Statistics (FACS) Information System, Early Childhood Development Division, TDCA, P.O. Box 13166, Capitol Station, Austin, Texas 78711.

□ Regional directories of *Rape Prevention and Treatment Resources* are available free from the National Center for the Prevention and Control of Rape, National Institute of Mental Health. The directories are for the professional community, national and local agencies and organizations, and the general public to assist in locating and improving services and prevention activities. The center also publishes literature search data, catalogs of federal funding sources and resource materials, and grant summaries. For a regional directory or materials catalog, write National Rape Information Clearinghouse, Room 10C-03, Parklawn Building, 5600 Fishers Lane, Rockville, Maryland 20857.

letters

thanks to hosts

Letter to Dr. Joseph Schoolar:

On behalf of the institutional accounting unit of Central Office, and the chief accountants and their staffs from the facilities represented at the East Texas Regional Accounting Conference, I wish to express our appreciation for the excellent job done by Texas Research Institute of Mental Sciences in acting as host facility. . . the hospitality of the TRIMS staff contributed greatly to the success of the conference. Please extend our thanks to the accounting section for supplying coffee and doughnuts. We wish also to thank those of your staff who organized and conducted the interesting and informative tour. . .

H. L. Menn, Ph.D.
Chief, Budgets and Finance

corrections

Martha Erwin is a member of the consent committee. Her name was omitted from a story about the committee in the May issue of *the Emissary*.

Last month, Dr. J. Don Boney was identified as chancellor of the University of Houston Central Campus. He holds that post for the university's Downtown Campus.

The Emissary regrets these errors.

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

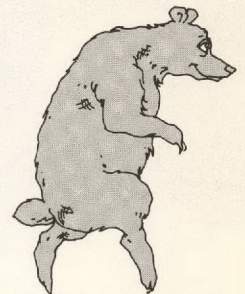
under one roof

Three separate but related functions—quality assurance, standards compliance, and program evaluation—have been combined and placed in the special services section of the TRIMS administrative division. Frank Womack is administrator, Dr. J. Ray Hays is section chief.

no problem. . .

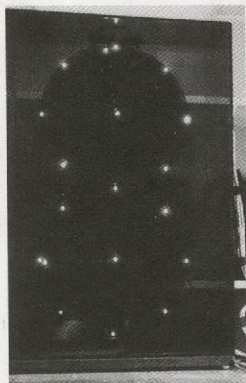
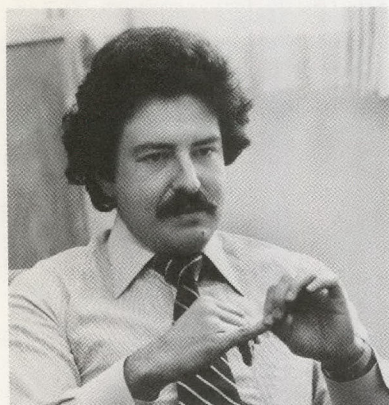
From *Resource Memoranda* (June 8) of TDMHMR's resource development section:

"The HSA (Health Systems Agency) in Rockford, Illinois, was saved from termination by Colin Rorrie, Ph.D., Director of HEW's Bureau of Health Planning. Rorrie agreed to renew the HSA's full designation for one year on the condition that the alleged efficiencies be corrected."





Thelma Schoettker is exploring TRIMS. Carrying pounds of paper, tape recorder, and a fine sense for the emotional ingredients of a story, Schoettker is collecting background for a videotaped show about the institute. She will write the script and narrate; Peter Baer will film it. Schoettker's face and voice are familiar in Houston. She hosted "Midday with Thelma" on Channel 2, was features editor and program director for KEYH, did a talk show for KTRH, and most recently wrote, narrated, and produced the Channel 8-TRIMS series on aging, "Matter of Time." She started her career in Cincinnati, "as the lowest kid in promotion" for WCPO. In New York she hosted a three-hour, drive-time radio talk show on WMCA. "My principle is always to ask, What does the person who's listening want to know?" she says. "The challenge of the TRIMS show is to tell about the wonderful things going on here in an interesting way."

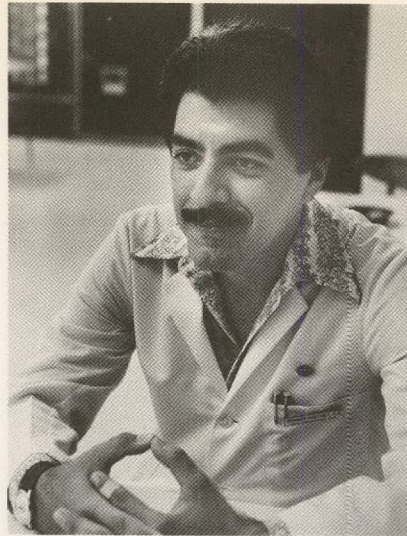


Neuropsychologist **Dr. George Vroulis** has constructed a time-estimation instrument which, in conjunction with electroencephalography, can help distinguish between a person's right- and left-brain hemisphere activities. In most people the left hemisphere processes speech and logical functions, while the right hemisphere regulates visual-spatial information. In one of the tests using Vroulis's box-like apparatus, a person must set a lower disk at the same speed as the top disk. "He's forced to play with space," which activates the right brain hemisphere, Vroulis says. Ultimately Vroulis would like to use his tests as part of a battery to help distinguish between functional and organic mental illness. He hopes to develop enough sensitivity in the tests to show whether there is evidence of organic malfunctions in psychotic patients. Vroulis, who holds doctorates in electrical engineering and psychology, was an engineer at NASA, where in 1969 he simulated a lunar landing by using underwater acoustics.



The publications office has a new journalist and *the Emissary* an associate editor (praise be): **Karen Hanson Stuyck**, who left full-time freelance writing just as *Redbook* published her second short story. Award-winning news and feature writer, news editor for a Wisconsin weekly, Stuyck came to Texas for a master's degree from the NIMH-funded communications program in mental health at the University of Texas. She interned at Austin State Hospital and Baylor College of Medicine, and directed public relations for the Neurosensory Center building campaign. This is her first chance to follow her special interest and apply her special training in mental health information. "Now that I have a salaried job," she says, "I won't have to be so depressed about getting rejections for my fiction." Another fringe benefit is the carpool with her husband, Stephen Stuyck, public information director for the University of Texas M. D. Anderson Hospital and Tumor Institute.

Folk beliefs and rituals in health care are not the usual inservice training fare, but they are on the agenda planned by **Rick Martinez, R.N.**, assistant director of nursing and coordinator of nurses' training in the inpatient unit. A doctoral student in allied health education at the University of Houston, Martinez is an emergency room nurse turned educator. Martinez has compiled a group of articles on Hispanic culture and health care for a book published last year. The book examines illnesses and folk cures, the role of the folk healer (curanderismo) in the Mexican-American community, and family structures. Martinez believes the hospital staff should have more Mexican-Americans to represent the city's large Mexican-American population. "Sometimes that kind of statement can be misinterpreted as political activism," he says. "Instead, I see myself as a supporter of patient care."



Twelve years ago **Katherine Goldknopf** was a secretary in a medical school when it occurred to her that this was not the way she wanted to spend her life. "I realized that the only way my ambitions and my expectations were going to meet reality was if I finished my degree," she says. She began commuting evenings from Galveston to the University of Houston, while still keeping her job and mothering two young children. Today Goldknopf has her degree, another child, and is the research division's administrator of technical programs, assisting Dr. Neil Burch. "I knew I wanted to be an administrator in an environment that provided significant help to people," she says. Her current project is setting up a small but comprehensive library on available funding support for research grants. She's still in school, this time working on a master's degree in health care administration at Texas Woman's University.

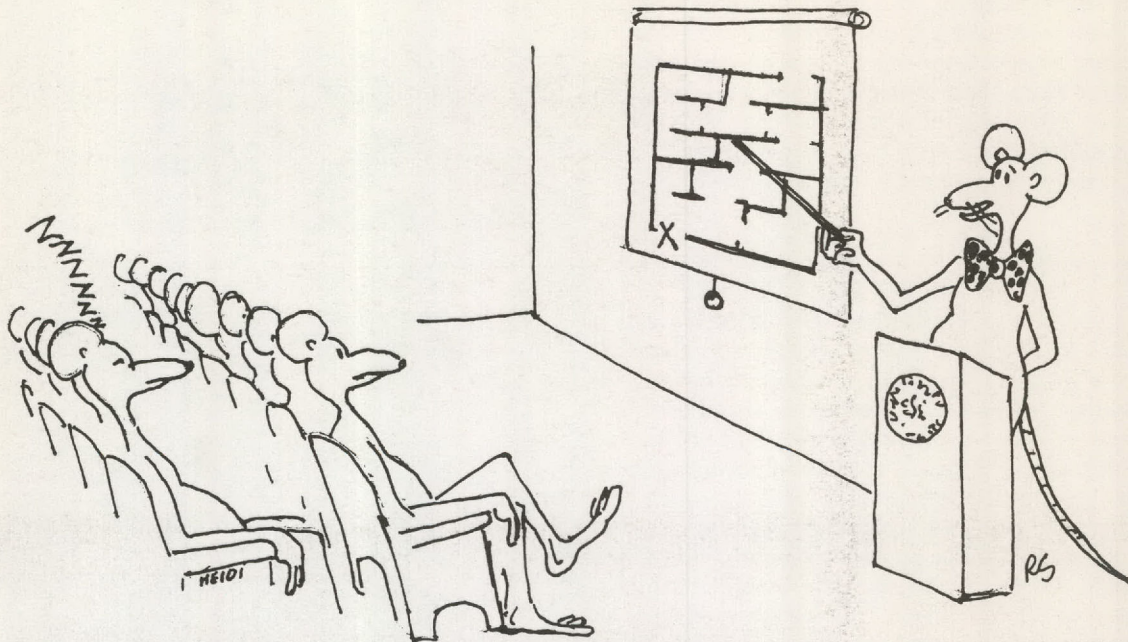


Danielle Miller-Soule's research subjects used to be mice in the neurobiology of aging section. Her patients today are elderly nursing home residents participating in trials of medications to alleviate brain diseases of aging. On the gerontology research team, Miller-Soule visits her patients once a week, interviews and tests them, and spends a great deal of time keeping the patients' families informed about the studies' progress. Miller-Soule's first experience with interviewing older people was at Washington University, where she earned her master's degree in the aging and development program. She worked on a project to develop an IQ test that is not biased against age and the accompanying loss of speed and dexterity. Miller-Soule is the author of an article in the *Journal of Gerontology*. She recently attended a national workshop in San Francisco for investigators who use psychological assessments in their work.



dr. syndrome

by Randy Strong



Our next series of experiments was done to determine if the left turn was the best response in each choice situation.

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