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Women and Alcohol

A series
of articles
begins
on page 2.

A Changing Picture

By Bonnie Orr

"Why not? She'll probably love it," reads the caption of the latest Chivas Regal ad to appear in *Time* magazine. The bottle appears unwrapped with a card attached that reads "Happy Valentine's Day."

A recent *Chicago Tribune* Press Service story suggested that women had come a long way now that they could kick aside the sweet drinks and guzzle beer with the best of them. Brewers are beginning to key their advertising to appeal to women. Several brewers are scheduled to advertise during the television soap operas in the coming months.

One of the few studies conducted on women and alcohol use and abuse indicated that more advertising space was being purchased in women's magazines for liquor advertisements. For example, one study showed that from 1970 to 1974, *Glamour's* liquor advertisements increased from three pages to 61 pages annually.

Whether advertising is increasing the consumption of alcohol by women or merely reflecting the increased consumption currently is being debated. What is clear is that more women are drinking today and drinking more frequently than ever before. Just a few years ago, the proportion of alcoholic women to men was reported to be one to five. Now the experts tell us that it is at least one to three and more likely one to one.

As noted anthropologist Margaret Mead stated, "For women there is the special danger of starting to drink--out of boredom or loneliness or fatigue--when they are at home with no one to interrupt or divert them and no one to correct their judgment It is a danger that affects almost equally the housewife and single woman left alone on the weekends."

Increased mobility may be another reason for the increase in the number of alcoholic women. Women are often uprooted--separated from friends and meaningful activities--forced to create a new supporting environment. Their husbands,

on the other hand, generally receive support from their new colleagues.

Throughout Texas women are initiating new drinking patterns. One need only look around in restaurants at lunch or after work to find women drinking in mixed and in single-sex groups. This is a rapid change in social patterns from a decade ago.



For many women their traditional roles are in transition and the rapidity of change constitutes a stressful condition. Although they eagerly are seeking equality, a certain uneasiness exists for some about their new roles. After achieving that important managerial position, women often find a new pressure to drink more, based on the assumption that part of the new role of manager includes heavy drinking.

Another part of the changing picture is that of the American housewife who may no longer consider her role important as an unintentional result of the women's liberation movement. As her self-esteem diminishes, often she turns to alcohol in an attempt to recover her identity.

Alcoholic women are more likely to come from families with alcoholic parents than are alcoholic men. One study indicates that 28 to 50 percent of the alcoholic women studied had alcoholic fathers. The alcoholic women reported that they perceived their mothers as cold and domineer-

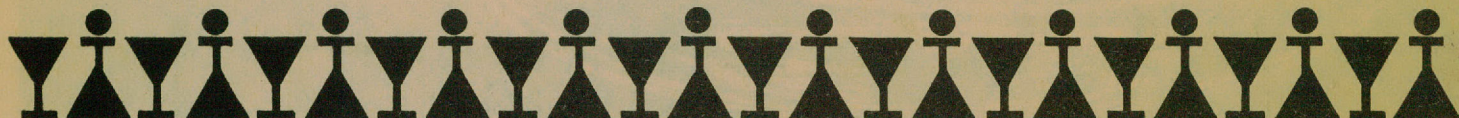
ing women.

Although women may suffer from alcoholism as frequently as do men, there are only five halfway houses for alcoholic women in Texas and none of these provides placement services for children or child care at the facility. Thus, female alcoholics with children indirectly but effectively are denied treatment. Women are often afraid to enter treatment for fear of losing custody of their children. Another handicap is that even though research demonstrates that women alcoholics can be treated more successfully in all-female therapy groups than in the traditional mixed groups, most programs continue to provide only the latter.

It must be remembered that for every 10 wives who stay with an alcoholic husband, there is one husband who stays with his alcoholic wife. Therefore, to admit female alcoholism is not only to accept that one has an illness, but also it is to face the real possibility of losing one's family, which may be the woman's sole identity. Other studies indicate that if these women remarry, they most likely will choose a partner whose drinking habits are similar to their own, again aggravating the problem.

Increasingly, treatment facilities are opening their doors to women. Operation Turnabout, a coed residential-care community in Hingham, Mass., uses a weekly consciousness-raising group session as a rehabilitation tool. Family House in Philadelphia is an unusual halfway house for women which employs psychodrama, yoga, parenting classes and other techniques to re-establish healthy self-esteem in the women and their children. The children are housed at Family House and involved in the treatment plan. This is an important preventive step, since children who live in families where both parents are alcoholic have a 50 percent chance of developing alcoholism as adults.

In the last several years, researchers have concluded that infants born to women who



drink heavily during pregnancy produce a significant number of infants who are born with a definite pattern of physical, mental and behavioral abnormalities. These babies suffer from the fetal alcohol syndrome. If it is hard to believe that drinking alcohol could affect the unborn baby so devastatingly, consider that when an expectant mother becomes drunk, so does her unborn baby. And because the fetus is not equipped to handle alcohol, the alcohol remains in the fetus approximately twice as long as it would in an adult system.

We must all take responsibility to prevent excessive drinking. As alcohol consumption increases, so does the incidence of alcoholism. We must be willing to admit that we have friends who have alcohol problems, and we must help them find a better solution to solving problems than sedating themselves with America's most popular drug. ■

Bonnie Orr is an information specialist with the Texas Commission on Alcoholism in Austin.

Bibliography

Beckman, L. J., "Women Alcoholics," *Journal of Alcohol Studies*, July 1975, pp. 797-824.

Greenblatt, Milton, and Schuckit, Marc A., *Alcoholism Problems in Women and Children*, Grune & Stratton Inc., 1976.

Mead, Margaret, "How Women Can Help Other Women Who Drink," *Grassroots*, Vol. 15, March 1976.

Schuckit, M., "The Alcoholic Woman: A Literature Review," *Psychiatry Medicine*, 3:37-40, 1972.

Any Woman Can

By Sarah Drewry

RUSK--Young or old, intelligent or dull, unemployed or professional, rich or poor--anyone, and that includes any woman, can develop alcoholism.

The female patients at the Alcoholism Treatment Unit at Rusk State Hospital (RSH) are as diverse as the other 180,000 women in the state estimated to have abused alcohol during 1977. But what are the common characteristics observed in these women at RSH?

The women often have maintained a dependent lifestyle, emotionally and/or financially. They usually are perfectionists in their expectations of themselves as wives or mothers. And since they could not meet these unreasonable expectations, they experienced extreme anxiety, guilt and feelings of worthlessness.

Like most women, they were brought up to believe that it is acceptable or "feminine" for women to feel, but not think. As a result, they have spent little or no time considering whether or not their other attitudes and beliefs are valid.

Most of their relationships are limited to traditional ones in which they either are mothering others or being taken care of by others. Little emphasis is placed on the importance of developing friendships, especially with other women. The result is a person who will reveal so little about herself that she remains alone and trapped

in her self-torment.

Sixty to 70 percent of the women also are addicted to prescribed drugs such as Valium, Librium or other tranquilizers. Many physicians, it seems, prescribe these drugs without warning they are addictive.



Approximately 150 women are treated annually by the RSH Alcoholism Treatment Unit. After detoxification and a physical examination, the patient is administered a battery of psychological tests and is interviewed by a team composed of a psychologist, a social worker and an alcoholism counselor. This same treatment team works with the individual patient throughout her stay.

What kinds of therapy are available?

Rational emotive therapy teaches the patient to challenge the irrational beliefs that keep her sick and then develop more satisfying, emotionally-healthy responses.

Transactional analysis brings insight into her self-destructive communications with others and promotes understanding and acceptance of herself and others.

Anxiety management group therapy develops skill in reducing anxiety and stress without aid from alcohol or other medications.

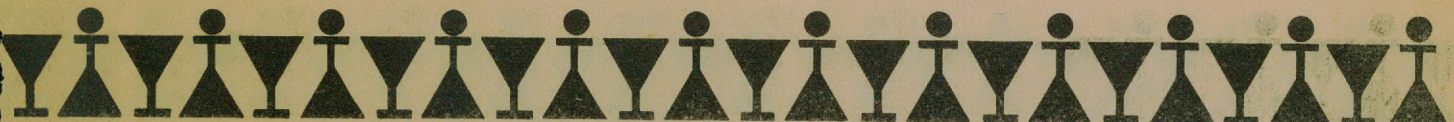
Assertiveness training teaches her skills in expressing feelings and needs to others. This accentuates her feelings of self-worth and reduces the pressure under which she typically places herself.

Awareness group helps her to become aware of her feelings and integrate them into meaningful experiences.

Reality therapy develops a clear understanding of situations the patient herself is creating and then helps her structure her time and set goals.

The *Alcoholics Anonymous* (AA) group provides her with vital community-based support. The AA study groups emphasize the origin, traditions, philosophy and specific steps for maintenance of sobriety.

Alcoholism education and alcoholism orientation groups are geared toward developing understanding of alcohol and



alcoholism, including the physical effects; social, legal and familial factors involved; and the behaviors which perpetuate alcohol abuse.

Confrontation groups assist her in verbalizing awareness of her alcohol problems and the behaviors associated with them.

Grief group provides assistance in attaining acceptance in the case of loss or death.

Recreational therapy helps her learn to relax and enjoy social activities without alcohol.

Aftercare groups provide supportive links with the community through such agencies as community MHMR centers, state centers for human development, outreach clinics and halfway houses.

Family counseling sessions are con-

ducted because families of the alcoholic patient may have as many problems as the patient herself.

In *women's group*, the patient examines the roles and rules under which she has learned to operate. By re-evaluating stereotypes, she chooses and affirms through values clarification exercises the personal values and attitudes that will facilitate independent thought and action. Here, women abandon boring, socially-accepted conversation and begin to express their thoughts as individuals who claim authority over their lives.

Some people believe that women's liberation has increased the number of female alcoholics. Actually, there has been a general increase in alcohol and other drug

abuse by males and females alike. Perhaps the major contribution to the alcohol problem by women's liberation has been the greater tendency of women to speak up about their abuse and ask for help.

Progress has been made in recent research focusing on the medical, nutritional and emotional aspects of alcohol abuse. And the American public finally is being educated about women's problems with alcohol and drug abuse through the courage of women like former First Lady Betty Ford, who publicly admitted, "I have a problem." ❏

Sarah Drewry is an alcoholism counselor on the Alcoholism Treatment Unit at Rusk State Hospital.

Resources on Women and Alcohol

BROCHURES

Single copies are available from Texas Commission on Alcoholism, Library Services, 809 Sam Houston Bldg., Austin, TX 78701.

- Alcohol Abuse and Women* . . . \$.20
- Alcohol and Your Unborn Baby* \$.02
- de Mujer a Mujer/From Woman to Woman* (bilingual) \$.04
- What's "Drunk," Mama?* (for children preschool to grade 3) \$.50

FILMS

These films are available for one-week loan within the state by writing Texas Commission on Alcoholism, Film and Literature Section, 809 Sam Houston Bldg., Austin, TX 78701.

- Crisis for the Unborn*
16 min., color, 1978
Senior high to adult
A film dealing with the fetal alcohol syndrome, a pattern of physical and mental birth defects caused by a mother's excessive drinking during pregnancy.

New Beginnings:

Women, Alcohol and Recovery
15 min., color, 1978
Senior high to adult

Designed to change attitudes and break stereotypes by allowing the viewer to share in the actual recovery of three women in their natural settings of home, recreation and work.

MANUALS

Alcohol Programs for Women: Issues, Strategies and Resources, by Marian Sandmaier
Cost: Free

Write: National Clearinghouse for Alcohol Information
9119 Gaither Rd.
Gaithersburg, MD 20700
-or-
P.O. Box 2345
Rockville, MD 20852

Women and Alcohol: A Guide for State and Local Decision-Makers
Cost: \$7
Write: The Council of State Authorities
Alcohol and Drug Problems Assn.
of North America
1101 15th St. N.W., Suite 206
Washington, DC 20005

Women in Treatment: Issues and Approaches
Cost: \$5

Write: National Drug Abuse Center
1901 N. Moore St.
Arlington, VA 22209

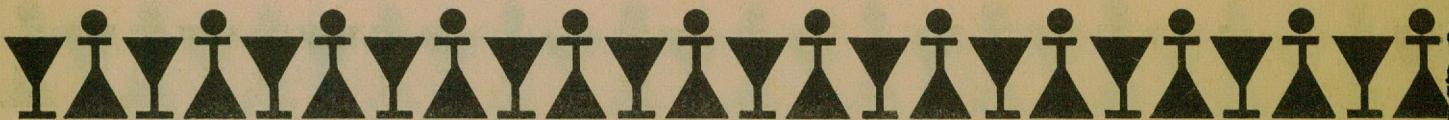
Women: Their Use of Alcohol and Other Legal Drugs
Cost: \$5

Write: Addiction Research Foundation
33 Russell St.
Toronto, Canada M5S 2S1

NEWSLETTERS

Women for Sobriety
344 Franklin St.
Quakertown, PA 18951
(Annual subscription: \$10)

Texas Task Force on Women, Alcohol and Drugs
c/o Alcoholism Council of Texas
510 S. Congress, Suite 406
Austin, TX 78704
(Subscription: free)



Texas Task Force on Women and Alcohol

This volunteer group was formed in 1976 to address the problem of female alcoholism and seek remedies. Among the goals are increased public awareness of women and alcoholism, training for alcoholism counselors and support for research. For more information contact the local chapter nearest you. If there's no chapter in your area, contact: Texas Task Force on Women and Alcohol, 510 S. Congress, Suite 406, Austin, TX 78704, (512) 474-1426.

Austin Area Task Force

Contact: Gail Rice
Austin-Travis County
MHMR Center
1430 Collier St.
Austin, TX 78704
(512) 447-4141

Houston-Galveston Area Task Force

Contact: Vesta Eidman
Houston-Galveston Area
Council on Alcoholism
and Drugs
P.O. Box 22777
Houston, TX 77027
(713) 627-3200

Panhandle Area Task Force

Contact: Claudia Stuart
Panhandle Regional
Planning Commission
P.O. Box 9257
Amarillo, TX 79105
(806) 372-3381

Permian Basin Regional Task Force on Women, Alcohol and Drugs

Contact: Bonnie Taylor
Permian Basin Regional
Planning Commission
P.O. Box 6391
Midland, TX 79701

Deep East Texas Area Task Force

Contact: Nancy McDonald
Deep East Texas Council
of Governments
NSL Bldg., Suite 401
Nacogdoches, TX 75961
(713) 569-0492

North Texas Area Task Force

Contact: Celynn McDonald-Jay
Dallas County MHMR Center
Alcoholism Services
3949 Maple Ave.
Dallas, TX 75219
(214) 521-6170

San Antonio Area Task Force

Contact: Nelia Schrum
Alamo Area Council of
Governments
400 Three Americas Bldg.
San Antonio, TX 78205
(512) 225-5201

No Revolving Door

Critics who accuse Texas' state mental hospitals of maintaining a revolving door policy in treatment of alcoholics are doing those facilities a great injustice.

So says Jack L. Franklin, Ph.D., chief of Program Analysis and Statistical Research for TDMHMR which supervises the eight state mental hospitals.

"In fact," said Dr. Franklin, "the hospitals seem to do an excellent job in treating alcoholics and helping them maintain a useful life after discharge from the facilities."

Dr. Franklin and a researcher on his staff, Virginia Mickel, recently completed an extensive study of alcoholic patients moving into and out of the state hospitals during a six-year period.

The study, which covered the period from Sept. 1, 1972, through Aug. 31, 1978, reveals that 24,077 persons were treated for alcoholism during that time.

The study also showed there were more men than women admitted as alcoholics during that period, 84 percent to 16 percent. The typical alcoholic patient was a white, unmarried male over age 30.

However, said Dr. Franklin, the "important fact we learned is that 67 percent, or 16,131, of those patients were admitted to the hospitals only once."

Another 18 percent (4,286) were readmitted only one time, and seven percent (1,675) had three admissions.

"Alcoholism remains a controversial issue," says Dr. Franklin. "Most experts

agree that it is a chronic, treatable but often recurring illness, characterized by a complicated interplay of psychological, physiological and sociological factors.

"Given that alcoholism is a recurring illness, it is surprising to note that of the 24,077 persons treated for alcoholism during the six years, only 14.8 percent, or 3,560, were admitted three or more times.

"This hardly fits the popular myth that our state mental hospitals are operating under a revolving door policy in treating the alcoholic." ■

A limited number of copies of the report are available from Jack L. Franklin, Ph.D., Chief, PASR, TDMHMR, P.O. Box 12668, Capitol Station, Austin, TX 78711.



For the People, By the People

BROWNWOOD--Janie Clements had grown weary of her twice-weekly, 150-mile round trip to Abilene to secure therapy for her multihandicapped son.

After attempts in the mid-1960's failed to find or organize a program closer to home, she and other concerned citizens garnered support from county commissioners in seven Central Texas counties and applied for a planning grant from TDMHMR to begin a community MHMR center. By 1971 the dream had become reality, and the Central Texas MHMR Center (CTMHMRC) opened its doors to clients.

Today the center operates on a \$1.5 million annual budget and employs 80 people throughout Brown, Coleman, Comanche, Eastland, McCulloch, Mills and San Saba Counties. Clements now is chairman of the center's board of trustees, and her son is involved with the work activities center in Brownwood.

Roy Cronenberg, executive director, credits the center's growth to strong support from local citizens and government officials. Just as the center reaches out to meet community needs, the community responds with its resources. Those contributions range from hook-up of cable TV at a halfway house to renovation

of old and unused public buildings made available to the center at nominal cost.

Rural communities formerly have had little to offer people with mental problems. Now CTMHMRC offers comprehensive services to people in the 7,076-square-mile area.

In an attempt to steer away from stereotypes and integrate as much as possible mental health and mental retardation services, center offices are called Human Development Centers. Just as mental health clients may go to the sheltered workshop and some retarded clients may need day hospital services, center staff cross over the discipline boundaries of their jobs.

In addition to the human development center and administrative offices in Brownwood, there are human development centers in each of the six other counties. These offices, each staffed by a caseworker and a secretary, are open five days a week. A psychiatrist schedules office hours at each location once a month and is available at other times as needed. Five counties also have sheltered workshops in addition to their mental health offices.

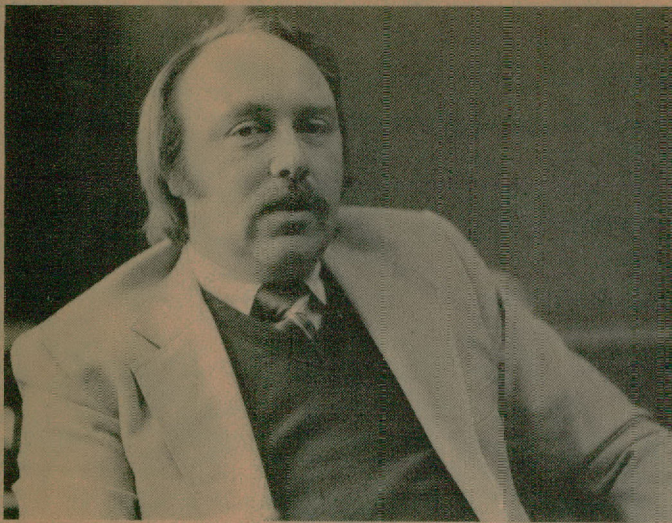
The mental health halfway house and the partial hospitalization program provide a transition from the state hospital back



Mike Bolls (left), business manager, and Chester Moore (right), director of Consultation and Education, talk with Frances Simmons, a representative from the Department of Human Resources, about ways to improve communication among local human service agencies. Photos by Paula Balderston.



Combined with a licensed day care service, the infant stimulation program provides a therapeutic environment for young children. TOP: Building a tower may seem like play for Stephanie and Barron Ramsey, but Sarah Gale, their occupational therapist, knows block play develops eye-hand coordination. BOTTOM LEFT: Christy Whisenhunt, age three, learns to walk aided by her walker. BOTTOM RIGHT: Carole Griffin supervises Tyson Lawrence's cut and paste project.



Roy Cronenberg, Executive Director



Yvonne Heflin, Director, MR Services

into the community, or an alternative to hospital care altogether in some cases.

While the halfway house serves as a residential support system for patients, the partial hospitalization provides them with vocational and recreational activities until they have sufficient social strength to function in the community.

The 24-hour emergency telephone is answered by the halfway house staff after regular center hours and on weekends. The person on duty takes messages, makes referrals or deals individually with people simply needing a friendly voice on the other end of the telephone. A clinical staff member is on call to assist

with major problems.

Along with mental health services, residential and sheltered workshop services are provided for mentally retarded citizens.

Two halfway houses are certified as ICF-MR I (Intermediate Care Facilities for the Mentally Retarded) for approximately 28 men and women. Two beds are available for respite and emergency care.

Following the concept that retarded citizens should live in an environment which provides them only as much supervision as they need, the halfway houses allow individuals to live in their communities while they learn basic home management skills and receive work training in the sheltered workshop.

Eighty-five clients currently train and work in the five county workshops. The workshop program is certified by the Texas Rehabilitation Commission for personal and social adjustment and work training.

Services to children and adolescents have expanded during the past year. Fastest growing is the Child Development Center for youngsters under age three. There are 18 children now enrolled. Five more are served through the homebound program in Brown and San Saba Counties.

Group activities and individual stimulation aid motor and language development as well as facilitate social behavior. Speech and play therapy are available for those who need it.

Parent meetings serve a dual purpose of support and education. By viewing videotapes that show their child's progress through several training sessions, parents are taught how to reinforce at home what the child learns at the center. As a support group, the parents have the opportunity to share experiences with other parents of handicapped children.

Though the center provides many centralized programs such as this one, the public school outreach program in mental health enables a counselor in Brownwood to meet the client on his own ground--in the junior high and high schools.

Center staff had found that the children referred from schools wouldn't come to the center because they associated it with "sick people." But when a counselor became available at the schools, the caseload of children and adolescents rose 30 percent.

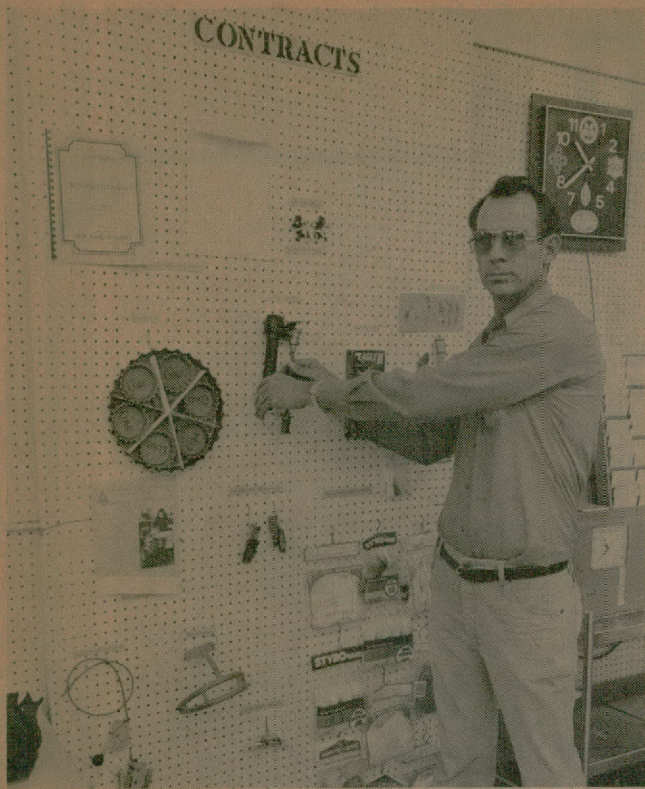
The counselor visited informally with his clients, sitting in the grass or walking down the nearby highway with them as they talked. At the end of the school year each one showed marked improvement--not necessarily in grades, but in fewer trips to the principal's office, longer attention spans and less trouble at home. This year the school officials provided office space for the counselor and requested additional staff time.

Another aspect of serving clients is active involvement with other state and local agencies. Monthly brown-bag lunches have been a traditional way for staffs of the center and other local human services agencies to establish better working relationships. The resulting cooperation promises to fulfill one of the center's goals of promoting mental health education in the community.

Continuity of services with state agencies is aided by a contract which defines respective responsibilities of the center and of Wichita Falls and the Austin State Hospitals, both of which serve the center's area. To facilitate continuing care for clients, a caseworker serves as liaison between the center and each hospital.

Cronenberg emphasizes that the center must go to the people and provide the community with the services it needs. He encourages caseworkers to interact in their communities, dealing both formally and informally with local officials and other service agencies. This, in turn, results in continuing support from city and county officials.

Being responsive to community needs is the role and life of Central Texas MHMR Center. ■



Dwayne Westfall, workshop director, adds to the pegboard another symbol of a new contract. Contracts include collation of catalogs and making restaurant booster chairs and light fixtures.



John Marino assembles a bicycle for a local hardware store which contracts with the workshop to assemble boxed merchandise for customers.



George Montgomery desolders telephone coils, one step in the reclamation of parts from old telephones. Other workshop clients disassemble telephone relays using an electric drill.



Life at the mental health halfway house includes sharing household chores along with working in town or at the sheltered workshop or participating in day hospital activities. Patty Chamness begins dinner preparation.

Then...

INSTRUCTIONS FOR ATTENDANTS AND NURSES

The attendants and nurses should recognize the patients under their care as unfortunate and afflicted human beings, and entitled to humane, tender and considerate treatment, patients for whom the State has built this Hospital and for whom they have been employed to care for. On the ringing of the rising bell the attendants are expected to rise and see to and assist the patients in dressing, when unable to dress themselves. They shall take the lead in all work, not drive the patients, but encourage them to assist in cleaning the wards, making beds, etc. They shall see that their food is properly distributed and that they are not hurried through meals without being given plenty of time to eat.

Especial precautions must be observed with reference to fire risks. Electric lights should never be permitted to come in contact with combustible material. Any employee bringing firearms on premises does so without permission, and in violation of the law. Any violation of above rules will be cause for dismissal.

You must be in full uniform from 9:00 A.M. to 5:00 P.M. every day except Mondays. There must not be any visiting on wards between employees.

You should refrain from harsh, abusive or unbecoming language; to apply epithets to those helpless and in your power is cowardly and unbecoming ladies and there is no reason why you should not all be ladies.

You are employed here with the understanding that you are to be kind to these unfortunate people, that you are to assist and encourage them, help them to regain their reason if possible, and to make life as bearable and pleasant as possible for those whose conditions are hopeless. If you are not doing this, you should seek other employment. It shall be your duty to see that the patients are properly bathed, not simply dipped, as often as required by the rules and that their nails are kept properly trimmed, that they are comfortably clad, special attention given to shoes to see that they are comfortable and do not hurt their feet.

These rules must be observed.

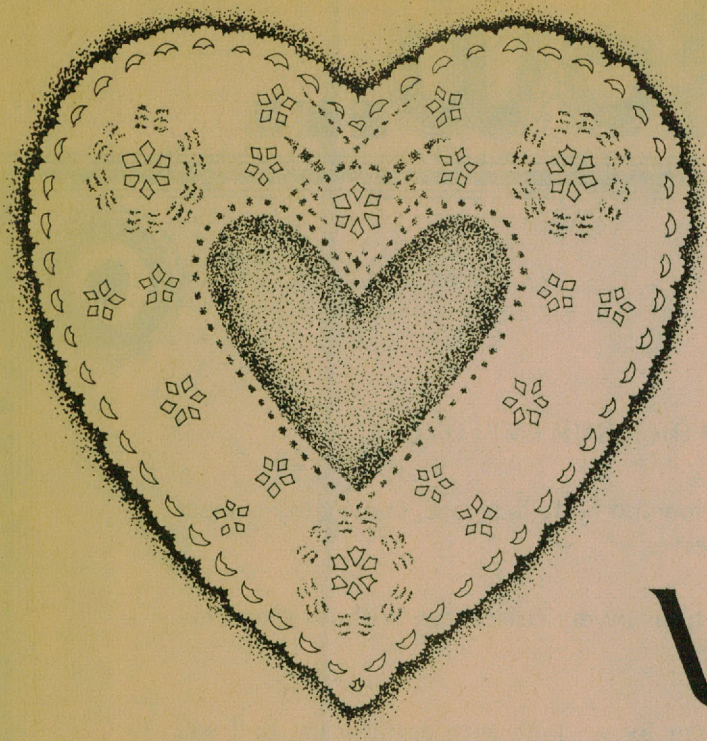
Submitted by Sarah Kegerreis, information director and coordinator of Volunteer Services at Terrell State Hospital, who notes it was probably published when Dr. George F. Powell was superintendent of the hospital, 1911 - 1937.

And Now...

THE TEN COMMITMENTS FOR MHMR EMPLOYEES

- I. I will, by my tone of voice, conversation and body language, convey my respect for those fellow citizens my facility serves.
- II. I will recognize the value of contributions by my coworkers. Without them, my own task would be an impossible one.
- III. I will honor and support my employer by working with enthusiasm, or I will seek employment elsewhere.
- IV. I will continue to work for salaries for myself and fellow state employees which are commensurate with the responsibilities we assume. I will do this by joining and supporting the Texas Public Employees Association.
- V. I will do my best to help clients reach their maximum potential.
- VI. I will dress appropriately and proudly represent my facility.
- VII. I will strive each day to learn of new developments in treatment, training, research and other related functions of my facility.
- VIII. I will respect the rights of the clients we serve and keep confidential the information about them.
- IX. I will stay tuned-in to the grapevine. But, I will repeat only information I know is true, and then only if repetition serves a useful, constructive purpose.
- X. I will understand that each person I come in contact with is unique and can add another dimension to my life.

Written by Paula Womack, information director and coordinator of Volunteer Services at Austin State Hospital, 1979.



They Do It With Love

Love stories, Part II, features more MHMR employees who are representative of the hundreds who give so much. They do not weigh the rewards or measure the hours they spend. They serve with their hands, hearts and minds in a multitude of ways to help clients and the world around them.

Samuel Jones



A Life Model

BEAUMONT—The title of his play, “Everybody’s Somebody,” written for the adolescents he teaches in a Sunday school class, is a clue to Samuel Jones’ personal philosophy. Why else would Jones, the MHMR of Southeast Texas business manager, spend an average of 22 volunteer hours each week in church work, after regular working hours? He is the church accountant, choir director, pianist, outreach director and Sunday school teacher.

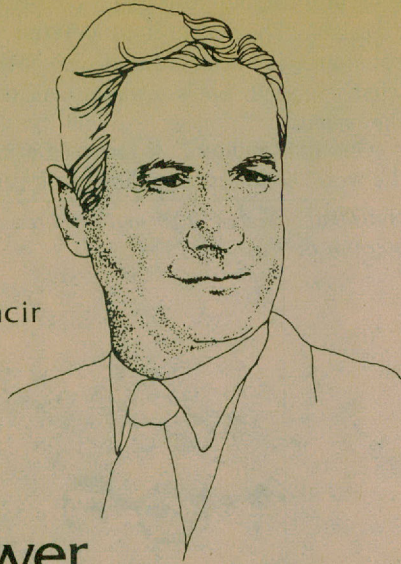
His Sunday school class began with 11 kids and has increased to 55 members since April 1978. In a day when adolescents tend to turn their backs on religious institutions, what is the magnetism that draws them to Jones’ class? One factor is the concern that is obvious by his regular home visits; the subtle provision of food in poverty situations; the discovery of a pair of shoes when the youngster is embarrassed to go to church barefoot; the payment of a winter gas bill when a family is in financial strain. Jones says, “Moral support is better than giving material things, but in rare cases when someone is hungry, moral support alone is meaningless.”

It is not surprising that Jones chose to work in a community mental health center, where the basic purpose is “helping people to help themselves.” He teaches the kids the same principles with favorite statements like, “If you don’t work, you shouldn’t eat,” and “Before every step, evaluate what it is you want to achieve.” Self-reliance, self-worth and insight into their own motives are basic goals. By no means word-games, these attitudes are modeled by Jones in his daily life. At work he is competent, assertive and self-assured, with a gentle sensitivity to other people’s feelings.

There are others on the staff who lead similar lives, working quietly to help make the world a better place to live. They too chose to work in their field for intrinsic rewards and find satisfaction in volunteering their time after hours. Jones, and others like him, are modern-day unsung heroes.

*By Virginia Gilbeaux, information director
MHMR of Southeast Texas*

Manuel Hrnrcir



Diversity Is the Answer

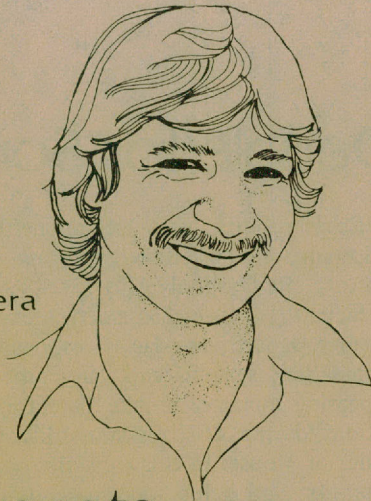
SAN ANTONIO--Manuel Hrnrcir is a man of many interests and activities. In addition to his work as the Bexar County MHMR Center's administrative purchasing coordinator, Hrnrcir actively is involved in a number of professional, church and community service organizations such as the Data Processing Management Association, Knights of Columbus and St. Benedict's Double Ring Club.

Hrnrcir also served as the president of St. Benedict's Parent-Teacher Association, treasurer of the Holy Name Society, president of the Holy Family Guild and community representative for the Boy Scouts of America.

"Life is so challenging that you have to be as diversified as you possibly can," Hrnrcir explained. "These days you can't specialize; you have to generalize."

*By Denise Barnhill, information director
Bexar County MHMR Center*

Hector Vera



Active Advocate

Citizen advocacy takes on a new and more personal light to those on the Austin State School campus with Hector Vera as resident luminary.

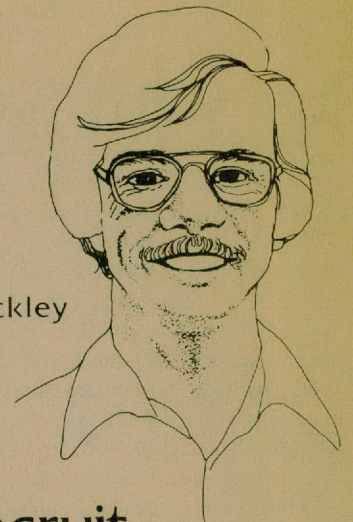
Vera has contributed at all levels to an endeavor for which he has personal feelings. As a Citizen Advocacy Advisory Committee member, Vera contributed by helping develop a program evaluation for the Austin Association for Retarded Citizens board, campaigning on behalf of Citizen Advocacy before the Austin City Council and the Community Development Council and being a reliable advisor to the Citizen Advocacy staff.

After working with the Adult Living Unit, he began doing outreach work two years ago with Community Services. An active advocate, Vera has assumed limited guardianship for a former school resident. Under his guidance the former resident adjusted to community living, found a new job, became more financially secure and gained proficiency in many day-to-day living skills.

Vera often volunteers for tasks that are difficult and time-consuming, and he always does an excellent job. He reaches out that helping hand that is so vital in assisting others to develop their potential and to fulfill their goals.

*By Robert Bostwick, information director
Austin State School*

Chuck Shockley



A Dream Recruit

PLAINVIEW--Charles "Chuck" Paul Shockley is the kind of recreation therapist a day treatment director dreams of recruiting. Everyone was convinced Shockley was a positive addition to the Central Plains MHMR Center program when his first four free weekends were spent taking clients to area activities.

This was, in itself, inspiration, but Shockley also arranged for the clients' free admission to many functions, such as football games, bowling, local college plays and the stage production "Texas" at Palo Duro Canyon. And unlike some eager newcomers who quickly lose enthusiasm for volunteering, Shockley continues to give of himself, his talents and his free time.

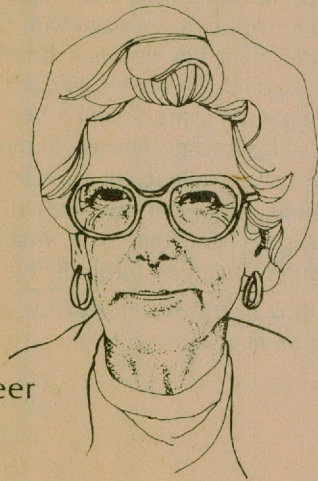
Shockley says he tries to be a part of the answer rather than the problem and is dedicated to giving of himself in many ways. As an Alpha Phi Omega member, he gives many hours of service counseling Wayland College students and doing such tasks as building a wall in the home of a needy Plainview family. He also conducts religious classes on home and family life.

An accomplished tennis player, Shockley gives free tennis lessons. As he works with people who need to learn to use their leisure time constructively, Shockley seeks opportunities to rehabilitate emotionally disturbed people by teaching them the game of tennis.

"My extra involvement with people provides me with family-like connections that everyone must have to be fulfilled," says Shockley.

Center employees will tell you, "We want to thank Chuck for sharing himself. We're richer because he truly cares."

*By Rick Van Hersh, information director
Central Plains MHMR Center*



Pauline Speer

Just Can't Say "No"

VERNON---"She has that 'extra' you don't find in many people. It's something I can't identify, but, by golly, she's got it."

Pauline Speer, coordinator of Volunteer Services for Vernon Center, defies analysis. That she possesses an indiscernible "extra" is the observation of a colleague.

"She doesn't know the meaning of the word 'no,'" says one of her friends. "She just never stops. Anything anybody asks her to do, she'll do. She doesn't know how to sit down and rest."

Not knowing how to say "no" and not about to learn, Speer is devoted thoroughly and irreversibly to helping others, both as part of her job and as a volunteer.

"One reason Vernon's volunteer program has been so successful is that Pauline understands volunteers," says Roy E. (Buck) Byers, former director of prevention and public education for Vernon Center. "She's conscientious; she's a volunteer herself--that's why she works so well with volunteers," he says.

Speer was, in fact, a volunteer long before she was employed as coordinator of Volunteer Services. Eldon Shoemaker, business manager of the Vernon facility when it was Vernon Branch of Wichita Falls State Hospital, recalls the earlier years: "Pauline Speer worked five or six or seven years, week after week, free gratis, as a volunteer before she was ever employed. She was more faithful than some employees."

Encouraged by Shoemaker, as well as several employees and volunteers, Speer applied for the position as coordinator and was hired. That was 15 years ago.

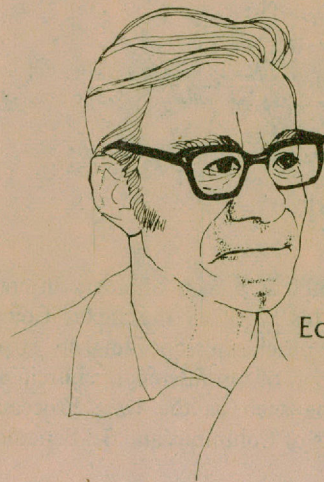
Since then, the lady with the "extra" has made herself almost a living legend. "She's an organizer." "She's warm; she's capable." "She's a jewel." "She devotes 150 per cent of her time to helping the patients." "She's a member of nearly all the clubs in Vernon." "She braves rain and snow as a substitute driver for 'Meals on Wheels.'" "She gives blood." Words of praise and admiration for Speer come easily to her peers.

And clients trust her completely. A popcorn popper? Pauline will have one. A birthday party? Pauline can make the arrangements. And their faith in her is not unrewarded.

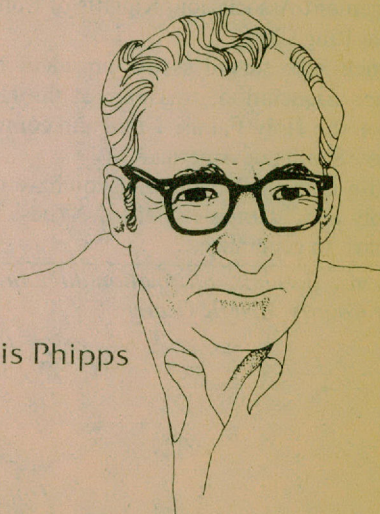
Perhaps most important, the community respects, appreciates and, in turn, supports her. A reporter for the local newspaper explains: "She's always cooperative, friendly, eager to help the community understand that the center people have needs beyond what's funded. She's always there to help you understand what they need."

One in a million? A rarity? Definitely. And it's too bad, for the world could use a million more Paulines.

*By Hanaba Noack, information director
Vernon Center*



Ed Scharath



Curtis Phipps

Double for Something

Responsibility is something neither Ed Scharath nor Curtis Phipps ignores, whether it's during off-duty hours or working at Austin State Hospital (ASH).

Scharath is electrical/electronics foreman for the ASH Maintenance Department. He is responsible for all fire alarms, communications systems and "any other job that comes up." After appeasing contrary smoke detectors and monitoring communications during ASH disaster drills, he is governor of the Loyal Order of Moose. In this capacity, he is responsible for the lodge's operation and helps coordinate its civic affairs. Lodge members work extensively with ASH patients and clients of Travis State School, providing parties and community contacts.

Scharath is also chairman of the MHMR Credit Union board. Before accepting this position, he served four years as treasurer and one year on the credit committee.

When Scharath has "free time," he works on his house. He quite obviously enjoys his volunteer duties. Says Scharath, "If I didn't enjoy them, I wouldn't do them."

Phipps, assistant coordinator of ASH Volunteer Services (and half of the Phipps-Scharath coffee drinking team), spends his working hours recruiting, screening and placing ASH volunteers. Three or four times each week he can be seen touring ASH visitors. Part of his duties includes coordinating campus activities of service organizations, one of which is the Loyal Order of Moose.

Phipps is also a board member and past chairman of the MHMR Credit Union. The credit union's new building partially results from Phipps' having served on the building committee. Phipps has more committee work to his credit at Faith Methodist Church. He is a past president of the Southwest Austin Optimist Club. Phipps is a member of the Ben Hur Shrine Temple, an organization which annually makes it possible for thousands of underprivileged persons to visit the circus and other community activities. In his spare time, Phipps is a notorious fisherman--notorious for attracting bad weather on fishing trips.

After working all day in a large, sometimes frustrating hospital, Phipps and Scharath share more than a friendship. They share a willingness to be involved, an ability to enjoy their commitment to others and the desire to see a job through to its completion.

*By Rob Sterk, assistant information director
Austin State Hospital*



Katie Rice

A Good Scout

LUFKIN--Katie Rice, director of the Arts and Crafts Department, began her career at the Lufkin State School on Aug. 1, 1967. She became a volunteer the same year.

In 1969 she assumed leadership of four Girl Scout troops on campus. When other employees went home on weekends, you could find Rice and her girls camping overnight, attending a meeting or just spending time together shopping or visiting. She did this not as a job, but because she wanted to.

The highest level scouting award given was presented, in 1971, to Rice for distinguished service by the 21 counties represented in the San Jacinto Girl Scout Council.

Rice is a low profile, quiet, patient East Texan. She has won the love and respect of staff, volunteers and residents. She never ceases to be imaginative and creative. She's a real doer.

*By Sheila Champion, information director
Lufkin State School*

A Responsive Resource

ABILENE--Norman M. Stone, Ph.D., is a compassionate, energetic young man. He is a clinical child psychologist, employed at Abilene Regional MHMR Center as Youth and Family Services' supervisor. His goal is to develop a practical, innovative, compassionate and responsive resource for community families.

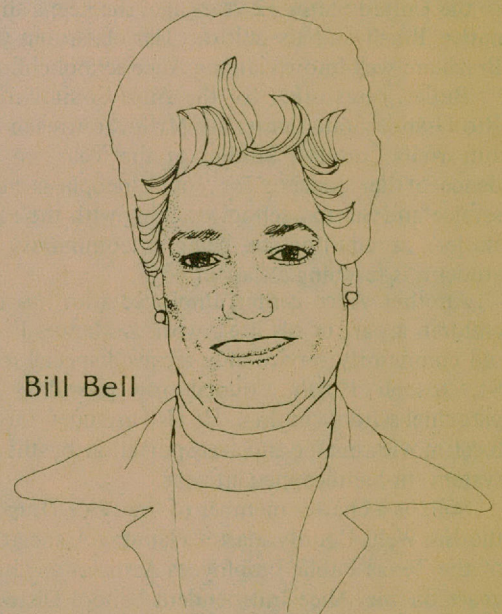
Stone's organizational abilities at the center overflow into the community. He serves on various youth- and family-oriented committees.

He is attempting to interest youth service providers in a joint prevention program in the area of juvenile delinquency and to promote integration of community agencies providing psychological services. Stone is chairman of the steering committee to form a Big Brothers/Big Sisters organization and serves on the board and as chairman for the Abilene Mental Health Youth Committee.

Stone offers consultation to the Student Achievement Center, a program for children with behavior problems and a part of the Abilene Independent School District's Special Education Department. He also has devised an eight-week enrichment program for private schools' special education programs. Foster placement agencies also call upon Stone for consultation.

Combining energy, compassion and humor, Stone improves the quality of life for all those with whom he comes in contact.

*By Bette Nault, secretary for Youth and Family Services
Abilene Regional MHMR Center*



Bill Bell

Next Door Helper

RICHMOND--Euleta "Bill" Bell almost lives at Richmond State School (RSS). Not only does she volunteer beyond her regular RSS work week on many occasions, but her home is about 30 yards from the school campus. At a recent RSS Volunteer Services Council banquet Bell was awarded a 1,500-hour pin in recognition of her volunteer efforts for her "neighbors."

Random Focus

In 1970 Bell moved to Rosenberg and immediately became an RSS volunteer. She took special interest in a young client unable to walk or feed herself. By giving a lot of herself to this client, Bell helped her to walk, feed herself and care for her toileting needs.

For nine years Bell has been a Religion Department therapist. Teaching clients of all functioning levels, Bell displays so much enthusiasm and joy it is impossible for the clients to ignore her. She involves them all.

At age five Bell was a professional entertainer. In 1938 she played the piano for the famed cowboy star, Tom Mix.

Bell's musical talent is immense despite the fact she cannot read music, nor can the "Melody Makers," the RSS clients' dance band. Bell organized the "Melody Makers" after she had spent many evenings with clients at informal music/fun sessions. This award-winning group dramatizes what volunteer efforts can do for a group who have special talents along with their special handicaps. One young woman has learned to play songs on the organ. Down on her hands and knees, Bell physically guided the client's foot pressure on the pedals until each song was learned.

When asked why she spent so much time as a volunteer, Bell said, "Because of my love for the young people. You will never grow old if you work with young people." Summing it all up nicely, Bell remarked, "God said to 'Love thy neighbor' and I've got 1,050."

*By Betty Parthum, information director
Richmond State School*

Movers And Shakers

ALICE--Although Maria Vesper Cavalcanti Lyra Butler moved to the United States 32 years ago, she keeps alive memories of her native Brazil and its culture. Her classroom presentations about Brazil are well-known among Alice school children.

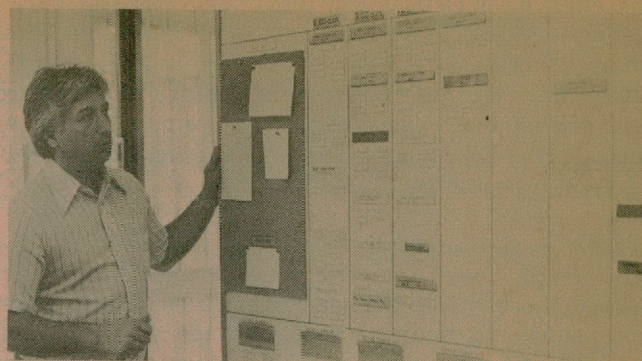
Butler, caseworker for the Alice Community MHMR Center, a Rio Grande State Center for MHMR outreach facility, was named Jim Wells County "Mother of the Year" in 1963. Further evidence of her concern for young people is her lengthy scouting service and Sunday school teaching with the First Baptist Church. Butler, in addition to being a community education project student, is teaching a class in yoga.

Another Alice center employee who has made the needs of children a part of his life's work is Manuel E. Soliz. The 73-year-old community service aide received special recognition from the St. Joseph Parish Council for providing transportation to parochial school children. He also arranged for free admission to a local movie theater and transportation by the community transit system for handicapped citizens.

Soliz is a charter member of the Alice Drug Abuse Council and the Jim Wells County Master Planning Association and is treasurer of the Texas Public Employees Association chapter. He served 14 years on the Alice Independent School District board and three years as a member of the Community Action board. He has 27 years of perfect Rotary Club attendance.

With workers like Butler and Soliz, both movers and shakers in the Alice community, the center's services are certain to gain credibility among the many lives they touch. They hold and give what money can't buy: respect. ■

*By Glenda L. Martinez, mental health worker
Alice Community MHMR Center - Rio Grande State Center
for MHMR*



The information and program board at Austin State Hospital Center for the Deaf displays patients' daily schedules. Devised by Uvaldo Cantu, a psychiatric nurse technician, the board is a tool for patients and staff to plan their day. Photo by Paula Balderston.



Rusk State Hospital (RSH) raises its new flag with help from (left to right) Carl Thompson, RSH security guard; Ed Van Zandt, chairman of the Texas Board of MHMR; Jimmie R. Clemons, M.D., deputy commissioner for MH Services at Central Office; and Paul Kaufman, RSH acting superintendent. Photo by Gloria Jennings, courtesy of Jacksonville Daily Progress.



In a new partnership between Texas Tech School of Medicine in Lubbock and the Central Plains MHMR Center in Plainview, 12 psychiatry students gain experience at the center, and the center benefits from extra manpower. Instrumental in the program's success are (left to right) George Tyner, M.D., medical school dean; Woody Allen, chairman of the center's board of trustees; Mary Bubliss, M.D., center medical director; J. C. Thomas, center executive director; and K. D. Charalampous, M.D., chairman of the medical school's department of psychiatry. Photo courtesy of Plainview Herald.

Let's Relax

It is surprising how little we know about the art of relaxation. Relaxation is more than escaping the work-a-day grind. It is more than the absence of stress. Relaxation is something positive and satisfying. It is a feeling in which one experiences peace of mind. True relaxation is becoming sensitive to basic needs for peace, self-awareness, thoughtful reflection--and the willingness to meet these needs rather than ignoring or dismissing them.

Pressures of Life

The continuing pressures of everyday life take a heavy toll on the physical and mental well-being of millions of people each year. Medical research into the origins of common diseases such as high blood pressure, heart disease, ulcers and headaches shows a connection between stress and the development of such ailments. In the area of mental health, stress frequently underlies emotional and behavioral problems, including nervous breakdowns. Various environmental factors--from noise and air pollution to economic disruptions, such as unemployment, inflation and recession--can make living conditions even more stressful. These conditions, in turn, can create a greater need for mental health services to help people cope more effectively with their environment.

In the course of a day, people frequently are distracted from their activities by personal problems--conflicts with family members, disagreements with employers, poor living or working conditions, boredom, loneliness, to name just a few. It is easy to become so preoccupied with living, thinking, organizing, existing and working that a person disregards his or her needs for relaxation.

Most people reared in our production-oriented society feel guilty, or at least ill at ease, when they are not involved actively in accomplishing tasks or producing things. Even their vacations become whirlwind productions that leave the participants exhausted after concentrating too many experiences into a short period of time. Such behavior undermines the value of vacation time as an opportunity for diversion, calm, restoration of one's energies and gaining new experiences.

Unfortunately, some people pursue relaxation with the same concern for time,



productivity and activity that they show in their everyday life patterns. Far too few people know how to turn off their body clocks and gain satisfaction out of just *being* instead of always striving. The secret in gaining the best results from attempts at relaxation is simple: Find those activities which give you pleasure, and when you pursue them, commit your energies to total mental and physical well-being. If your diversion results in an artistic product, musical skills, further education, a better physique or whatever, that's great. But remember that relaxation, not achievement, is your main reason for participating in the activity.

Try Something New and Different

Keep in mind two important rules of thumb in deciding on relaxation activities: Do not be afraid to try something new and different, and choose activities you really enjoy, not activities you think other people want you to pursue.

● Check out various community activities available through recreation departments, adult education programs, volunteer work opportunities or college courses.

● Consider exercise such as walking around your neighborhood or in the woods, bicycling, dancing, playing golf, swimming, gardening and bowling.

● For the more physically fit, strenuous exercise can prove most relaxing. Jogging or playing tennis, basketball, handball or squash can give you a feeling of wonderful relaxation after an intense workout.

● Try some mental exercises to create a sense of peace and tranquility in body and mind. One such exercise involves concentration on relaxing successive sets of muscles from the tips of your toes to the muscles in your forehead and neck. Other mental relaxation techniques include becoming involved fully with a good book or drifting off into a quiet state with music.

● Creative activities such as painting, drawing, pottery, carpentry, knitting and even cooking for fun can also give a sense of accomplishment, as well as the peaceful relaxation of concentration on something you wish to do.

Make a Personal Commitment

After discovering your favorite relaxation activity, plan to devote at least one-half hour per day to pursuing it. Most people accept the responsibility to meet deadlines and duties imposed on them by others. It is equally important for them to meet the requirements for relaxation periods demanded by their own minds and bodies. Hardworking homemakers or busy executives must give themselves opportunities for relaxation if they are to maintain their mental balance through stressful events and hectic schedules.

The basic principle in the art of relaxation is to enter into relaxation activities with enthusiasm and personal commitment. Let yourself become involved completely in the relaxation activity chosen; do not hold back physically or mentally.

Remember, finding effective techniques for relaxation is not merely a pastime for the idle rich. It is essential for everyone's physical and mental well-being. ■

This article is adapted from a publication of the U.S. Department of Health, Education and Welfare.

The Youngest Jaycees

By Hanaba Noack

VERNON--"When I was busted, they put it on the front page of my hometown paper," says Jim Sanders, 20-year-old client at Vernon Center South, TDMHMR facility for drug dependent youth. "They even said how many needle marks I had."

Since his admission to Vernon Center, Sanders, like several other clients, has continued to make the front page, but the story has changed.

As a member of Vernon Center Jaycees, Sanders is part of a newsmaking experimental group--a Jaycees chapter organized exclusively for young drug offenders at the center.

Permission from Jaycees national leadership was granted to lower the minimum age for membership from 18 to 14, clearing the way for the creation of the on-campus chapter last November. (Clients range in age from 13 to 22.) Under the sponsorship of the regular Jaycees chapter in Vernon, the fledgling group was formed and has flourished. Center Jaycees attribute the success of the project to several factors.

"It's helping me express my way of sharing," says Mark Tracy, 19, center chapter president. "I'm one that really cares for people--I like to help them out, and I feel that in Jaycees I can do that," he says.

"Jaycees helps guys with their attitudes," Tracy continues. "It's showing them that helping people can be a two-way street, instead of just one-way."

Self-expression is also an element. "If you've got something to say, you say it," Tracy says. "A member may have just an idea that he's been throwing around in his head. He sees that it can be accomplished to help out fellow clients."

From basketball games to bake sales, ideas for chapter activities have been varied. Proposed projects are to collect clothing for clients at Vernon Center North, a mental health treatment facility, and to visit patients in the geriatric unit there.

Vernon Jaycee Pass Tobar, director of recreational therapy at Center South, and Jim Bice, Vernon Center personnel officer, serve as advisers to the center chapter. Many of the center Jaycees' projects--sporting events, for instance, and on one occasion, a turkey shoot--are cosponsored by the Vernon chapter. Volunteer Services Council also works closely with the center group.

Camaraderie, prestige, a break from the routine, an opportunity to handle responsibility--Tracy and Sanders enumerate these among the benefits of belonging to Jaycees.

"It shows you can accept responsibility, and that's one of the things they want to see that you're able to do while you're here," says Sanders, who is internal vice president.

"If you can do it here, you can do it on the outside," he adds, "unless you start

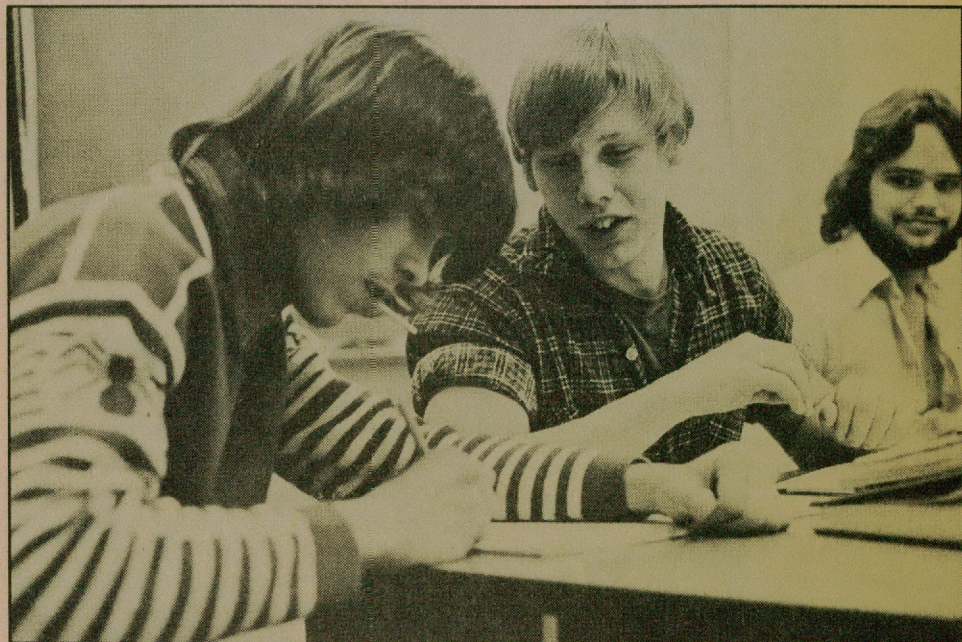
shooting dope again, and then you haven't got a chance in hell."

But center Jaycees hope to have a good chance to make it on the outside. Lessons learned from the Jaycee experience may, in fact, be the deciding factor for some clients.

Frankie Williams, M.D., Vernon Center superintendent, is optimistic about the program. She says, "This sort of activity that the Jaycees of Vernon are providing might be the one community contact that will make the difference between returning to chemical abuse or staying away from it."

And for Vernon Center Jaycees who later become members elsewhere? One center Jaycee predicts that one thing is certain--"They'll have something to talk about in their local chapters." ■

Hanaba Noack is information officer at Vernon Center.



Being an officer in Vernon Center Jaycees means an opportunity to assume an active role in campus activities. Jaycees president Mark Tracy (center) and vice president Jim Sanders (right) watch Brad Brotherton, secretary, as he keeps track of the action at a regular weekly meeting of the group. Photo by Hanaba Noack.

BEHIND THE SCENES of TEXAS SPECIAL OLYMPICS

**THE TRUE ESSENCE of Special Olympics
is NOT FOUND in policies, PRACTICES
OR RULES, BUT IN THE MIND AND SPIRIT
of EVERYONE ASSOCIATED
WITH THE PROGRAM.**

**... Official Special Olympics
GENERAL RULES HANDBOOK**

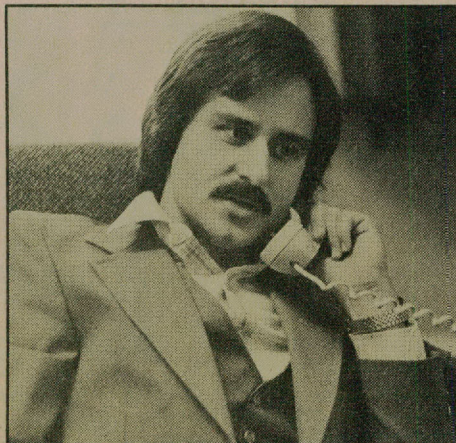
"A new kind of joy" is what Eunice Kennedy Shriver, president of Special Olympics Inc., calls the International Special Olympics. It's a new kind of joy for mentally retarded individuals in Texas and the volunteers who, giving their time and effort, affirm the philosophies of "striving rather than success... determination rather than winning."

Founded in 1968 by the Joseph P. Kennedy Foundation, the Special Olympics Inc. is an international program of sports training and competition for mentally retarded individuals. Membership consists of chapters in the 50 states and in 24 foreign countries.

"Special Olympics is a feeling one must experience to understand what Special Olympics is all about," says Denis Poulos, executive director of Texas Special Olympics Inc.

This experience is what Shriver calls the "invincible spirit which overcomes all handicaps." It is the spirit of "concern with the quality of a whole life rather than the speed or distance of individual performance," the spirit in which "not the strongest body or dazzling mind counts."

The Special Olympics concept includes promotion of the spirit of sportsmanship



**DENIS POULOS, DIRECTOR
TEXAS SPECIAL OLYMPICS INC.**

and love of participation for its own sake; the sense of pageantry and ritual; a varied program of several sports; inclusion of competitions, clinics or demonstrations of activities in the arts; and social activities such as dances, informal games and overnight stays.

(The name "Olympics" and the historical concept it represents are protected by an act of Congress. Only the Special Olympics and Junior Olympics--an organization sponsored by Sears-Roebuck

and Co.--have been granted the official sanction of the U.S. Olympic Committee.)

The Texas chapter began as a division of the Texas Association for Retarded Citizens (TARC) in 1970 to promote these ideals for retarded citizens in Texas. Today the Texas chapter is incorporated as a private, nonprofit, charitable organization, following the national trend toward autonomy.

During the coming year Poulos sees less emphasis on athletics and competition, and more emphasis on recreation, participation and social development. More programs will be geared toward moderately and severely retarded and multihandicapped persons. Emphasis will be increased on area programs and events.

"Our purpose is really to give a person a chance to develop mentally and socially as well as physically," says Poulos. "I believe that as people improve their performance on the playing field they also improve in the classroom and socially. It just gives them a more positive self-image."

The Texas chapter plans to bring its program events, rules and guidelines into better harmony with international guidelines, establish quality controls for the area programs and create area executive

committees. Other goals include more emphasis on workshops, clinics, training and improved communication among the state office, coaches and volunteers throughout the state.

The group responsible for implementing these goals is the 18-member board of directors with representatives from TARC, state agencies, industry, professional athletics and the legal profession.

"The beauty of it is that we have all these people not worrying about the agencies they represent," says Poulos. "At our board meetings they just talk about what is in the best interests of the participants and try to get it going. Everyone involved cuts through the red tape for Special Olympics."

Poulos emphasizes the behind-the-scenes involvement of the agencies represented on the board.

"What people see is the track and field meet that happens every May. What they don't see are the other state events, and what goes on behind the scenes before the participants can get out there and run around the track, or throw the softball."

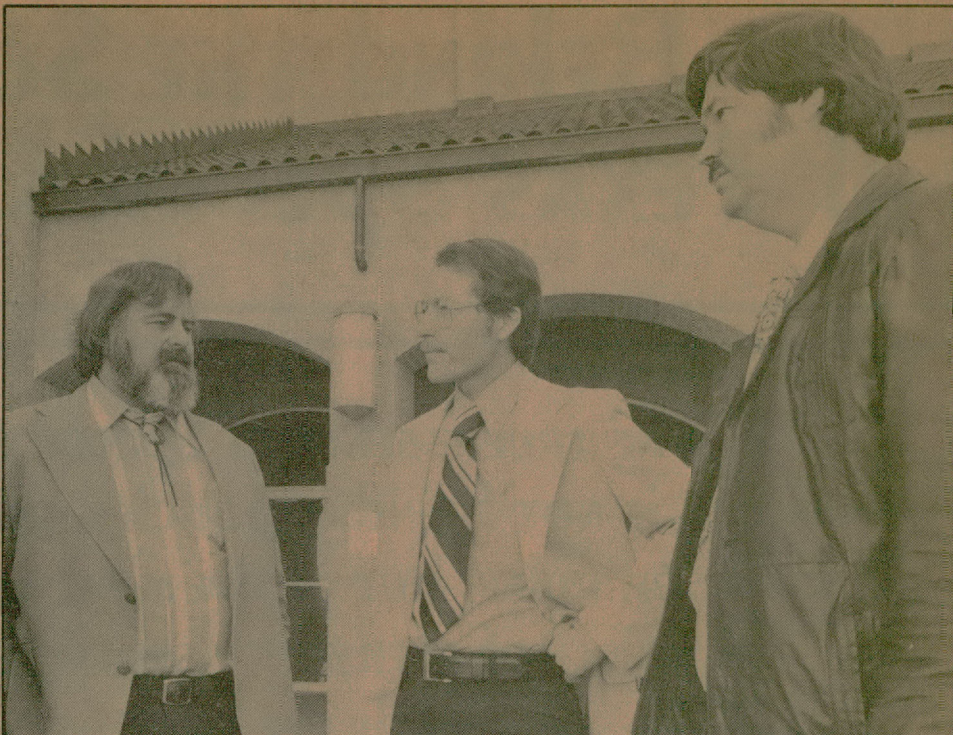
Significant time and energy come from TDMHMR (Central Office and the Austin-based state schools), Austin-Travis County MHMR Center, The University of Texas (UT) and community organizations in planning all aspects of the Special Olympics program.

Part of that behind-the-scenes involvement resulted in the present location of the state Special Olympics administrative offices on the Austin State School campus, utilizing the once vacant second floor of an old dormitory. Negotiations for the move involved B. R. Walker, Ph.D., the superintendent; Charlie Wofford, the school's director of Education and Training; and TDMHMR officials Keith Barton, assistant deputy commissioner for MR Services; John Carley, Ph.D., deputy commissioner for MR Services; and John Kavanagh, M.D., commissioner.

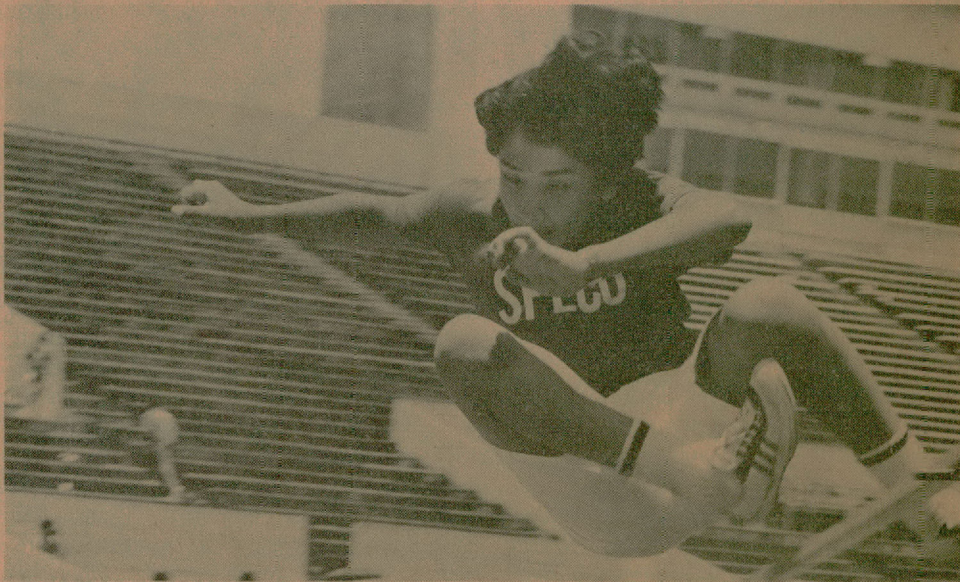
Of approximately 3,000 handicapped people who participate annually in the state track and field events in Austin, a number are TDMHMR clients. Many of the 1,000 coaches and chaperones are TDMHMR employees.

"We couldn't run this program without the assistance of the Central Office Information Systems Division," says Poulos. The division's computer system matches clients for events according to age and ability level, affording each contestant an equal chance.

Superintendents from Austin and Travis State Schools play instrumental roles in supporting Special Olympics by allowing



Preparing for the meets requires extensive cooperation and coordination. Involved in arranging housing for contestants are (left to right) Mark Lett, Recreation director at Travis State School; Michael Foraker, director of Jester Center dormitory at The University of Texas at Austin; and Kenneth Gray, director of Community Services at Travis State School and a coordinator for the swim meet. Photo by Paula Balderston.





A contract with Central Office for computer time facilitates accurate matching of participants. Here, Julie Bonner files a tape deck in the computer library. Photo by Paula Balderston.

their staffs time to assist in preparing for and conducting the meets.

These activities include processing entry forms, assigning rooms, and preparing and assembling coaches' packets of identification bands and information. This system permits the registration of 4,000 people in four hours.

Preparing event facilities involves working with UT staff to arrange track use and cleanup, mark appropriate distances for the events, collect equipment and schedule staff shifts.

The UT Office of the Vice President for Student Affairs officially sponsors Special Olympics events, enabling participants to use UT facilities at a reduced rate--the university's cost plus an amount to cover any additional cost incurred.

Medical coverage is supplied cooperatively by state school staff and Brackenridge Hospital in Austin. Nurses and doctors from the state schools volunteer to handle minor first aid, while major medical coverage is arranged through the hospital.

One of the goals is to offer participants the opportunity for social activities and, whenever possible, an overnight stay.

This is made possible by holding the meets between UT's spring and summer sessions when the campus is clear. The contestants and coaches eat, sleep and play at Jester Center (a UT dormitory). Dances, movies and performing arts shows are made available to the visitors. And, of course, at the beginning of the meet is the traditional parade of athletes.

"Whether the competitors are 50 years old or 10 years old, they're not handicapped residents of the State of Texas anymore; they're individuals. They're athletes participating in an Olympics program; they're staying in university dormitories with athletes from across the state. It's a whole different atmosphere," reflects Poulos.

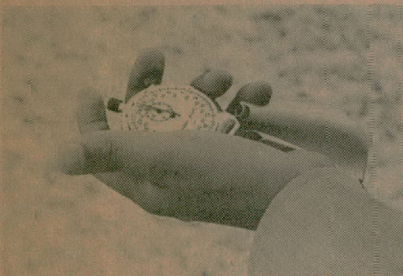
The Texas chapter sponsors four of 12 events listed in the *Special Olympics Sports Rules Handbook*. They are bowling, swimming, basketball and track and field events, including wheelchair events. These four are designed to span an entire year and appeal to a variety of ages.

"I'm going to try to develop a stronger program in each of the 22 Texas areas during the next few years. Last year the number of participants in all state meets totaled only 6,000 while we had 11,000 participate at area meets. We still need the state meets. The state tournaments help us with publicity, promotion and public awareness, but we're serving twice as many individuals at the area level."

The state is divided into 22 geographical areas with a coordinator who directs the area meets in each of the four events during the year. The area coordinators are volunteers from various backgrounds.

Says Poulos, "It's just a beautiful mesh of people from diversified backgrounds getting to an end product that's totally for the participants, and for Special Olympics."

A new kind of joy! **i** P.B.



Special Olympics STATE PROGRAM SCHEDULE 1979

Track and Field

May 28-30

Austin, The University of Texas
Memorial Stadium

Swimming

June 20-22

Austin, The University of Texas
Olympic Swim Center

Peer Groups

★ Have you been a patient in a mental hospital? Are you a widow, an ex-offender or a drug addict? Are you a nursing mother, a father to a child born with cerebral palsy, a parent without a partner?

For each of these and more, there exists a group for self and mutual help. Many of these groups developed because there was no service to deal with certain problems, or the help was too distant, too inflexible or too slow to respond. By contrast, self-help groups provide a supportive fellowship of peers without charge and usually around the clock.

Groups exist for parents of children who have cancer, cystic fibrosis, spina bifida, cleft palate and hemophilia, as well as for those who are mentally retarded or emotionally disturbed.

Many groups can be located by a check of listings in the local telephone directory. A pamphlet called "Partners in Coping" produced by the Public Affairs Committee Inc. in New York City suggests that additional information can be obtained by writing to the National Self-Help Clearinghouse, Graduate Center of the City University of New York, 33 W. 42nd St., New York, NY 10036.

★ A new program called Teen Counseling is training approximately 25 Lampasas high school students to lead younger students in classroom discussions on a number of social problems. The sessions will be offered for credit by the Lampasas Independent School District.

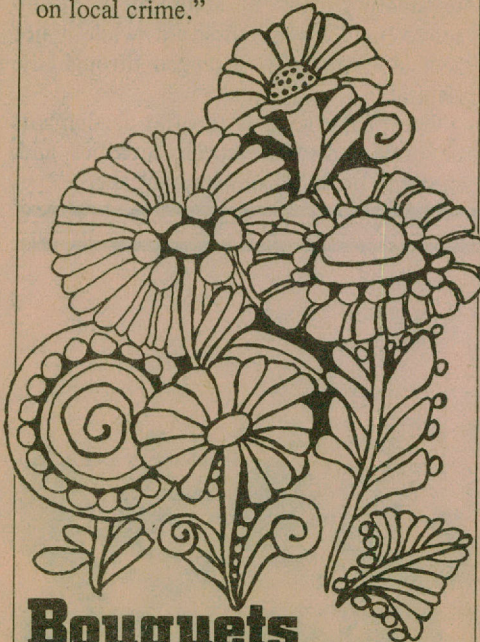
Sponsored by the Lampasas office of Central Counties Center for MHMR Services (CCC), the program is a co-operative effort involving the local police department, sheriff's office, juvenile probation department and schools.

"A lot of times people grow up without trusting their parents or their seniors," says Larry Roberts, director of rural services for CCC. "We're going to try to build that trust. Teen counseling is a preventive approach to mental

health. By training children to become increasingly conscious of a variety of school problems, we will be, in effect, lowering their susceptibility to those problems."

Adds Tommy Honneycut, Lampasas police chief, "The program will give the young people a chance to discuss their problems within their peer group. We regard this as a more effective means of communication than if one of us were to talk to them about drugs or crime.

"When the kids hear it from their classmates, they'll be more apt to believe what's being said. That's why we believe the program will help cut down on local crime."



Bouquets

★ Maxine Volkman recently was named Good Neighbor of the Year by the Bellville Chamber of Commerce. Volkman is director of the Bellville Opportunity Center, an outreach program of Brenham State School.

★ H.E. Butt Grocery Co. made a \$10,000 donation to the Tropical Texas Center for MHMR in Edinburg to help establish needed services in Brownsville. The money will be matched by state and federal funds to provide a protective services program for children, a geriatric outreach service, an infant stimulation project for children aged three years and younger and a sheltered

work-training effort for the adult handicapped.

Also planned are respite care and a liaison project to coordinate efforts with TDMHMR facilities and other state and local agencies serving the mentally handicapped. The center already operates a drug treatment program and a training and development center for developmentally disabled children in the Brownsville area.

★ An outstanding effort in promoting its array of treatment services has won for Bexar County MHMR Center of San Antonio the 1979 National Council of Community Mental Health Centers (NCCMHC) Public Information Program Award.

The judges said the program was especially noteworthy because of its use of creative public service messages in a variety of local media. Also praised was the apparent use of a master plan for the public information program and its coordination with total center activities.

The center also received the 1979 NCCMHC Minority Program Award for its Creative Arts Program at the Southeast Mental Health Unit.

Both honors were made in the "large size center" category.

★ The National Institute of Mental Health has made a three-year, \$450,000 award to the Texas Research Institute of Mental Sciences (TRIMS) in Houston for training psychiatrists and psychologists in the care of elderly patients. Two psychiatrists who have completed at least two years of residency and two psychologists who have served a clinical internship will be accepted this year, to be followed by the same number next year.

Primary training site is the TRIMS geriatric clinic. The two-year curriculum emphasizes treatment, but includes experience in biomedical research related to aging and in program planning and administration.

★ The IMPACT staff is always pleased to hear that an article or item that appeared in one of the issues generated an exchange of information among readers.

So, we were glad to receive this letter from Deborah Burges, a speech/language pathologist at Lufkin State School.

"Recently, the program I submitted to your magazine entitled 'Partner Monitoring' was published (IMPACT, Jan./Feb. 1979, p. 10). Several individuals, who have read the issue of IMPACT, have already asked for more information to implement a program similar to it with their clients. It is unlikely that they would have learned of 'partner monitoring' without your help and interest. Thank you."

Thank you for sharing with all of us.

★The Children's Unit of Wichita Falls State Hospital was selected for the outstanding agency award given annually by the Region IX chapter of the Council for Exceptional Children. The unit was cited for providing a comprehensive program of residential treatment services for emotionally disturbed children, and for the excellence of the education program conducted on the unit under the auspices of the Wichita Falls Independent School District.

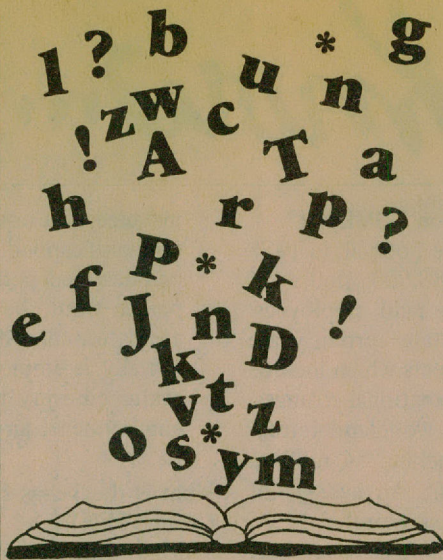
★The Commissioner's Award, the highest citation given by TDMHMR, was presented March 9 to Helen Farabee, outgoing chairperson of the Texas State Mental Health Advisory Council.

The award, originated in 1971, is given each year to the individual or organization whose service, dedication and support stand as monumental evidence of concern for continued improvements in the care and treatment of the mentally impaired citizens of Texas.

TDMHMR Commissioner John J. Kavanagh, M.D., presented the award to Farabee at a meeting of the council, an organization required by federal law to advise the commissioner on mental health needs of the state.

Farabee, wife of Wichita Falls State Sen. Ray Farabee, is one of Texas' most active supporters and workers in the field of mental health.

She currently is chairperson of the Special Committee on Delivery of Human Services in Texas, an organization created by Senate Resolution No. 67 of the 65th Texas Legislature. Farabee also is a member of the Public Committee on Mental Health Inc., the successor to the President's Commission on Mental Health which completed last year a lengthy study on the mental health needs of Americans.



The Jargon Book

What's the difference between a registered client and a nonregistered client? How is an average length of stay at a hospital determined? What do SCOPE and PORS stand for?

You'll find the answers in *The TDMHMR Glossary*, a new guide to approximately 500 service and administrative terms in the MHMR system. Users of the glossary are urged to submit additions, deletions, corrections and other recommendations regarding the content for a revised edition to be printed in 1980.

Copies of the glossary have been sent to superintendents and directors of each TDMHMR facility and community MHMR center for distribution to their staffs. An extremely limited number of glossaries are available to others on request from Harley Pershing, director, Arts, Graphics and Educational Services, TDMHMR, P.O. Box 12668, Capitol Station, Austin, TX 78711.

Acquaintance Rape

According to FBI Uniform Crime Reports, most reported rapists are between 15 and 24 years of age. Separate studies show that more than half the rape victims are under 21. Statistics further indicate that among

teenagers particularly, rapist and victim often know each other, through relationships that range from close family friend to casual acquaintance.

In an attempt to combat this type of "acquaintance" rape in America, the National Center for the Prevention and Control of Rape is making available this year a package of four educational films and accompanying discussion guide materials for teachers and students. The materials are designed to provide young adults with strategies for preventing acquaintance rape.

The prevention package is intended for use in junior and senior high schools, in colleges and by community organizations that provide rape education programs. The package is available nationally through a free loan distribution program sponsored by the National Center, a component of the National Institute of Mental Health (NIMH).

For information about receiving the package, write the regional distributor for NIMH: Association Films Inc., 8615 Directors Row, Dallas, TX 75247.

Conference Calendar

April 18 and May 2

Positive Peer Culture Group
Leadership Skills

April 18-20

Assessment and Treatment of
Single-Parent Families

May 25-27

6th Annual Workshop on
Rational-Emotive Therapy

Held in Austin

Fees vary

Contact: The Continuing
Education Program

Center for Social Work Research
School of Social Work

The University of Texas at Austin
Austin, TX 78712

(512) 471-4387 or STS 821-4387

June 22-29

Rural Mental Health Services

6th Summer Study Program

Sponsored by the Assn. for Rural MH
Held in Madison, Wisc.

Contact: Assn. for Rural MH

University of Wisconsin--Extension
414 Lowell Hall

610 Langdon St.

Madison, WI 53706

Write to Know...

What is the impact of volunteer programs upon TDMHMR?

According to the Volunteer Services State Council, in 1978 volunteers contributed more than 788,000 hours of service--the equivalent of 435 full-time paid employees. Volunteer services councils across the state currently are working on 18 capital improvement projects which include chapels, therapeutic swimming pools, recreational cottages, activity buildings, a wheelchair park, a woodland retreat and a pool enclosure, at a cost approaching \$4 million. There are 27 volunteer services councils. An average of 12,000 people participate as volunteers each month.

What resources are available to TDMHMR employees through the Central Office Library?

TDMHMR employees in any of the facilities can request from Central Office or their facility librarian any book or periodical on any subject available in the interlibrary loan system. Some of the libraries in this system are the Texas State Library, Texas Special Libraries, Perry-Castaneda Library at The University of Texas at Austin (UT Austin) and the State Agency Libraries of Texas. The library at The University of Texas Health Science Center at San Antonio has access to books in South Central Texas libraries and the National Library of Medicine in Washington, D.C. All state employees are eligible for a courtesy library card for use at UT Austin libraries.

How is a client's pay determined at a sheltered workshop or work activity center?

A client's pay depends upon the percentage of work the client can produce compared to an average worker. For

instance, if a nonhandicapped person earns \$4 an hour, and the handicapped person produces 25 percent of what a nonhandicapped person produces in an hour, the handicapped person would be paid \$1 an hour. Production and pay rates are determined during an evaluation period when the client initially is employed by the workshop. The client must be evaluated every three months during the first six months of employment, and every six months thereafter.

What is the Texas Evaluation Network and Resource Support Group (TEN)?

This organization is a task force of people concerned with collecting and disseminating information and promoting effective methods of program evaluation in the MHMR field. Although not financially supported by TDMHMR, the membership is composed of concerned individuals in state hospitals, state schools, community MHMR centers, colleges and universities. Objectives include providing program evaluators with tools necessary to conduct needs assessment and program evaluations within their organizations, informing evaluators of requirements imposed by law as they relate to their organizations and providing a means for sharing needs assessment and evaluation methodologies and results. For more information contact Pat Craig, Ph.D., TDMHMR, Standards Compliance and Quality Assurance, P.O. Box 12668, Capitol Station, Austin, TX 78711, (512) 454-3761 ext. 226 or STS 824-4226.

Do you have a question about TDMHMR? Ask Write to Know, c/o IMPACT, P.O. Box 12668, Capitol Station, Austin, TX 78711.



IMPACT

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