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Sherry L. Grona



Irene Villalpando, participant in Brenham State School's *Color My World* watercolor workshop, is ready to create as workshop monitor Glenda Blank prepares paper, brushes and paint for her. See story beginning on page 2.



*Brenham State School
"Color My World"
Project Travels
to Texas A&M*

Watercolor paintings by residents of Brenham State School participating in the "Color My World" project were on display at the Texas A&M University Medical Sciences Center during March. The paintings were created by individuals residing on the Driscoll Unit, home to the school's most medically fragile, as part of their treatment. The watercolors were for sale, with proceeds going into each artist's trust fund. The exhibit was the idea of A&M Professor Garret Ihler, MD, PhD.

He has been taking first-year medical students to Brenham State School for ten years. The trips are an essential part of the coursework in medical genetics. Doctors and students discuss specific case histories and then tour the state school. Two of Ihler's colleagues, Michael Cusick, PhD, and Robert Elder, PhD, also work with the genetics classes and involve their students in the medical genetics class tours to Brenham.

In an interview held in the exhibit area at the university, Ihler said, "Many of our students are shattered the first time they go to Brenham State School. The trip impresses them and they learn about sociology, how to take care of people in a humane way." He added that the trips show students what can be done in a progressive environment. Students view the visit in a social context, learning about the mechanisms in place to assist persons with mental retardation and the role of the physician in treatment.

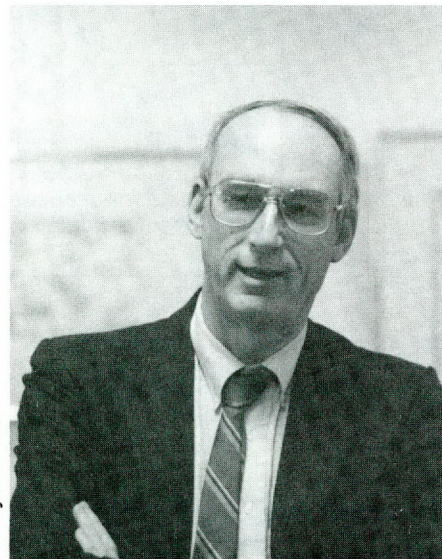
Ihler got the idea for the trip in the mid-1970s from a former employee of the TDMHMR Genetic Screening & Counseling Service. A few years later, he was able to begin the visits. Ihler hopes to set up a fourth-year genetics elective that will involve Brenham State School.

"Beyond the Chair," a video produced at Brenham State School by Judy Bryan, was played on a videocassette recorder near the exhibit. The video, which focuses

on the capabilities of persons with mental retardation, recently received a Telly Award. Ihler said that he may begin showing the video to his genetics classes to help them prepare for their visit to Brenham.

"Color My World" Is Part of Treatment Plan

Although participants in the "Color My World" watercolor workshop receive a paycheck every two weeks, Superintendent Jimmy Haskins emphasized that the main purpose of the workshop is not to earn money or to train medical students: "The watercolor workshop is part of the treatment plan."



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(above) Dr. Garret Ihler, who has been taking Texas A&M medical students to Brenham State School for ten years, was instrumental in having an exhibit of clients' watercolors brought to the medical school.

(left) Irene Villalpando waits excitedly for workshop monitor Glenda Blank to dry her watercolor painting with a hairdryer so that Villalpando can apply another color.



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Glenda Blank, monitor of the watercolor workshop, explained that only individuals who show an interest in painting take part in the workshop. For them, painting not only provides social interaction with the monitor, but is also physically therapeutic because of the range of motions involved in the painting process. Coordination and muscle tone are improved as a result.

Most participants paint for 30 minutes two to three times each week. Blank assists them by helping select colors and moving the paper. She works with one person at a time and adapts the equipment used and the position of the paper to each person's physical abilities.

Blank is excited about the program. "I love working with the residents on a one-to-one basis," she said. "I have a neat job!"

Other staff at the school are excited, too. Several people in the school's recent new employee orientation class saw some of the watercolors and ordered paintings. Blank sometimes takes orders from people who want a particular style or colors. Even when the paintings are customized for an order, the artist adds his or her personal touch—a thumbprint signature. Always, "they get to do something that's theirs," Blank said.

For more information about the exhibit and the paintings, contact Tamy Metzger, public information officer for Brenham State School, at (409) 836-4511 or STS 871-4445. □

By John McLane and Laurie Lentz,
TDMHMR Public Information Office.

Central Office Stays In Touch

"What do we really do, and how can we convey this to our customers within Central Office?"

Sally Anderson

"Staying in Touch" is the name of a program recently initiated at Texas Department of Mental Health and Mental Retardation Central Office to increase employee awareness and understanding of what various units, teams and individuals do within Central Office. It's also intended to address how each interrelates as customers to the others and to the ultimate customer, the patient or client.

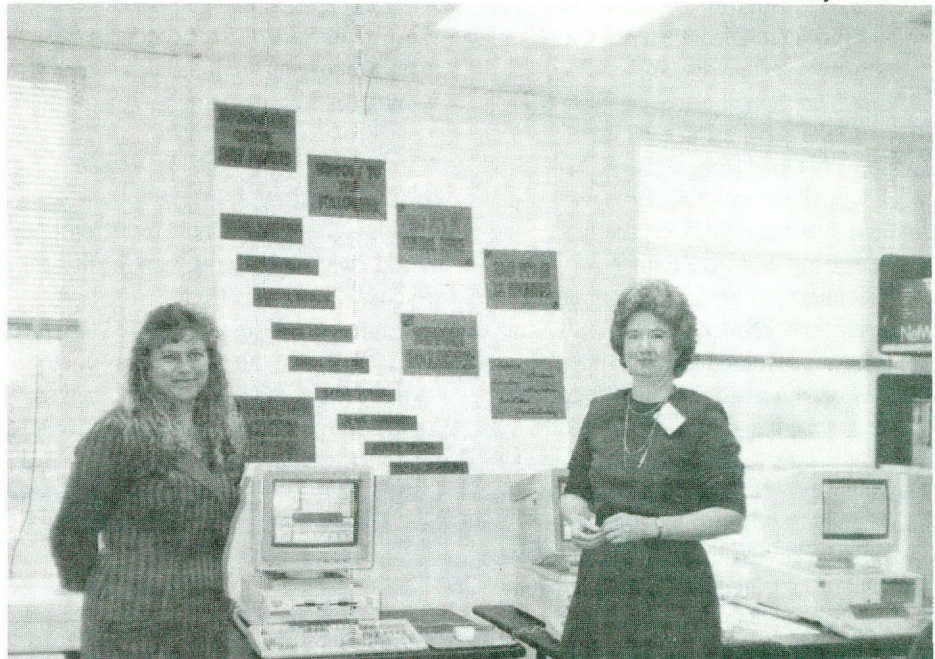
Each month, a different division holds an open house for all CO employees. Visitors tour the host division's offices, meet staff, learn about the division's mission and goals and enjoy refreshments. Already, getting acquainted is proving to be both educational and enjoyable.

Information Services Takes the Plunge

Giving a party may be a lot of work, but it can also be fun. Information Services (IS) was honored and excited when Commissioner Jones asked IS Director Sally Anderson to kick off the first Staying in Touch open house at Central Office. The open house was held January 18 at the IS offices located on the grounds of Austin State Hospital, in a renovated building dubbed CO East.

While the main purpose of the Staying in Touch open houses is to let the various departments at Central Office learn more about one another, IS staff found that preparing for the occasion gave us the opportunity to take a close look at ourselves as a department. We had a chance to "clean house" and ask ourselves, "What do we *really* do, and how can we convey this to our customers within Central Office?" Then we shared the results of our self-examination with fellow employees in displays and presentations at the open house. □

By John Balli, TDMHMR Information Services.



Central Office Information Services staff hosted the first "Staying In Touch" open house. They created posters and displays to explain their services to visitors from other sections.

Mental Retardation Services Takes Its Turn

The second Staying in Touch open house was hosted February 22 by Mental Retardation Services programs that are located in CO West, an office building in northwest Austin. Ten programs participated in the event: HCS (Home and Community-Based Services), OBRA (Omnibus Budget Reconciliation Act), ICF/MR (Intermediate Care Facilities for the Mentally Retarded), ECI (Early Childhood Intervention), Case Management, In-Home and Family Support, Vocational Services, Children and Adolescents, Deaf and Deaf/Blind, Autism and Foster Grandparents.

Displays and presentations explained the mission and customers of each program. For example, a poster in HCS stated that "The mission of HCS is to provide assistance to the Home and Community-Based Services Program providers of Texas and to ensure the

delivery of quality services that provide help and hope to individuals who strive to overcome the problems and disabilities of mental retardation and related conditions."

Upstairs from HCS was the ICF/MR program, which showed exhibits explaining the ICF/MR application process, systems support, provider enrollment, reimbursements and many other aspects of working with the more than 400 ICF/MR providers in Texas.

CO employees taking the tour were delighted by the watercolor paintings along the walls outside several of the offices. The paintings were created by individuals served at Travis State School.

The tour ended with a quick survey in which employees gave their personal evaluation of the open house and a final stop at a delicious nacho bar prepared and served by MR Services staff. □

By Tari Nixon, MR Case Management, and John McLane, Public Information Office.

Nurse Academic Collaboration Task Force Completes Successful First Year

In November 1989, Commissioner Dennis Jones appointed a statewide, nine-member task force to promote nursing academic linkages between Texas schools of nursing and state facilities and community MHMR centers. The task force recently completed its one-year commitment and was so successful that Commissioner Jones asked the group to continue its activities for an additional year.

Task force members include four academic faculty: Jean Deliganis, MSN, RN, of Incarnate Word College in San Antonio; Peggy Drapo, PhD, RN, of Texas Women's University College of Nursing in Denton; Celia Harris, RN, MSN, EdD, of the Health Sciences Division of Midland College; and Bonnie Rickelman, EdD, RN, of the University of Texas at Austin School of Nursing. Four facility and community center staff also serve on the task force: Tyra Carmichael, MS, RN, of Abilene State School; Ruby Ferguson, RN, BSN, of the MHMR Authority of Harris County's Mid-City MH Clinic; Ollie Miller, MEd, RN, of Fort Worth State School; and Rosie Urban, MGA, RN, C, BSN, of San Antonio State Hospital. Diane Faucher, TDMHMR nursing director, and Lillian Kay Cowan, nurse recruiter, are included in the group.

According to Faucher, "The task force has had a very busy year." She explained that the group first assessed needs within the system, then developed a 12-point plan to foster academic linkages.

"One of the most successful points in the plan has been providing consultation to state facilities and community centers interested in developing academic linkages," reported Faucher. "The task force developed consultation teams that provided a number of consultations during the past year. The payoff of these consultations has been establishment of eight new academic linkages between Texas schools of nursing and MHMR facilities and centers."

Another accomplishment of the task force was developing a directory of nursing schools for use by nursing

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TDMHMR nursing director and nurse academic collaboration task force member Diane Faucher

involving student rotations, three state facilities have developed joint appointment positions. Faucher noted that "these newly created joint appointments not only represent new linkages, but also are tangible evidence that the department is moving in the direction of building partnerships with schools of nursing."

As the task force begins its second year, numerous new initiatives and projects are underway. These include an effort to continue to improve the image of public sector nursing through publications; several articles describing nursing within the MHMR system will be published in nursing literature. A directory of facilities and centers within the agency's service system will be developed for use by nursing schools. The task force plans to

"We believe that academic linkages are excellent strategies for improving the quality of services as well as for promoting recruitment and retention of nurses."

directors in targeting schools which would be appropriate for academic collaboration linkages. The group also developed guidelines for nursing student orientation.

In its well-received "Spread the Word" campaign, the task force tackled the negative image and misunderstanding that too frequently colors people's perception of the TDMHMR service system. Through the campaign they also strived to increase understanding of the value of academic linkages in general. "Task force members have, in effect, become a speakers bureau and have addressed more than ten major groups concerning these issues," said Faucher.

Completing its first year, the task force has increased the visibility of nursing as a professional discipline within the agency and has increased awareness of the importance of academic collaboration. In addition to new academic linkages

complete a study to determine how academic leaders view the MHMR system as potential sites for clinical training. Finally, they will continue their consultation service and public speaking campaign.

Describing the importance of creating and reinforcing academic linkages in the nursing field, Faucher said, "We believe that academic linkages are excellent strategies for improving the quality of services as well as for promoting recruitment and retention of nurses.

"Likewise, we believe that faculty involvement in our service system gives students an opportunity to obtain a realistic view of the system. It creates opportunities for faculty to be better teachers." □

"Caring About Culture" Conference Looks at Minority Mental Health Issues

"Caring About Culture" promises to have an exciting and enlightening agenda. Treatment approaches will be addressed in a panel discussion, "Clinical Issues with Hispanics, African Americans, Native Americans and Southeast Asians." Panelists will be Roberto Jimenez, MD, former member of the Texas Board of MHMR who is in private practice in San Antonio; Mel Sikes, PhD, of the University of Texas at Austin; Kham Ko Ly, MPA, of the Dallas Multicultural Center; and Marlene Echo Hawk, PhD, of Indian Health Services in South Dakota. Juan Chavira, PhD, JD, of San Antonio will speak about the "Clinical Aspects of Folkhealing," and a panel of representatives from various religious organizations will discuss "Spiritual Implications in Treatment."

Buddy Ruiz and Lemuel Clark, MD, both of the National Institute of Mental Health, will participate in the conference. Ruiz will focus on minority initiatives in

Texas Department of Mental Health and Mental Retardation and The Hogg Foundation for Mental Health are sponsoring a statewide conference focusing on minority mental health issues. Titled "Caring About Culture: A Multicultural Approach to Mental Health Service Delivery," this conference will offer state-of-the-art information about mental health services to African Americans, Hispanics, Southeast Asians and Native Americans. The conference will be held May 22 and 23 in Austin.

community support programs, and Clark will discuss issues related to training a culturally diverse work force. Brenda Lyles, PhD, of Harris County MHMRA will present "Advocacy and Empowerment for Minorities."

Additionally, conference participants will have the opportunity to take a close look at some model multicultural programs:

- San Antonio State Hospital's transcultural model;
- Tropical Texas MHMR Center's "El Puente" outreach services to Hispanic families;
- Casey Family Program's

crosscultural services, based in San Antonio; and

- McKinley Intervention Services' nontraditional approach to serving African American families, based in Chicago.

Registration for the conference is free, but seating will be limited. For further information about the "Caring About Culture" conference, contact David Luna, TDMHMR coordinator for Multicultural Services, at (512) 465-4643 or STS 824-4643. □

i Se habla espanol!

Spanish classes for employees are being conducted twice each week in the Mental Health program at Lubbock Regional MHMR Center by staff member Lee Andrews. Andrews, who has a bachelor's degree in Spanish and also speaks Portuguese, wants the students in her newly-created class to become functional in Spanish as a result of the six-week course.

Classes are designed to improve the staff's ability to communicate with persons for whom Spanish is the primary or only language. While some class members have studied Spanish in high school or college, many have no experience with a language other than English. Course materials include *Spanish for Gringos* materials on loan from Dr. Lorum Stratton, foreign language professor at Texas Tech University, and many other sources.

These materials have been adapted to meet the needs of mental health professionals. Andrews uses role playing to enact situations frequently encountered in mental health settings, with class members in the role of the client or family. Role playing provides an opportunity for students to practice their skills, and they report that the classes are fun as well as challenging. □

By Annette Gary, Lubbock Regional MHMR Center.

Community mental health services assignments made

In January, H. Ed Calahan, associate deputy commissioner for Community Mental Health Services, announced assignment of community mental health service areas. Each area will be overseen by an assistant deputy commissioner for Mental Health Services. These assignments are part of the ongoing reorganization of the department.

Included in the assignments are two new assistant deputy commissioners: David (Dave) Wanser, PhD, formerly of TDMHMR Standards and Quality Assurance, and Ronaldo (Ron) Morales, MSSW, previously regional support specialist in South Texas.

The location of the center's headquarters appears in parentheses wherever the site is not indicated in the center's title.

Area 1 - West Texas

Assistant Deputy Commissioner: Dave Wanser; Area Support Specialist: Charlsie Ladley.

- Abilene Regional MHMR Center
- Central Plains Comprehensive Community MHMR Center (Plainview)
- MHMR Services for the Concho Valley (San Angelo)
- Life Management Center for MHMR Services (El Paso)
- Lubbock Regional MHMR Center
- Permian Basin Community Centers for MHMR (Midland)
- Big Spring State Hospital, Community Services Division
- El Paso State Center, Community Services Division

Area 2 - Central Texas

Assistant Deputy Commissioner: Doug Rudd; Area Support Specialist: Sam Wilson.

- Austin-Travis County MHMR Center
- MHMR Authority of Brazos Valley (Bryan)
- Central Counties Center for MHMR Services (Temple)
- Central Texas MHMR Center (Brownwood)

- Gulf Coast MHMR Center (Galveston)
- Heart of Texas Region MHMR Center (Waco)
- Johnson County MHMR Center (Cleburne)
- Riceland Regional MH Authority (Wharton)
- Kerrville State Hospital, Community Services Division
- Austin State Hospital, Community Services Division

Area 3 - South Texas

Assistant Deputy Commissioner: Ron Morales; Area Support Specialist: position vacant.

- The Center for Health Care Services (San Antonio)
- Gulf Bend MHMR Center (Victoria)
- Nueces County MHMR Community Center (Corpus Christi)
- Tropical Texas Center for MHMR (Edinburg)
- San Antonio State Hospital, Community Services Division
- Laredo State Center, Community Services Division
- Rio Grande State Center, Community Services Division (Harlingen)

Area 4 - East Texas

Assistant Deputy Commissioner: Carolee Moore; Area Support Specialist: Allyn Lang.

- Deep East Texas Regional MHMR Services (Lufkin)
- MHMR Authority of Harris County (Houston)
- Sabine Valley Center (Longview)
- Life Resource (Beaumont)
- Tri-County MHMR Services (Conroe)
- Rusk State Hospital, Community Services Division

Area 5 - Northeast Texas

Assistant Deputy Commissioner: Cathy Collier; Area Support Specialist: Mary Bird.

- Dallas County MHMR Center
- MHMR Regional Center for East Texas (Tyler)
- Hunt County Family Services Center, MHMRA (Greenville)
- Navarro County MHMR Center (Corsicana)
- Northeast Texas MHMR Center (Texarkana)
- Terrell State Hospital, Community Services Division

Area 6 - Northwest Texas

Assistant Deputy Commissioner: Phyllis Gipson; Area Support Specialist: Ken Neill.

- Collin County MHMR Center (McKinney)
- Denton County MHMR Center
- Pecan Valley MHMR Region (Stephenville)
- Tarrant County MHMR Services (Fort Worth)
- Texas Panhandle MH Authority (Amarillo)
- MHMR Services of Texoma (Denison)
- Wichita Falls Community MHMR Center
- Wichita Falls State Hospital, Community Services Division. □

Nueces County tackles dual challenge of mental illness and chemical dependency

Treatment of coexisting conditions—chemical dependency coupled with a major mental illness—has been a serious challenge for health care systems, and it requires the expertise of both mental health and chemical dependency care systems. Historically, the patient with coexisting conditions, often referred to as dual diagnosis, has been funneled into either the mental health system or the substance abuse treatment system. Rarely was a patient treated for both diagnoses. In fact, not until the mid-1970s was the dual diagnosis population recognized and research underway for a treatment plan.

But in September 1990, the Nueces County Mental Health and Mental Retardation Community Center (NCMHMR) began providing residential treatment for persons with dual diagnosis. The Dual Focus Unit of NCMHMR is the first public, residential dual diagnosis program in the state.

Harry Williams, program director for NCMHMR's Dual Focus Unit, said, "Our board of trustees' decision to address the dual diagnosis problem directly was a good choice. We have had some successes that I don't think would have been possible without the program."

The NCMHMR Dual Focus Unit, filled to capacity with 16 clients, is managed by

a direct care staff of 12. Treatment focuses on education. Clients are given information on abuse of drugs and alcohol and on use of the medication used to treat their mental illness. Group therapy is conducted and the 12-Step principles of the Alcoholics Anonymous (AA) program are used.

A family educational group program has also been implemented in the unit. Cora Graham, caseworker for the Dual Focus Unit, explained that "many families experience feelings of guilt. The family group program provides an outlet for these families to open up and explore their feelings." The family group sessions are made up of 12 meetings which provide support as well as training in the rehabilitation of a dual diagnosis client. This training highlights resources in the community for mental health and related services, open communication and coping with the family member's resistance to dealing with his or her mental illness and chemical dependency.

As clients progress in treatment, many begin participating in the NCMHMR Puertas Abiertas program, a psychosocial rehabilitation program for adults with chronic mental illness. Clients receive training in vocational and prevocational skills as well as personal and social skills.

Puertas Abiertas also offers an outpatient dual diagnosis group session.

Marta Guerra, who has received treatment on the Dual Focus Unit since January, said, "The program has helped me understand my behavior and all my anger. They are assisting me to go out and make a job search."

The length of stay for a dual diagnosis client ranges from a minimum of 30 days to eight months or longer depending on the needs of the client.

A typical day's activities for a person residing in the Dual Focus Unit includes taking medications and receiving medications training, 12-Step study, AA meetings onsite and in the community and instruction in stress management. Outings or recreational periods are also offered throughout the week.

Guerra said, "Both the [12-Step] meetings at the unit and in the community have helped me a lot. . . . I'm learning to cope with myself. I know if I seek help I will find it."

One of the most essential components of the Dual Focus Unit is the aftercare. Wingfield said, "We will lose many of our clients to relapse if they are not connected with community services such as the Puertas Abiertas program."

Another aftercare resource is NCMHMR's Lodge program, permanent housing for mental health clients ready to reenter the community. Finally, Dual Focus clients are linked to NCMHMR's case management services and to the center's outpatient community services.

Individuals are referred to the unit from private hospitals, community hospitals, San Antonio State Hospital and NCMHMR. The only requirement for admission is the diagnosis of a coexisting condition of a mental health and substance abuse disorder.

Williams noted that evaluating a person for a dual diagnosis can be very difficult if his or her primary diagnosis is substance abuse and there is no documented history of mental illness. Lengthy interviews, gathering of data and reviewing records are a few of the procedures used in a dual diagnosis evaluation. Williams explained that much of the difficulty comes from the fact that many substance abusers experience confusion, nervousness, depression or hallucinations

Cora Graham and client Daniel Gibson meet during a one-on-one session at the Dual Focus Unit of Nueces County MHMR Community Center.



from substance abuse, which may be misdiagnosed as a mental illness.

Because treatment for dual diagnosis is relatively new, few professionals have had the experience of treating the dual diagnosis population. Dr. Cecil Wingfield, clinical director for NCMHMR, emphasized that cross-training of staff in both the mental health care system and the chemical dependency care system is critical.

Williams said that the staff of the Dual Focus Unit do have the necessary blend of training and that their sharing of their professional experiences has been helpful in training others. The NCMHMR Dual Focus staff have also participated in TDMHMR dual diagnosis training in Austin and have visited

"I'm learning to cope with myself. I know if I seek help I will find it."

the dual diagnosis day program at San Antonio State Hospital.

With only a handful of programs throughout the US that treat the dual diagnosis population, information about treatment is still scarce and much is trial and error. Wingfield stated, "Our program is continually evaluating and working to determine which programs and combinations of services are most effective."

At present, Wingfield measures the unit's effectiveness by the high number

of clients who complete the program (80 percent) and the low rate of relapse for drinking.

Guerra gave the program high marks. "I've been through other programs and the staff weren't caring. They were always switching me back and forth, either to the psychiatric unit or back to the chemical dependency unit. At the Dual Focus Unit, there is always someone there for me, either individually or through group. I know they care about me." □

By Michelle Mora-Trevino, public information officer, Nueces County MHMR Center.

Central Plains Offers Spectrum of Substance Abuse Programs

Start-up funds from the Texas Commission on Alcohol and Drug Abuse (TCADA) and progressive leadership have brought Central Plains MHMR Center into the forefront of substance abuse treatment. Headquartered in Plainview, five treatment programs are helping people in the center's nine-county region to recover from alcohol and drug abuse.

Plainview Women's Center

The newest program is Plainview Women's Center, which opened in February 1991. It is a 20-bed halfway house designed to assist women and their families in making the transition from an alcohol- or drug-driven lifestyle to normal, productive living in the community. Women and their families receive treatment there for a minimum of four months. The Women's Center is one of only four such facilities in the state.

ASAP

Central Plains also operates ASAP, a prevention and intervention program for young people ages 5 to 17 who exhibit at-risk behavior and their families. It is primarily a counseling program.

Adolescent Residential Program

For young men between ages 13 and 17 who have gone beyond merely experimenting with alcohol or drugs, Central Plains has a residential program. The adolescents live at the program for at least three months and attend school there.

Allen Treatment Center & Plainview Counseling Center

Two adult treatment programs, the Allen Treatment Center and Plainview Counseling Center, work together to

serve people over age 17 and their families. Allen Treatment Center is a 30-day residential program offering several forms of therapy, including family counseling. Plainview Counseling Center, which also offers a broad range of counseling programs in areas other than substance abuse, has an outpatient program for individuals who have completed their stay at the Allen Treatment Center and who need assistance in making the transition back into the community.

Branch offices

In addition to the programs offered in Plainview, Central Plains MHMR has branch offices in seven of the nine counties served. The branch offices provide outpatient substance abuse services.

Director of Clinical Services Ron Trusler explained that the TCADA funds are in the form of four-year grants that may or may not be renewed. Consequently, the programs must be designed to stand on their own without state funding. Trusler hopes not only that existing programs will become self-sufficient but also that new programs—such as a residential program for adolescent girls—can be initiated in the future. □

23-year addict now helps others kick drug habit

Growing up in the Wheatley Courts in the '50s, straight-A Catholic school student and basketball star Charles M. Johnson was headed for fame—or at least success.

But he was tempted by the \$100 bills and Cadillacs of the pimps and con men floating through the projects, lured to potent wine at the age of 13.

The heroin came just four years later.

"I had two sets of values going,"

Johnson, now 43, recalled recently. "I was meeting career addicts, career criminals, and on the other side of the street I was going to school with the kids of ministers and lawyers.

"To fit in the ghetto, I had to drink wine with older men and learn to commit petty crimes."

The petty crimes turned to chronic shoplifting—Polaroid film, cologne and other items easy to sell on the black market—before escalating to the armed robbery of an Austin hotel and participation in a national counterfeit credit card scheme, all ways to get money to pay for his drug habit, Johnson said.

The crimes and a drug bust or two led to years in federal prisons—including Leavenworth—where Johnson was able to get heroin once a week in exchange for making syringes for fellow inmates from supplies taken from the dental lab where he worked.

A fellow prisoner, "Fast Eddie," advised Johnson to find a woman with a job, which he did upon his release. But, again, the drugs came first, causing Johnson to lose his wife and daughter for a life of \$3 motels and sleeping in his '67 Plymouth Valiant.

Then, 23 years after he started using

heroin, with most of his friends buried or behind bars, Johnson said he could no longer stand his life.

After a few failed attempts at kicking drugs, Johnson entered the San Antonio State Hospital detoxification program three years ago and spent a full year working at the hospital print shop and putting his life together.

Some drug abuse experts say that among people who have used drugs for more than 20 years, only one in 16,000 comes clean.

"Extremely rare would be an understatement," said Dr. Ronald McNichol, director of the hospital's chemical dependency unit, adding, "We disregarded his background. We don't give up easily around here."

Johnson credits McNichol, print shop

colleague Vincente Gonzalez, his counselor Dee Rogers and the love of his mother and grandmother for his recovery.

Johnson, who once thought he would die an addict, recently became a certified alcohol and drug abuse counselor and now counsels others at the local Alcoholic Rehabilitation Center.

Johnson even has been reunited with his 11-year-old daughter. While he dreaded telling her of his past, her response to the truth, he said, was surprising.

"She told me, 'Daddy, what they teach us in school is that people who get off drugs are heroes.'" □

By Usha Lee McFarling. Reprinted from the San Antonio Light, December 23, 1990, with permission.

Youth Treatment Programs Receive Boost

Through increased funding from the Texas Legislature and the federal Alcohol, Drug Abuse and Mental Health Block Grant, the Texas Commission on Alcohol and Drug Abuse (TCADA) has quadrupled the capacity of its adolescent chemical dependency treatment programs for the medically indigent. Through awards to 28 programs, TCADA hopes to serve more than 2500 young people this year.

Several community MHMR centers and one state center received TCADA funds for outpatient or residential services, or both, for adolescents:

Nueces County MHMR Center,
Corpus Christi
Denton County MHMR Center,
Denton

Life Management Center, El Paso
Laredo State Center, Laredo
Permian Basin Community Centers for MHMR, Midland
Central Plains MHMR Center, Plainview
Central Counties Center for MHMR Services, Temple

TCADA is the state agency mandated under Texas law to provide chemical dependency prevention, intervention and treatment services throughout the state. □

Adapted from TCADA's NewView, January 1991.

Leander

Rehabilitation Center

Gets a PUSH

More than 22,000 people take advantage of the Leander Rehabilitation Center's camping opportunities yearly. The diverse camping groups will benefit from the efforts of some young men dedicated to making a positive difference in the lives of others. During the week of March 9 through 15, as many as 50 members of Pi Kappa Phi's national fraternity will participate in a Spring Break Alternative at the center.

The center, also known as Camp Leander, is located in Cedar Park near Austin. The facility offers rehabilitation, training, education and recreation for persons with mental retardation and mental illness. Private groups and individuals may also use the facilities with permission.

The volunteers selected to participate in the Spring Break Alternative will spend the week at Camp Leander working on projects

to improve the camping facility. They will construct four covered picnic areas, a portable ramp for wheelchairs, improvements to the petting zoo and a wildlife observation tower and feeder unit.

PUSH, Inc. is providing an \$8000 grant for construction materials. The Leander Rehabilitation Center is one of three sites in the nation selected this year by PUSH (People Understanding the Severely Handicapped), which is Pi Kappa Phi's national service project. PUSH, Inc. strives to improve the lives of the severely challenged through volunteerism and public awareness, using the efforts of Pi Kappa Phi fraternity as a primary resource.

Mike Oria, PUSH chairman for the University of Texas Zeta Theta chapter of Pi Kappa Phi, said, "Our local chapter is excited about this chance to promote the service aspect of our fraternity." Oria volunteers at Travis State School and looks forward to involving more members of his fraternity in this type of volunteer effort.

Ken Kaiser, executive director for PUSH, Inc., added, "The Spring Break Alternative will provide a rewarding experience for our members. We look forward to working at Camp Leander."

The Volunteer Services Council and the Parent Association for Travis State School will coordinate provision of meals, lodging and entertainment for the week. Other camping groups in the area who use Camp Leander will have an opportunity to participate, too. □

By John McLane, TDMHMR Public Information Office.



Innovative programs compete for national honors

Seven state and community mental health and mental retardation programs in Texas have joined other government entities in competition for the Innovations in State and Local Government National Awards Program. This program was initiated in 1985 by the Ford Foundation in collaboration with the John F. Kennedy School of Government at Harvard University. The program identifies, rewards and publicly recognizes exemplary innovations in state and local government.

The seven MHMR programs are

- Terrell State Hospital's Family Center, which provides comprehensive therapeutic services to relatives and friends of persons with mental illness;
- Beaumont State Center's Community Training Program, which provides community-based services to persons with developmental disabilities;
- TDMHMR's Case Management Program, a statewide program serving individuals with mental illness and mental retardation considered to be most in need of services due to multiple needs and difficulty in accessing and coordinating services;
- Richmond State School's Therapeutic Riding Program (Physical Medicine and Rehabilitation Department), which uses hippotherapy to assist individuals in achieving their maximum functional abilities as well as enhancing their quality of life;
- Abilene State School's Custom Wheelchair Program (Orthotics Department), which develops custom, multipositional wheelchairs;
- Laredo State Center's La Familia Program, which treats adolescents with inhalant abuse and other types of substance abuse; and
- Mental Health and Mental Retardation Authority of Brazos Valley Inmate Full-time Volunteer Program, which involves minimum-security female inmates from the Federal Prison Camp in Bryan in the MHMRA's volunteer program.

The Innovation Awards acknowledge the increasingly critical role played by state and

local government in the lives of citizens. Each July, the awards committee selects ten programs and policy initiatives it considers to be extraordinarily innovative in addressing public needs. Since 1986, the Ford Foundation has given national recognition and one-time grants of \$100,000 to 40 state and local governments that have successfully implemented innovative programs and policies. These programs serve as models throughout the nation.

To be eligible for an award, programs must meet these criteria:

- be administered or operated under the authority of a state, local or tribal government or special authority;
- take a new approach to a pressing social need or significantly improve an existing program;
- have been in operation a period of time sufficient to establishing a proven record of effectiveness; and
- demonstrate with tangible evidence that it has achieved its stated goals.

Commissioner Dennis Jones congratulated all of the MHMR programs that have entered the Innovations competition, noting that, "these programs serve as shining examples of the agency's ongoing commitment to quality." □

Ann Utley Named Chair of Texas Board of MHMR

On February 27, Governor Ann Richards announced the appointment of Ann K. Utley as chairman of the Texas Board of MHMR. Former board chairman Patilou Dawkins will remain a member of the board. Utley took her place on the board in January, replacing Jack Dulworth, who resigned.

She is the immediate past president of The Mental Health Association in Texas and has served on that association's board since 1983. She is also a board member of the National MHA. Since 1987, Utley has been a member of the Texas Mental Health Services Planning Council. Additionally, she has been a member of the Texas Board of Corrections Subcommittee dealing with offenders with mental illness.

In her announcement Governor Richards said that "Ann Utley will be an outstanding chairman of the TDMHMR Board. She has an extensive background in mental health associations and is well-versed in the challenges facing Texas in this area."

Utley, a native of Belton now residing in Dallas, has been active in numerous community activities in Dallas, including serving as a member of the University of Texas at Dallas Development Board since 1987. □

Conference Calendar

May 2-3, Dallas
Texas Board of MHMR Meeting
Contact: Ellen Hurst
(512) 465-4506

May 13-15, Corpus Christi
Vocational Nursing: Focus on the Future
2nd Annual TDMHMR LVN Conference
Contact: Karla Starkweather
(512) 465-4817 or STS 824-4817

May 15, San Antonio
May 16, Dallas/Ft. Worth
May 17, Houston
Borderline Syndrome Seminars
Contact: Olive Tree Productions
(518) 434-3441

May 22-23, Austin
Caring About Culture: Multicultural Approach to Mental Health Service Delivery
Sponsored by TDMHMR
Contact: David Luna
(512) 465-4643

May 29-31, New Orleans, LA
Setting the Beat: National Council of Community Mental Health Centers 1991 Annual Meeting & Training Conference
Contact: National Council of Community MH Centers
(301) 984-6200

Opportunities growing for MH, MR at Scheib Center

For almost two decades, the city of San Marcos has provided fertile ground for the nurturing of opportunity for persons with mental retardation and with mental illness. From the seed of a small legacy bequeathed by a lady whose late husband, a physician, had taken an interest in mental retardation, the Scheib Opportunity Center has grown into a flourishing multi-limbed complex of 14,000 square feet with five homes in the community.

The most recent addition to that complex is a 4000 square-foot building, providing space for five offices, two training rooms and a large workshop. A far cry from the old residence scheduled for demolition which housed the center in 1971, Scheib today provides space for

a variety of vocational and psychosocial programs, including developmental training, a thriving sheltered workshop and a woodworking shop, which produces, among other things, oak gavels for the Texas legislature.

According to board chair Rev. Jimmy Cobb, "We live in a very responsive community. When there's been a need, we've let people know, and somehow or other the money has come in."

About this latest project, which cost \$108,000, Cobb said, "The first mailout went out in November '89. We were in the building November '90, and it was totally paid for."

Cobb said that the center has developed a quality reputation, which has

been reinforced by the strength and continuity of the professional staff and a very active board.

The exceptionally nourishing climate in the San Marcos center has produced surprising results. "What people find amazing," said mental health program director Katie Cody, "is that Schieb is able to operate programs for the mentally ill and mentally retarded under one roof. MH and MR clients not only work together on the lawn crews and in the woodworking shop, they also attend each other's social functions."

Scheib's newest goals are to expand community employment and to acquire another group home—one that will better accommodate persons with physical handicaps. If the past is any indication, the Scheib Opportunity Center doesn't have long to wait. □

Phoenix Offers Supported Employment: A Business Option Worth Looking Into

The Phoenix Psychosocial Program of The Center for Health Care Services (CHCS) in San Antonio is the recipient of a grant that makes Phoenix the only grant-funded supported employment program in Texas specifically for persons with chronic mental illness. The Texas Planning Council for Developmental Disabilities presented CHCS with a grant of approximately \$130,000 for a three-year period, funded by the Texas Rehabilitation Commission. The grant is to be partially matched by CHCS. Grant funds are to be used to further develop and expand the existing supported employment program at Phoenix.

Promoting Independence

Work is a significant way for people to participate in the community. Employment builds self-esteem, promotes independence and socialization and returns much-needed self-identity and dignity to persons with histories of chronic mental illness.

The Phoenix program is based on the belief that the majority of people, regardless of disability, can do meaningful and productive work if given the necessary supports. Supported employment is an option for people to enter a job matched to their strengths and abilities, to receive ongoing support and to become productive members of society.

Benefiting employers

Phoenix stresses the importance of work and success in the workplace and provides individual support by job coaches. Job coaches inform new employees of their responsibilities, establish lines of communication between employee and employer and visit community integrated employment sites daily until the new workers become accustomed to their work environment.

Benefits of supported employment for employers are numerous: employee

recruitment, screening and training at no cost; a commitment to high performance standards; and ongoing support to ensure that employees perform their jobs well. Additionally, many employers can take advantage of the Targeted Jobs Tax Credit. This incentive refunds employers up to \$2000 for each employee with a disability that the employer hires.

Supported employment such as that provided by Phoenix is a viable option for people who want to work but need extra support to succeed. It is also a good opportunity for businesses that need to save time and money in hiring and training employees. □

By Loren Smith, marketing specialist, Phoenix Psychosocial Program, The Center for Health Care Services.

Images

Newsmakers

- ⊕ **Don Gilbert, Terrell State Hospital** superintendent, will be acting in the place of former deputy commissioner **David Bean, MD**, until a replacement can be found for the position, which by law must be filled by a psychiatrist. Gilbert has served at TSH since May 1974, a tenure broken only by a stint as assistant deputy commissioner for the department from 1978 to 1980. Assistant superintendent **Benny Britton** will assume the superintendent's duties at Terrell during the interim.
- ⊕ **Margaret "Peg" Barry** was named director of **Volunteer Services and Public Information** for TDMHMR on February 8. Barry brings to the agency 20 years of communications and public relations experience focusing on community mental health, the homeless and mental retardation. She served as director of public information for the Association of Retarded Citizens of the United States (ARC/US) for eight years. Barry has worked extensively with volunteer organizations, including, ARC groups, at all levels. Barry holds a bachelor's degree in journalism from Trinity University in San Antonio and a master's degree in business administration from the University of Texas at San Antonio.
- ⊕ **Margene Caffey**, director of Human Resource Development at Central Office, has been named acting deputy commissioner for Human Resources while a replacement is sought for **Trennis Jones**, who resigned that position in January.

⊕ Governor Ann Richards has appointed **Phil Zeigler** to be judge of the 52nd Judicial District, serving Coryell County. Zeigler, who was chairman of the board of **Central Counties Mental Health Mental Retardation**, felt it appropriate to step down from that position but will remain a member of the board.

⊕ **Sarah Kegerreis**, public information officer and coordinator of Volunteer Services for **Terrell State Hospital**, was honored by the Terrell Rotary Club in January when they presented her with their annual TRC Community Service Award. Noted were Kegerreis' almost 20 years of enthusiastic service to her community, especially her recent energetic contributions as chairman and fundraiser for the Family Center, a new facility for families and friends of hospital residents. Kegerreis received the award at the Terrell Chamber of Commerce Banquet.

⊕ Two employees of **Wichita Falls State Hospital** recently wrote an article for *The Journal of Quality Assurance*. **Janie Stewart, RN, MSN**, director of Quality Assurance, and **Marjorie Panter**, risk management coordinator, co-authored "Risk Management in a Psychiatric Hospital: Wichita Falls State Hospital." The article was published in the January/February 1991 issue.

⊕ **Willie B. "Dimples" Edwards** received a special honor upon her retirement from **Sabine Valley Center** last January. The Greensprings Rehabilitation program, where she had served as supervisor for 12 years, was renamed the Dimples Edwards Rehabilitation Program. According to a release from the center, Edwards "is often referred to as our 'spark plug' case manager, for her special blending of affection, re-parenting, advocacy and downright honesty with her clients, and to her constant challenge to us in the mental health field to be there for our clients and to put our hearts and souls into locating needed resources."

Around the State

- ⊕ At its annual luncheon in January, the **Big Spring State Hospital** Volunteer Council presented the Jack E. Smith Award for top volunteer of the year to **Gene Harrington**. Harrington has contributed 1,283 hours to the hospital since 1979, having participated in special activities, worked in the patient library and annual rummage sales and helped to establish the Chalet Resale Shop. She is currently a public responsibility representative on the Substance Abuse Unit.
- ⊕ May I have the envelope, please?—The winner is...**Rex von Wolfson!** Rex, a member of the Special Pals who visit **Richmond State School** twice a month, was named 1990 Hero Dog for the German Shepherd Dog Club of America October 18 in Anaheim, California. Wolfson has made appearances on local and national television, been written up in major magazines (May we quote you, Rex?) and volunteers at the VA Hospital, Autistic Children's Summer Day Camp and Gulf Pines Psychiatric Adolescent Program, only a few of the many who regularly benefit from Rex-therapy.
- ⊕ The United Way of Brazoria County has awarded a grant of \$20,000 to Circuit Breakers, **Gulf Coast Center's** program which targets adolescents in danger of dropping out of school. The grant money will be used to provide another staff member for the area, which encompasses 14 schools and five school districts. The Department of Human Services will use Circuit Breakers as a statewide model, and the program has been nominated for the "Innovations in State and Local Government" award as most innovative program in Texas.

Case management at **Life Resource** is now decentralized, with case managers located in the satellite offices of Orange, Port Arthur and Hardin County. Case managers meet for an hour three days each week to review cases and receive assignments. Then they disburse to outlying areas convenient to the people they serve.

On January 18 **Deep East Texas MHMR Services** held a ribbon cutting ceremony to officially open a new transitional housing and support services facility in Lufkin for the homeless with chronic mental illness. Named Alpha House to signify new beginnings, it provides 15 beds, including three for respite services, and features a homey country atmosphere. According to interim director **Joe McCulley**, "Every aspect of the program, every activity, is focused on teaching them (the residents) the skills they need to live a more independent life on their own." Alpha House is the former Wilson McKewen rehabilitation facility, purchased and renovated with grant monies from the T.L.L. Temple Foundation (\$355,000) and the Department of Housing and Urban Development (\$100,000). HUD will donate half of the cost of the first year's operation. Primarily from Rusk State Hospital and Pineywood Regional Treatment Center, residents began arriving in February. They will stay an average of six to nine months, possibly as long as 24. In early March, **Pat Moore** assumed the duties of permanent director.

April marks the 10th anniversary of the **Early Childhood Intervention Program** in Texas. The past decade has seen tremendous expansion of this worthy program throughout the state, which serves children aged birth to three years with developmental delay. Two programs of note whose services have demanded larger facilities are Childteam (formerly Infant Stimulation) of **Central Counties Center for MHMR Services**, and Homespun ECI of Seguin, operating under the auspices of **Austin State School**. Both of these programs have recently moved

in order to accommodate growth. Childteam, with locations in Temple and Copperas Cove, has moved its Temple clinic from the main facility to a two-story 4000-square-foot building. Homespun in Seguin held an open house on January 13 for its new facility, which will serve approximately 60 children and their families.

Members of the Panhandle Alliance for the Mentally Ill assisted the **Texas Panhandle Mental Health Authority** in conducting a poll of persons with mental illness served by the center. The survey was conducted at the Kilgore outpatient facility, soliciting responses from 154 people. The results were overwhelmingly positive: 92 percent said that the staff was easy to contact and meet, and 98 percent said they had been treated in a courteous and respectful manner. One comment received was, "I am glad you are here in this community. Keep up the good work."

Regular mental health care was made available for the first time in Winters, Texas, in mid-November. The **Runnels County Mental Health Center**, a program of **Big Spring State Hospital**, was serving 30 persons within the first month of operation and a rise in the number of clients is expected. Provided at the center are diagnostic, medication and education services.

Denton County MHMR Center has a new address: P.O. Box 2346, Denton, TX 76202.

Please note these corrections to the 1991 *Directory of Services*: **James E. "Jim" Smith** is superintendent of **Vernon State Hospital** (page 77). The hospital's drug dependent youth program serves adolescents ages 13 through 17 (not 18). Additionally, Vernon now has a FAX number: (817) 553-1466. **Gary Hidalgo** is the director of **Beaumont State Center** (page 12).

Notice to all participants, beneficiaries, applicants and employees: The Texas Department of Mental Health and Mental Retardation does not discriminate on the basis of handicap, in violation of Section 504, in the admission or access to or treatment or employment in its programs or activities. For further information, contact Section 504 Coordinator, Division of Standards and Quality Assurance, Texas Department of Mental Health and Mental Retardation, P.O. Box 12668, Austin, TX 78711, (512) 465-4650.

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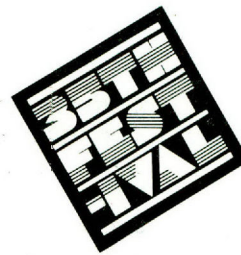
Benjamin House Project Supports Family Contact

At Austin State School, families are viewed as a valuable resource in providing care and treatment for the school's more than 500 residents. While mental retardation professionals acknowledge that family visits have a positive impact on individuals living at the school, the financial burden of travel and hotel costs prevents many parents and other relatives from visiting their family member there.

The Volunteer Council at the school is addressing the need for inexpensive family accommodations through the Benjamin House Project, named in memory of Gene Benjamin, longtime volunteer coordinator at the school.

With resources from a variety of fundraising projects, renovation plans developed by architect Peter Pfeifert, AIA, and labor donated by the Austin Association of Remodeling Contractors, the Volunteer Services Council will turn an existing storage building into a fully-furnished duplex. One of the sections will be wheelchair accessible.

Both sections of the duplex will be available for use by families of people living at Austin State School for a nominal fee. The Benjamin House not only will allow family interaction in a home-like atmosphere, but also will provide a comfortable setting for educational presentations to family members in areas such as the interdisciplinary team process or guardianship issues. These new accommodations will prove especially helpful to families who need to be near their family member when he or she is ill. □



35th Street Festival: Fun and Funds for the Benjamin House

On April 6, the Volunteer Services Council sponsored a festival to increase public awareness of the school and raise funds for the Benjamin House Project. The 35th Street Festival was held in various activity centers on the Austin State School campus. The entire community was invited.

The school's ballpark and outdoor stage area hosted local rock and country music bands. The chapel was the setting for classical music, plays, a gospel choir, dancers and various other performing artists.

Children were delighted with the myriad of activities planned for them: puppet shows, a ventriloquist, a children's recording artist, cooperative games for the children and a clown. Children—and adults, too—visited the donkey, sheep, goat, miniature horse, emu and Vietnamese pot-bellied pig at the petting zoo.

Near the front entrance of the campus a gigantic garage sale and a raffle for a car were held alongside an arts and crafts show. Nearby, Hill Country Balloons offered tethered rides in one of the company's giant hot air balloons.

The 35th Street Festival was the site of a "first" for Austin: bed races! This event drew competition from among corporate groups, clubs and informal groups of friends (and drew many laughs as well). □

impact

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