

We can stand up straight and throw our shoulders back and say now it is time to do something for the mentally retarded child, and unified in spirit and in purpose, our voice will be heard. (1950)

ALAN SAMPSON
First President

Today we can acknowledge the fact that many national spokesmen for the mentally retarded have come forth. We have the clear, steady voices of all the parents and friends of the retarded; the member units of our Association; the officers, staff and Board members of NARC. We can point with pride to the increasing crescendo of the voices of our state and national legislators. May such leadership continue to refresh and inspire us for the days that lie ahead. (1956)

CLIFFORD MacDONALD
Fourth President

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This booklet tells a sober but exciting story of citizen faith and action.

It is about a problem — and the response of people to that problem in the American way.

The problem is mental retardation. The response is the National Association for Retarded Children — N A R C .

There are six million mentally retarded persons in the United States. Working in their behalf N A R C is dedicated to better services and improved facilities, to the advancement of research and prevention.

N A R C has become a symbol of the unity of parents, friends, neighbors, community leaders and professionals, all banded together to shape a new world and a new climate of acceptance for all retarded persons everywhere — those grown, those growing, and those yet unborn.

From its members in Local and State Associations throughout the nation come these

VOICES IN CHORUS

**THE NATIONAL ASSOCIATION
FOR RETARDED CHILDREN**

THE Beginnings

Across the United States as early as 1930, voices began to unite in the cause of mental retardation. They were raised by parents banding together in local groups to share problems, to seek answers to questions about their retarded children.

After World War II the voices grew more audible, more insistent. But even then few of the groups knew of the others.

In 1950, however, 42 parents met in Minneapolis, determined to unite their ef-

We must show the American people that this problem is not only helping the child; it is a national problem. It involves the family, the community, the churches, the institutions, the whole economy of the United States . . . we have a national problem that can only be solved on a national basis, and it commands the leadership of the highest brains and intelligence and management that we have in our country. (1952)

WOODHULL HAY
Second President

forts. Motivated by personal sorrows, disappointments and frustrations, they became spokesmen for a better life for all retarded children. To this charge they dedicated their energies and resources.

The struggle they faced was formidable.

The whole country needed awakening to the huge problem. The mistaken beliefs about the mentally retarded, imbedded for centuries in man's thinking, needed to be replaced by knowledge and acceptance — gaps in desperately needed services filled with programs of diagnosis, education, and care. These new programs were not to come easily; for two decades of depression and war had blighted creative approaches and had drastically curtailed the recruitment of young professionals to serve retarded persons.

A masterful statement of purpose emanated from the labors of that first convention. These were parents with a purpose. No money, no precedent, no policy to follow. The officers and directors, in most instances, were strangers to one another — but strangers with a common goal — to help all retarded children and their parents.

*Early historian recalling
the founding of NARC*

With the inspiration reinforced in Minneapolis, the organization, originally called the National Association of Parents and Friends of Mentally Retarded Children, began to grow. Letters from isolated, despairing parents poured in and were answered

with advice on how to help themselves and their children through cooperative effort.

Independent groups all over the nation, learning of the Association, joined the growing forces. By 1955 there were 363 organized Local Associations; by 1960, 750.

The first years saw great achievements, with the business of the Association carried on solely by volunteers and mostly by mail. Then the resources, though meagre, were found for a national office and it was opened in 1954 in New York City with a small staff.

In the next decade the National Association for Retarded Children grew into one of America's most dynamic voluntary organizations. By 1965 its membership exceeded 100,000. There were over 1,000 Local and State Associations. Provisions had been made for a growing component of professional employees to assist officers, boards and committees — nationally, in the states, and in the communities.

Monumental accomplishments were recorded during the first fifteen years. New classes, clinics, workshops, activity centers,

The fact that our program is ready to spring into full bloom necessitates all to work more untiringly than ever before. There is no substitute for spirit and enthusiasm. This, plus a unified effort, will soon bring the public to realize that a mentally retarded child has the right to be part of this world. (1953)

GILBERT HANKE
Third President

camps and other programs were established in large numbers. Manpower training programs were generated. Creative ideas began to emerge from government, private agencies, and the professions.

The groundwork was laid, furthermore, for the realization in the decade ahead of the early visions of truly adequate services and effective programs of prevention — to achieve, indeed, comprehensive programs for all mentally retarded persons.



It has been said that to send an idea, it must be wrapped up in a person. You, as individuals, must carry that idea, plant it and nurture it wherever you go, because through you individually, and through our component groups nationally, we are on the threshold of great things. (1955)

MARTIN PAPISH
Fourth President

A Comprehensive Program

The National Association for Retarded Children is committed to the philosophy that every mentally retarded child and adult has a right to be understood, respected and helped, regardless of his age, degree of retardation, economic status, race or creed. Thus it is the ultimate goal of NARC that the retarded shall have a broad program, cutting across all aspects of well rounded living, to achieve their fullest development and grow up as contributing citizens.

In the beginning, out of sheer necessity, the Local Associations themselves initiated and operated programs, and many still do. But one of the major objectives of NARC always has been to awaken communities to the needs of all of the 3 % of the population

who are retarded and to spur other agencies and organizations in the community to provide those services which each can most appropriately supply.

Today components of the totality of needed services may be found in many communities. There are still some areas, however, where no program is under way. In others the services are extremely limited or of poor quality. Thousands of children are denied the opportunities of education, recreation and religious nurture. Waiting lists for those who need residential care are long. A million mentally retarded adults — potential workers — sit idly by awaiting proper training and job placement. There is much more to be done.

The following are the programs that should be available in **every** community for **all** the retarded.





Public school programs at least for the mildly and moderately retarded, with adequate legislative and financial bases for these programs.



Employment placement services for mildly retarded youth and adults, including interpretation to employers of the assets and limitations of the retarded employee.



Sheltered employment opportunities for those incapable of entering the competitive employment market.



*Religious nurture
of the spiritual development
and understanding of the
mentally retarded.*

*Recreation services
of many kinds — not only to
provide fun for the retarded,
but also to improve their
physical fitness and
emotional health.*



*Facilities for local day care
and habilitation of severely,
profoundly, and multiply
handicapped children and
adults who, with this help,
can continue to live at home.*



*Protective services,
guardianship, social guidance
and economic security for the
retarded adult who cannot
contribute substantially to
his own support.*





Diversified residential facilities

close to the main stream of community life and professional service, and adapted to meet the various individual needs of those requiring this kind of care.

Research to bring about new understanding of the processes of conception, development, birth, and maturation, followed by the application of findings to the prevention of mental retardation and the care of retarded persons.



To bring together and reinforce these program services there must be as well —

Focal points for information, referral and counseling of parents and the retarded themselves to enable them to make best use of available services and to assure the continuity of concern and help.

Effective planning and coordination of major public and private activities at na-

tional, regional, state and local levels.

Public education programs to spread the new understanding among men of good will everywhere, particularly among our churches, schools, unions, civic organizations and places of power and influence, that the retarded can be helped, deserve to be helped, and yearn to find their place in family, community and nation.

We can truthfully say: the National Association for Retarded Children is stronger, more effective, and stands higher in public recognition and esteem than ever before in history. It is better equipped to serve its members, State and Local Associations and individuals, than ever before. It ranks with the top half-dozen voluntary health associations in its impact on the American scene. It is in a strategic position, nationally and in most of the states, to play a role of outstanding leadership in the overall attack on mental retardation. (1965)

HENRY V. COBB
Ninth President

THE Network for Action

In order to bring this array of services to reality experience has shown that there must be a network of strong *Local* Associations representing retarded persons in every corner of the land, vigorous *State* Associations to press for public awareness and programs on a state-wide basis, and dynamic leadership *regionally* and *nationally* to direct and focus the attention and energies of the whole country on the problem. This network has evolved and is being strengthened.

POINT OF CONTACT— THE LOCAL ASSOCIATION

The Local Association is made up of people in the community who need to be served and who wish to serve. The role of the Local Association is to see that services are available, to stimulate and guide public and private agencies which have local responsibility for programs and services.

Although the membership of the Local Association now includes many who are

not parents of the retarded, it still is the primary source of help and comfort to families, especially parents or guardians, who face the problem of a mentally retarded child or adult.

Public education and financial strength are primary objectives of the Local Association. It raises funds, either through independent campaigns, or participation in federated fund drives. Most of these contributed dollars remain in the local community to generate services and better understanding. From this income Local Associations

also support their State Associations and the National Association.

**UNITING TO SERVE-
THE STATE ASSOCIATION**

One major responsibility of the State Association is to mobilize all resources within a state, governmental and private, to secure programs to combat mental retardation. The State Associations have contributed greatly to comprehensive planning,

NARC Regional Offices

31215 Pacific Highway South
Federal Way, Washington 98003

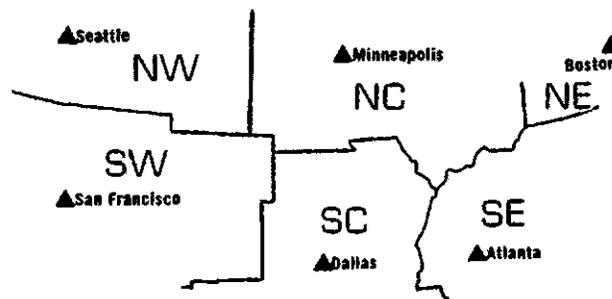
444 Peninsular Avenue
San Mateo, California 94401

212 A Walker Bldg.
803 Hennepin Avenue
Minneapolis, Minnesota 55402

1627 Peachtree Street NE
Atlanta, Georgia 30309

526 Harvard Street
Brookline, Massachusetts 02146

8428 Kate Street, Suite 219
Dallas, Texas 75225



to the identification of needs in communities lacking Local Associations, and to the implementation of federal-state programs. They provide the point of contact with legislatures, governors, and with state agencies — health, education, rehabilitation, employment and welfare. They help in organizing new units and in strengthening established units. The State Associations work with other civic and professional organizations in promoting public awareness and support.

The State Associations also perform important administrative functions for NARC and serve as a major intermediate level of organization. The NARC regional offices cooperate with the State Associations in working toward the mutual goal of mobilizing all units for most effective action.

In the conduct of its affairs NARC adheres strictly to the Standards for National Voluntary Health, Welfare and Recreation Agencies, as prescribed by the National Budget and Consultation Committee, and the "Standards for Fund-Raising Practice Approved by National Health Council for Member Agencies." Tax exempt status has been accorded by the Bureau of Internal Revenue. NARC and its State and Local Associations do not engage in partisan political activities.

**AND, IN UNITY, STRENGTH—
THE NATIONAL ASSOCIATION**

NARC is incorporated in the State of Tennessee. Its basic Charter and its Constitution and By-Laws provide that the organization be democratically governed. Its policies are determined by delegates to the national convention and an elected Board of Directors.

The aims of the National Association are set forth in the Constitution and By-Laws. In brief, they are as follows:

To *promote the general welfare of the mentally retarded of all ages everywhere . . .*

To *further the advancement of all ameliorative and preventive study, research, and therapy . . .*

To *develop a better understanding of the problem by the public . . .*

To *further the training and education of personnel . . .*

To *encourage the formation of parents' groups and to coordinate their efforts and activities . . .*

To *advise and aid parents in the solution of their problems . . .*

To *serve as a clearinghouse for gathering and disseminating information . . .*

The Retarded
Can Be Helped



National Association
for Retarded Children



Tax Payers...
Not Tax Burdens



The
Children
can be helped...
at home...
in day and
residential schools...
learning to work
and to play...
responding to care
and to love.

TAKE ONE



The
Future
is now for
the children
of tomorrow.
Mental
retardation
can be
reversed
through pre-
natal care,
research,
social and
economic
betterment.

On the job
...today, 2,000,000
qualified mentally
retarded adults are
earning their way
on the job...working
members of the
community that cared
enough to train them
...and hire them.

Get further information

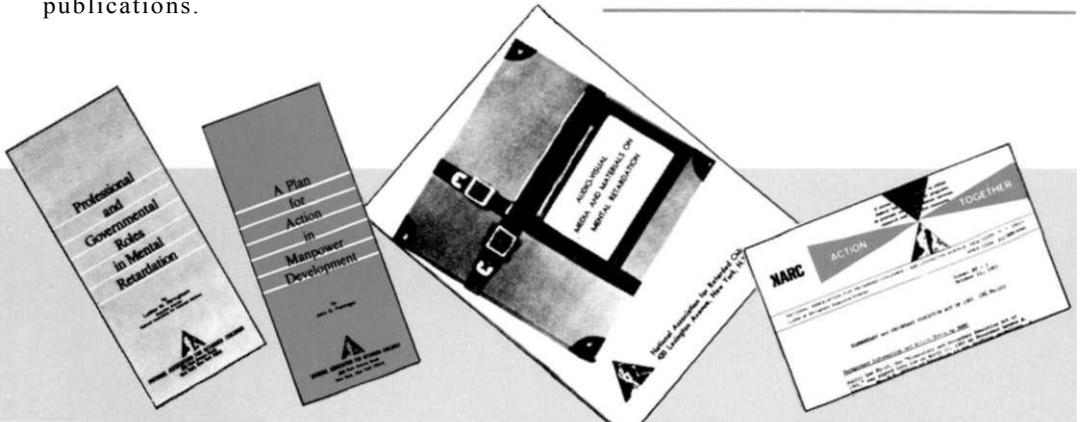
Write: National Association
for Retarded Children
1225 Lexington Avenue, New York, N.Y. 10020



To help in the achievement of these aims, NARC relies upon its Board of Directors, officers, committees, a Research Advisory Board, Member Associations and professional staff. A national headquarters is maintained in New York City with a paid staff consisting of professional consultants in education, public health, rehabilitation, residential care and other program fields; public information specialists; and experts in the areas of community services, manpower, governmental affairs, fund-raising and publications.

We no longer stand alone. The very fact that much has been accomplished in behalf of the mentally retarded stands as dramatic evidence of the tremendous support and assistance which we have received from the great number of people who have joined us in our endeavors. Our hope and our confidence in the mentally retarded has been, like "bread cast upon the waters," returned a thousand-fold. (1964)

JOHN G. FETTINGER
Eighth President



Special events of national significance sponsored by NARC include:

△ National Retarded Children's Week, held each year in November, for which a Poster Child is selected.

△ A yearly National Convention. Sites include Kansas City (1966), Portland (1967), Detroit (1968) and Miami (1969)

△ The Employer of the Year Award Program

Major publications are:

△ *Children Limited*, a bi-monthly newspaper focused on new developments and helpful features;

△ *The NARC Information Exchange*, a digest of ideas, projects, and activities of special interest to Associations for Retarded Children (published 26 times a year);

△ *Action Together*, a review of action needed to utilize federal laws and national programs to promote mental retardation

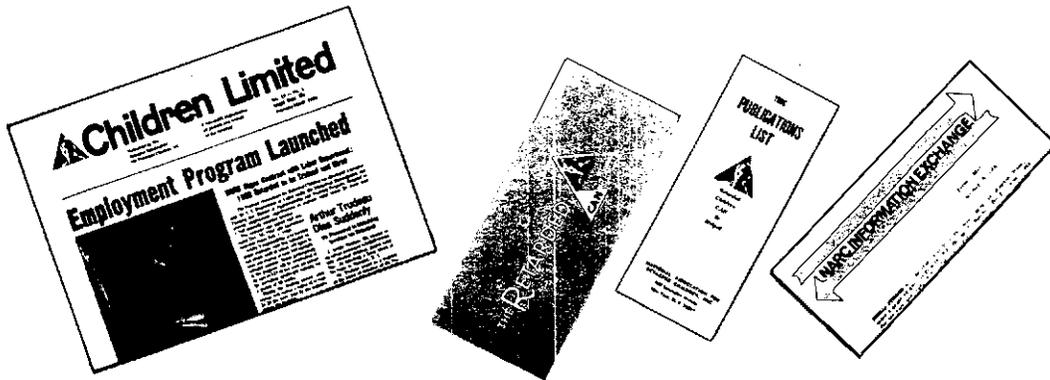
services, research, and preventive measures (published 26 times a year).

Over the years NARC's activities have been enlarged in variety and scope. They now include —

△ Cooperative efforts with national voluntary organizations — the United States Jaycees, American Legion, AFL-CIO, Civitans, American Red Cross, National Association for Mental Health, and many others, such as those in the fields of recreation and religious nurture.

△ Professional participation in the activities of the American Association on Mental Deficiency, Council for Exceptional Children, Council on Social Work Education, National Social Welfare Assembly, the American Medical Association, and many others.

△ Membership in international organizations include the International League of Societies for the Mentally Handicapped, the International Union for Child Welfare, and the International Society for Rehabilitation of the Disabled.



Research Lights the Path

From the outset NARC made support of research one of its basic commitments. This commitment was founded on the realization that more knowledge of life processes is essential if the incidence and impact of mental retardation is to be reduced.

In 1952, a Research Advisory Board was established. A Research Fund was set up to support worthwhile endeavors not readily fundable from other public or private sources.

Grants made from the Research Fund over the years have fallen into two broad categories: (1) Long-term, sustaining grants to investigators of proven ability to enable them to pursue their work with independence, and (2) Short-term project grants to meet a variety of needs on an immediate basis.

Well over a million dollars have been disbursed by the NARC Research Advisory Board for these purposes.

The grant programs, however, are but a part NARC's involvement in research. The Research Advisory Board works to

stimulate other scientists and professionals to become interested in mental retardation, thus enlarging the research base in pertinent fields. The growth of the National Institutes of Health, particularly the National Institute of Neurological Diseases and Blindness, the National Institute of Child Health and Human Development, and the National Institute for Mental Health, has been encouraged by NARC, which also has helped to disseminate scientific information especially pertinent to mental retardation.

NARC was created to help the mentally retarded and the potentially mentally retarded everywhere — those who are with us, those to come, and those in whom this condition may yet be prevented. Nowhere is our commitment as an organization to this principle more clearly expressed than in our dedication to research, whose benefit will be felt by many who will never thank us. (1959)

DR. ELIZABETH BOGGS
Sixth President



Prevention — the Ultimate Goal

As an outgrowth of its concern for future generations, NARC is directing ever greater attention to measures that will help to achieve the ultimate goal of prevention of mental retardation. These include —

- ▲ Improved pre-natal care
- ▲ Screening for inborn errors of metabolism
- ▲ Countering the effects of childhood deprivation
- ▲ Accident prevention
- ▲ Reporting of child abuse
- ▲ Prompt and effective application of the results of research.

Ways must be found — indeed will be found — to prevent mental retardation. This is our ultimate goal. It may not be achieved in our lifetime, but what we do now — the research facilities we help to establish, the preventive measures we support — will hasten the day. And until that day arrives the NARC is committed to the task of obtaining for all the mentally retarded the programs and services they require for maximum development of their capabilities. (1966)

THOMAS A. TUCKER
Tenth President

THE
Future

In 1960 NARC published *A Decade of Decision*, a look ahead that proved to be of historic importance.

From the vantage point of the late 1960's we once again look to the future — this time to the Decade for Realization, a decade in which past achievements are reinforced, plans become programs, and hopes become realities.

The next ten years can see these achievements realized by new determination, by new vision — by new

VOICES IN CHORUS

It is now time that we ring down the final curtain on an era of ignorance, prejudice and misunderstanding, and raise it on a new era dedicated to hope, understanding, and realistic evaluation to the end that our children may attain their rightful heritage. We must bestow upon our mentally retarded children that respect, that human dignity, that importance which is their birthright. (1958)

ALTON LUND
Fifth President

Achievements Through the Years

- | | | | |
|-----------|---|------|---|
| 1950 | NARC founded. First convention, Minneapolis. | 1960 | NARC accepted as one of 10 voluntary health organizations recognized by the President's Committee on Fund-Raising in the Federal Service. Co-sponsored National Conference on Research in Rehabilitation of the Mentally Retarded. Memberships total 62,000. |
| 1951 | Constitution ratified. First publication, The Three Stages, issued. | 1961 | Constitutional amendment provided for mandatory support of NARC by Member Units. President's Panel on Mental Retardation established. |
| 1952 | Research Advisory Board established. Publication of CHILDREN LIMITED begun. | 1962 | NARC receives International Award of the Joseph P. Kennedy, Jr. Foundation for "outstanding leadership in the field of mental retardation." Also receives Distinguished Service Award from the President's Committee on Employment of the Handicapped. President's Panel on Mental Retardation, established in 1961, completes report. |
| 1953 | NARC incorporated in Tennessee. | 1963 | NARC leadership participates in White House Conference on Mental Retardation. President John F. Kennedy's mental retardation legislative program supported. NARC joins International League of Societies for the Mentally Handicapped. |
| 1954 | First National Retarded Children's Week proclaimed by President Dwight D. Eisenhower. National office opened; first Executive Director selected. Blueprint for a Crusade, a publicity and publications manual issued. | 1964 | Memberships reach 100,000. Study of fees and standards in residential facilities completed. NARC convenes First Inter-Organization Conference on Mental Retardation with representatives of 28 national organizations attending. Plan for Action in Manpower Development presented at 15th Annual Convention. Manual of Information for Armed Forces Personnel with Mentally Retarded Dependents issued. Conference convened on Role of the Residential Institution in Mental Retardation Research. |
| 1955 | Memberships reach 29,000. Three-year survey of research into causes of mental retardation inaugurated. Tuesday's Child, NARC's first film, produced. | 1965 | Participation by State and Local ARCs in Comprehensive State Planning. Advertising Council Mental Retardation Campaign begun. NARC provides 1,000,000 booklets for distribution by President's Committee on Mental Retardation. Three-Year Campaign to Employ Mentally Retarded Persons launched. Employment film, Selling One Guy Named Larry, produced. Policy of obtaining rather than providing service affirmed by 16th Annual Convention. |
| 1956 | NARC's "Federal Program of Action in 1956-57 for America's Retarded Children and Adults" espoused by Congressman John E. Fogarty. American Legion Child Welfare Foundation grant for education and consultation. | | |
| 1957-1958 | First 14 State Associations become State Member Units. | | |
| 1958 | Mental Subnormality published, the result of the three-year survey into the causes of retardation. Study of fees in institutions released by NARC Public Institutions Committee. First Research Professorship awarded. Congressional testimony given on bills to expand teaching and research in the education of mentally retarded children, increased appropriations for vocational rehabilitation, and additional grants to states for maternal and child health programs. Distinguished Professor and Distinguished Scholar Awards established. | | |
| 1959 | Decade of Decision, landmark Report to White House Conference on Children and Youth on accomplishments and prospects published. | | |



THE NATIONAL ASSOCIATION FOR RETARDED CHILDREN

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