



# Mental Health Newsletter

Vol. 1 No. 9

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## Editorially Speaking

The recent announcement by Governor Elmer L. Andersen concerning the formation of a citizens' Advisory Committee on Mental Health is of great potential significance for the state mental health program.

The composition of the Committee has not yet been definitely established. A federal judge has agreed to serve as Chairman and a Unitarian minister as Vice-chairman. The remainder of the Committee, to a total of around fifteen persons, will represent psychiatry and other medical specialties, hospital administration, social work, labor and other fields. It will have representation from the state mental health association and from our own Mental Health Medical Policy Committee. Some state legislators are also expected to serve in an *ex officio* capacity. Thus it is clear that the Committee as presently conceived will have a broad base of representation and leadership.

Governor Andersen has made it clear that the Committee will have the positive purpose of determining what are the state's mental health needs and helping official state agencies and the public to meet those needs. There is an important temporal dimension here—a chance to turn to an objective group of intelligent people who will, from a vantage point outside of government, be in a position to cast a clear look into the future. On the basis of present trends, what will Minnesota's mental health problems be ten, twenty, or thirty years hence? How might they be solved and prevented? A citizens' group can serve a vital purpose in helping the community answer these questions. The timing is appropriate in the light of the two recent major reports—from the Surgeon General's Ad Hoc Committee and the Joint Commission on Mental Illness and Health—which plead for deep inquiry and self-evaluations at state and local levels.

There is no question but what the enterprise could, as such groups often have, deteriorate into a "probe" which will place everyone on the defensive, and accomplish nothing. Even worse, there is always the danger that the outcome will be a tidy report full of platitudes and glorious impracticalities which will simply gather dust in bookcases and desk drawers. It will be a real test of the committee leadership to ensure that these things do not happen.

Our suggested questions for study, if one were to ask us, would be somewhat as follows:

1. What implications do the two national reports have for our state, and how are their recommendations to be carried out?
2. If Congress heeds the recommendation of the Joint Commission that large sums of money be granted to state mental health programs, where would the best investments be made, and under what conditions?
3. What possibilities are there for integration of mental health services across departmental lines, as for example in public health, correctional, and educational as well as welfare fields?
4. What possibilities exist for real preventive programs in the mental health field?
5. Can the mental health idea be defined and vital for *all* citizens—townsmen and countrymen, eggheads and lowbrows, and from both sides of the railroad track?

If this is not enough to work on, we have other problems which we badly want advice on: the future role of mental hospitals, integration of services for the mentally ill and mentally retarded, adequate programs for children in distress, better coordination with University professional training programs, commitment laws, and many more.

Our congratulations to Governor Andersen for this far-sighted move. To the Committee, our best wishes for fulfillment and our pledge for the utmost in cooperation.

David J. Vail, M.D.  
Medical Director

## Names in the News . . .

New on the Minnesota scene is the first issue of *Current Conclusions*, a bimonthly publication for psychologists in state institutions and programs. Edited by state psychology consultant Howard R. Davis, Ph.D., the new issue contains extracts of current findings in psychological literature and state program news and notes.

Also just off the press is the August 1961 edition of *Resources for the Mentally Retarded in Minnesota*. The revised and expanded edition is a directory of agency and community resources throughout the state. Copies are available from the Medical Services Publications, Centennial Building, St. Paul 1, Minnesota.

Meeting in Washington October 4-5 with members of the NIMH staff and other leaders in the field of volunteer services will be *Mrs. Miriam Karlins*, DPW and *Pearl Mitchell*, Ramsey County Welfare Department. Sponsored by the NIMH, purpose of the conference is to discuss trends, issues and problems in the development of volunteer services in mental health programs.

"Behind the Scenes in Community Mental Health" will be the topic of the address given by DPW's *Dr. Herbert Dorken* at the annual meeting of the South Dakota Mental Health Association October 13 in Aberdeen, South Dakota.

Representing Minnesota at the annual meeting of state mental health and U.S. Public Health Service Region VI personnel will be *Mrs. J. Lucille Poor*, community social services consultant. The meeting is scheduled for September 26-28 in Bismark, North Dakota.

Thursday, October 26, 9:30 p.m. has been set as the showing date for the "WCCO-TV REPORTS" documentary show filmed at Willmar State Hospital last month. The "open hospital" and the changes in concepts of hospital treatment which preceded it are portrayed.

Recent additions to state hospital staffs include: Social Worker I Ruth Andberg and Occupational Therapist I Janice LaGrone at Anoka; RN III Ruth Stalberger at Brainerd; RN I Gladys M. Kovatch at Faribault; Social Worker II Marsh Ward and RN Sharon Ahonen, Moose Lake; RN II's Joanne Jensen and Diane Redalen, Occupational Therapist I LeeAnn Stobbe, and Social Worker I Leslie Bacon at Rochester; Psychologist II's James Whittaker and P. P. Philip and RN II Lydia Isaak at St. Peter; and Psychiatrist I Sheldon Kayute, Psychologist III Salvatore Vertuca, and Psych Aid III Luella Fleischmann at Willmar.

## Dr. Richard Bartman, New Assistant Medical Director, Begins Oct. 4

Appointment of psychiatrist Richard E. Bartman, M.D. as assistant director, Division of Medical Services effective October 4 has been announced by Dr. David J. Vail. In this post, Dr. Bartman will develop and integrate a broad program of psychiatric services for children in the state.

Dr. Bartman is a 1952 graduate of the Harvard University medical school. He received his 3 year psychiatric training at the Menninger Foundation, Topeka, Kansas. Dr. Bartman served as clinical director at the Parsons State Hospital, Parsons, Kansas from 1955-59. For the past two years he has held the post of assistant superintendent and director of psychiatric services at the Sonoma State Hospital, Eldridge, California.

In addition to experience in the field of mental retardation, Dr. Bartman has had special training in pediatric neurology. He is certified in psychiatry by the American Board of Psychiatry and Neurology. Dr. Bartman is married and the father of two small daughters.

## First Training Course in Psychiatry for GP's Begins at Willmar Sept. 20

Ten physicians from the Willmar area have enrolled in the new psychiatric training program for general practitioners, according to Paul L. Dunstan, M.D., of the West Central Mental Health Center. First session of the 12-week series is scheduled for September 20 at the Willmar center.

Initial groups at the community mental health centers in St. Cloud, Duluth and Grand Rapids are slated to begin later this month and in October. The new program was made possible by a grant from the National Institute of Mental Health and is sponsored by the Minnesota State Medical Association and the Minnesota Academy of General Practice.

## John Stocking New Assistant Superintendent at Cambridge

John Stocking was appointed assistant hospital superintendent at Cambridge State School and Hospital effective September 18. This is the first time that an assistant superintendent post has been a part of the administrative structure at Cambridge.

Mr. Stocking, a licensed hospital administrator, received a M.S. in hospital administration from Northwestern University in June of 1959. Undergraduate studies in premedicine, education and business were taken at the University of Minnesota and Mankato State College. Mr. Stocking completed his administrative residency at Rochester Methodist Hospital. Since January, 1960, he has been assistant executive director of Midway and Mounds Park Hospitals, St. Paul.

## Activities for Oldsters Theme of Workshops for Nursing Home Staffs

Professional instruction in planning activity programs for geriatric patients will be offered by staff members of the Fergus Falls State Hospital at a two-day workshop September 28-29. Invited will be nursing home operators and their staffs from the hospital's receiving district. A similar program is planned by the Moose Lake State Hospital staff for October 17-18.

The Fergus Falls workshop is the second in a series scheduled for state hospitals throughout the state. The initial program was held at Hastings State Hospital late in August. Tentative workshops have also been scheduled for Brainerd and Faribault State Schools and Hospitals.

Joint planners of the current series are DPW's Mary Schroepfer, O.T.R. and Ardo Wrobel, state consultant in rehabilitation therapies.

## Governor's Citizen Committee to Advise on State Mental Health

The appointment of a citizens mental health advisory committee was announced by Governor Elmer L. Andersen late last month. U.S. District Judge Edward J. Devitt of St. Paul will head the committee. The Rev. Arthur Foote, also of St. Paul, has been appointed vice chairman. Announcement of other appointees to the 15-member study group is expected soon.

## Anoka State Hospital Granted Full Accreditation by Joint Commission

The granting of accreditation to Anoka State Hospital by the Joint Commission on Accreditation of Hospitals was announced by Governor Elmer L. Andersen late last month.

Anoka is the first Minnesota mental hospital to receive the accreditation award under the new inspection system put into effect by the Joint Commission.

Two other hospitals under the jurisdiction of the Division of Medical Services, Department of Public Welfare, the Gillette State Hospital for Crippled Children and the Walker Sanatorium at Ah-gwah-ching, currently hold Joint Commission accreditation.

## State Mental Health Information, Volunteer Services Offices Merge

A new section on public information and volunteer services has been established in the DPW central office. Heading the combined new office of Medical Division Information and Volunteer Services is Mrs. Miriam Karlins. Purpose of the office will be to coordinate and expand the Division's state program interpretation and public education programs. Mrs. Elaine Parent will continue to handle medical division publications.

## In the Community Program . . .

Theme of the upcoming semi-annual Community Mental Health Services Workshop at Gull Lake, September 20-22 is "Rehabilitation and Responsibilities." Guest seminar leaders will be LaMar T. Empey, Ph.D., director of the Provo Experiment in Delinquency Rehabilitation, Brigham Young University, Provo, Utah and James T. Haight, L.L.B., General Counsel, Meyer Manufacturing Company, Milwaukee, Wisconsin.

Expansion of two community centers will become effective October 1, 1961. Cottonwood County, with a population of 16,166 will join Rock, Nobles and Pipestone counties in the area served by the *Southwestern Mental Health Center at Luverne*. The population served by the *Western Mental Health Center at Marshall* will increase by 21,718 with the addition of Redwood County.

Four new psychologists have been added to the Community Mental Health Services program in recent weeks. At Willmar, *Dr. Dorothy Neilson*, formerly of Fairbanks, Alaska, is filling the 2nd psychologist post. She holds an A.B. in education, an M.A. in communication and a Ph.D. in clinical psychology from the University of Denver.

*Dr. Richard Clampitt* and *Dr. R. C. Fisher* have joined the staff at the Central Minnesota Mental Health Center, St. Cloud. Dr. Clampitt received a B.A. from Iowa State College and an M.A. and Ph.D. in clinical psychology from the University of Iowa. Dr. Fisher holds an M.A. and Ph.D. in educational psychology and guidance and counseling from the University of Oregon.

The most recent appointment has been that of *Dr. Clifford E. Schroeder* to the South Central Mental Health Center. Dr. Schroeder received an M.A. in clinical psychology from Wayne State University and a Ph.D. in counseling and guidance from Michigan State University. He has been on the staff of the Lansing Mental Health Center for the past 7 years.

## Volunteer Advisory Committee, Staff Coordinators to Meet with Governor

A luncheon meeting with Governor Elmer L. Andersen, members of the Volunteer Services Advisory Committee and hospital volunteer services coordinators is planned for October 23.

A second luncheon meeting with the Governor and members of the State Volunteer Council is scheduled for October 27. Purpose of the meetings is to provide the Governor with background information on citizen participation in the state mental health and welfare programs.

According to Mrs. Miriam Karlins, director of the state's information and volunteer services program, the initial meetings with the Governor are in preparation for the celebration in the spring of the tenth anniversary of the state's volunteer program.

## **Administration Changeover at Willmar State Hospital**

The appointment of Dr. Vera Behrendt as medical director and the simultaneous appointment of Lester E. Johnson as hospital administrator of the Willmar State Hospital became effective September 6. Prior to the new administration change, Dr. Behrendt served as hospital superintendent and Mr. Johnson as assistant hospital superintendent. In their new positions, Dr. Behrendt's salary was set at \$20,000 and that of Mr. Johnson at \$13,500.

According to Medical Director Dr. David J. Vail, the much debated move was made possible by a special rider to the 1959 and 1961 Welfare Appropriation Act. Authority to appoint a professionally trained hospital administrator as chief executive officer and a qualified physician as chief of the medical staff to head the treatment, research and rehabilitation programs of the hospital was given to the Commissioner of Public Welfare.

Official sanction of the new administrative plan was given by the Medical Policy Directional Committee on Mental Health at the June 7 Committee meeting. The latter is an advisory committee of non-government medical and paramedical specialists established by an act of the 1953 Legislature. During the last few months, hospital and Department of Public Welfare personnel have worked to establish basic ground rules and lines of authority and command.

"This is a bold experiment which will be watched by mental health and hospital administration professionals throughout the nation. In view of the strong pressure which has always existed in favor of it, we must try it under properly controlled conditions to prove once and for all what are the hazards and the advantages. Because of the eminent qualifications of both Dr. Behrendt and Mr. Johnson for their new roles, the outlook for success is favorable," Dr. Vail added.

This is the second "first" which has been credited to the Willmar State Hospital during the past several months. Early in May, the hospital became the first completely 100% open hospital in the state. As a result of the action this month, it also becomes the first Minnesota state hospital to convert to the new administrative plan.

## Hospital Echoes

### Coordinator on Geriatric Planning Joins Central Office DPW Staff

Mr. Melvin Dray, newly appointed coordinator on geriatric planning joined the DPW central office staff last month. For the past 3 years, Mr. Dray has been director of the Jewish Home for the Aged in St. Paul. He holds a law degree from DePaul University, Chicago, Illinois and is a graduate of the Northwestern University school of hospital administration. He served his hospital administration internship at Mt. Sinai Hospital in Chicago.

Mr. Dray is presently coordinating plans for the conversion of the Hennepin County Glen Lake Sanatorium and Ah-gwah-ching, the Minnesota Sanatorium at Walker to nursing home facilities for non-psychotic geriatric patients now in residence at the seven state hospitals for the mentally ill.

On or about January 1, 1962, approximately 200 patients will be moved into Glen Lake and an additional 120 patients will be transferred to Ah-gwah-ching.

### Community Resource Consultant Appointed at Crookston Center

Virgil Brown, M.S.W., joined the staff of the Northwestern Mental Health Center at Crookston as community resource consultant early last month. During the past four years, Mr. Brown has been assistant professor of social work at the University of Wisconsin.

In his new post Mr. Brown's efforts will be directed toward developing additional community resources and community organization. In addition to teaching experience, he has extensive groupwork experience in working with emotionally disturbed and delinquent children and in marital counseling. Prior to the University of Wisconsin appointment he was program director of the Citizens Club, Minneapolis, for 2 years.

Mr. Brown received a B.A. in humanities and M.S.W. from the University of Minnesota. He is a native of Gary, Minnesota.

### Annual Rehabilitation Therapies Conference Set for September 7

Cambridge State School and Hospital will be host for the annual conference of state institutions' rehabilitation therapies staffs September 7-8. Also joining in the conference this year, according to State Rehabilitation Therapies Consultant Ardo Wrobel, will be education personnel from the institutions for the retarded.

The two-day session will open with a welcome by Dr. Galen Adkins, Superintendent of Cambridge State School and Hospital, and an address by Medical Director Dr. David J. Vail on "Psychiatric Observations on Rehabilitation Therapies". Papers and discussions by institution personnel will be presented in separate group sessions. The first day's program will include a symposium on "Programming to Meet the Needs of an Open Hospital."

Guest speaker at the Friday session on special education in a hospital setting will be Dr. Dewey Force, associate professor of education, University of Minnesota.

Participating in a series of six weekly classes entitled "Preparation for Discharge" are 30 patients at the *St. Peter State Hospital*. The classes are conducted by a volunteer from nearby Lake Crystal. Patients slated for discharge meet once a week to discuss various problems which might arise when they return to the community. Topics covered include learning to live with family again, how to apply for a job, good grooming and patients' legal status regarding drivers' licenses, marriage, divorce, voting, etc.

According to Social Services Director Mrs. Reliance Frederiksen, patient interest and response has been enthusiastic. As patients are discharged and leave the hospital, new patients join the group.

New on the "open hospital" scene at *Moose Lake State Hospital* is the patient Sportsmen's Club, begun last month. According to the hospital's weekly "Lakeside News," the club is an organization of people interested in outdoor sports and all around outdoor activities. To date members have gone on several fishing trips and are planning a camping trip.

Looking forward to their first overnight camping experience are the 24 members of the *Cambridge State School and Hospital Boy Scout Troop #213*. Official Boy Scout approval of a campsite on the Rum River (and on hospital grounds) has been secured and a six-day camping session is planned for the last week in August. Scoutmaster Dave Keacher, will be assisted by sponsoring Lions Club members who will serve as volunteer overnight counselors.

According to George Boswell, Rehabilitation Therapies Coordinator, members of the Scout committee are already planning ahead for next season when they hope to expand the week camping session to include retarded Boy Scout groups from all over the state.

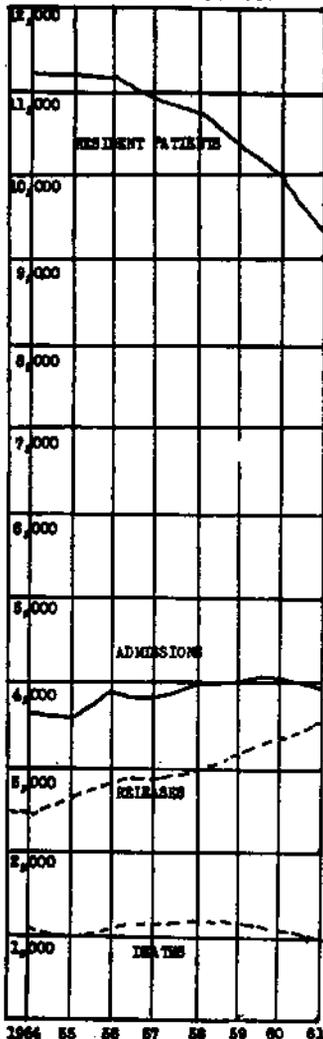
Excited participants in a 12-day residential camping program earlier this month were 42 patients from *Faribault and Cambridge State Schools and Hospitals*. The campers were guests of the Minneapolis Association for Retarded Children at the Association's Indian Chief Camp near Glen Lake. Patients selected for the annual program range in age from 16 - 60 and are those who have no home ties or opportunities for "vacations" away from the institutions.

### Early Fall Opening Planned for New Northern Pines M.H. Center

Plans for an early fall opening of the new Northern Pines Mental Health Center at Little Falls are now underway, according to Richard O'Neill, program director. Preliminary move into the new Center's quarters at 103 First Street S.E. was made last month.

Harold Blackwell, Ph.D. of London, Ontario has been selected to fill the psychologist post and is scheduled to arrive in mid-August. Dr. Blackwell's academic background includes a B.A. and M.A. in psychology from the University of Western Ontario at London and a Ph.D. in clinical psychology from the University of Toronto.

## Mentally Ill Resident Population Decline Continues. Admissions Down Slightly, Discharges Continue Climb



The June 30, 1961 resident population of the seven state hospitals for the mentally ill was 9,319 mentally ill and 254 inebriates. This represents a decrease of 710 in the resident population during the past fiscal year. The entire population drop was among the mentally ill patients, as there was no net change in the number of inebriates hospitalized during the past year.

A total of 3,975 mentally ill patients entered the hospitals by admission or return from provisional discharge during 1960-1961, 45 less than the previous year.

The number of patients leaving the hospital by direct or provisional discharge increased by 227 over the 3,320 releases recorded during the 1959-1960 period.

There were 997 deaths of mentally ill patients in the hospitals as compared to 1,106 during 1959-1960.

The chart on the left shows changes in the populations of the mental hospitals since 1954. Although the reasons for the recent slight decrease in hospital admissions are not conclusive, a number of factors appear to play a determining role in the leveling off and decline.

- (1) increase in the number of nursing homes available for care of older persons who might otherwise be destined for state hospital care.
- (2) increase in the number of beds and numbers of mentally ill patients treated in psychiatric units of general hospitals.
- (3) increasing use of tranquilizers and other drugs which make it possible to care for patients outside of the hospitals and
- (4) increase in the number of patients receiving care in the state's community mental health centers.

The continuing increase in the number of patients leaving the hospitals is credited in part to the above factors and to the increase in hospital social services staffs and cooperation of county welfare workers in arranging for placement in the community.