

Mental Health Newsletter

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DEPARTMENT OF PUBLIC WELFARE
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Editorially Speaking

Now and then it is good to cast a look into the future, to draw deeply on the pipe of prophesy and hope. Such activity is necessary if the system is to adapt to change.

Within the mental health field itself the most significant expectation is for a major discovery or series of discoveries, analogous to the diabetes-insulin story, concerning the schizophrenic process. We predict this within ten, possibly five years.

We expect that mental hospitals will be much smaller. The treatment programs will be specific. Hospitals will be integrated into a network of services, to carry out a particular and unique treatment mission. Open doors and informal admissions will prevail. For residual or refractory cases, emphasis will be on retraining, using a wide variety of educational and conditioning techniques.

Hospitals can adapt to perform other functions as well. There is work to be done in mental retardation, mental disorders in childhood, organic syndromes, disturbances of the senium, and sociopathy of various kinds. Let us not become preoccupied with the Everest of schizophrenia and forget the Himalaya of mental disorder which lies beyond.

One very practical concern is that with mental disease caseloads shrinking, mental hospital personnel may be increasingly inclined to foster dependency and invalidism in order to keep jobs. Such a reaction would be natural and probably quite unconscious. It would not be confined to the rank and file but would include all grades of professional personnel with this in mind we have already begun to plan on future adaptations of mental hospitals.

The major general change to impinge directly will be automation. This will wipe out scores of routine jobs and will no doubt nuke extramural placements of patients much more difficult. In a broader way it will create mental health problems—by imposing burdens of leisure on people ill equipped for it, by altering self-concepts. A labor leader recently remarked, "We will have to get used to the idea of getting paid for *not* working." We foresee a revolution in social values striking deep, deep into the roots of Judaea-Christian mores. State-supported jobs will of necessity become more numerous but as the work week shortens interactions will tend to be fragmentary and superficial.

Still it is a pleasure to contemplate starting over at the other end, to work truly toward mental health, not simply away--from mental disease. The time is not yet—mental illness is here, it exists as a microcosm of misery and disintegration that dramatizes one phase of the human condition.

But beyond this challenge are other challenges. Ultimately there is the problem of man himself—his infernal self-destructiveness opposed to his urge "to do justice, to love mercy, and to walk humbly with (his) God."

We in mental health are obliged to influence the outcome of this struggle.

David J. Vail, M.D.
Director
Division of Medical Services



Names in the News

Miss Genevieve Damkroger, mental health consultant for the Minnesota Department of Health since 1956, has been appointed consultant on alcoholism for that organization. In her new position, Miss Damkroger will be developing education programs on the problems associated with alcoholism, for professional groups and the public. She will be working with schools in the areas of teacher training, curriculum coordination, development of educational materials and working also with school physicians.

Dr. James T. Laird, chief clinical psychologist, Willmar State Hospital, recently was selected for inclusion in the *American Men of Science* (Tent' Edition). Selection is based on those actively contributing to the advancement of science.

Mary Swanson, social worker at Brainerd State School and Hospital, was honored recently for her contributions to and achievements in the field of social work. Director of Social Service at Fergus Falls State Hospital from 1946 to 1960, Mrs. Swanson was presented with a Certificate of Recognition award by Governor Elmer L. Andersen at the Annual Conference of the Minnesota Welfare Association. The award was sponsored by the Hennepin County Welfare Employees' Union.

Dr. W. L. Patterson, medical director, Fergus Falls State Hospital, received his 50-years-of-Service award pin at the fifth Service Award Tea at Fergus, April 30. Doctor Patterson joined the Fergus staff April 27, 1912.

Dr. Lloyd S. Smith, Willmar State Hospital is now physician-in-charge of the hospital's Intensive Treatment Service. He will be conducting some of the diagnostic, intake and discharge clinics as well as supervising the program in that service.

Doctors *Wen Yao Yu*, TB physician, and *Sumner Cohen*, medical director, Glen Lake Sanitarium; and *Dr. Ejvind P. Fenger*, director, TB Services, Division of Medical Services, DPW, authored an article appearing in the April, 1962 issue of *Minnesota Medicine*. The title: "The Relationship Between Histoplasmin, Skin Sensitivity and Serologic Change,"

Also among the authors: *Mr. Larry Carter*, program director, Children's Residential Treatment Center, who wrote "Recreational Interest Patterns of Psychotic and Non-Psychotic Patients" for the May, 1962 *American Recreation Journal*.

Effective July 1, *Dr. Ilgvars J. Nagabads* will be consulting psychiatrist for Cambridge State School and Hospital. He will be consulting twice a week and plans to work closely with the hospitals proposed intensive therapy unit slated for Cottage II.

Girl Scout Troops For The Retarded

Today there are more than 2,500 mentally retarded Girl Scouts in about 200 troops in 37 states.

Among these is Girl Scout Troop 1719 in Minneapolis. The story of GST 1719 is told in the April, 1962 issue of *Children Unlimited*, (National Association For Retarded Children), in an article: "Girl Scouting" by the troop's co-leader, Mrs. Claire Jordano, Hopkins, Minnesota,

Now completing its second highly successful year. Troop 1719 boasts ten members. It got off its launching pad as a city wide Girl Scout troop, but the transportation problems attendant big-city operation brought about a decision to hold weekly meetings at a private home in Hopkins, since most of the girls were from the suburbs. The Excelsior Neighborhood Leaders and Girl Scouts welcomed them "with open arms."

The Senior Girl Scouts visited meetings, helped with instruction, and made the retarded their project-for-the-year. Troop 1719 can now point with pride to 100 per cent attendance at Father-Daughter Banquets, Field Day, and Court of Award ceremonies. All work toward merit badges is done at meetings. Although turnover has created some problems, replacements have been greater than dropouts. Of import: parents' interest has increased tremendously.

Members of Troop 1719 all are retarded but quite capable and interested in the same things as other girls in their age range (10 to 13). They have been working on service projects for Glen Lake Sanitarium; they, too, do for others.

One of the most important impacts of the troop is that more than 300 girls in the neighborhood, as well as their leaders, have had the opportunity to see for themselves that these retarded girls are really not so "different" or "peculiar." The Minnesota Association for Retarded Children, co-sponsors (with the Minneapolis Girl Scouts,) of the troop, has helped to answer their questions and give them a much fuller understanding and sympathy for the problems of mental retardation.

Troop 1719 is one of two such troops in the Minneapolis area. The other is Troop 171, which meets in southeast Minneapolis, and has a membership of 12. They are the only Girl Scout troops for the retarded in Minnesota operating independent of an institution.

Meanwhile, members of Troop 1719 are looking forward to something new, different and certainly exciting. From June 25 through 29th, they will join other girl scouts in attending the Girl Scout Day Camp at Excelsior. Another *first!*

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Community MH Services Booklet Now Available

The third edition of *Minnesota Community Mental Health Services* is now available for distribution.

This 32-page booklet published by the Medical Services Division, DPW, provides interested individuals and communities with general information concerning the Community Mental Health Services Act of 1957.

Published originally in 1958, a revised edition appeared in 1960. The 1962 version underwent further revision to bring it up to date.

Lakeland Mental Health Center Reports Success of In-Service Lecture Series

The Spring series of in-service lectures and discussions on mental health is now in full swing, according to Roy L. Anderson, program director for Lakeland Mental Health Center, Fergus Falls.

The program, planned for ministers, welfare agency staffs, school personnel, counselors, probate judges, probation officers, and public health nurses in the eight-county area served by the Center, has proved highly successful since its inception, last September.

According to Anderson, the program is unique in the United States. The idea originated as a result of a meeting with Anderson and two Scandinavian social workers three years ago.

It has developed into a full year's course, with some 20 topics presented. The Center's full staff, with staff members of the Fergus Falls state hospital, lay out the course. There are 11 persons on the lecture panel, composed of hospital and Center personnel. Time is allowed for group discussion at each lecture. Most sessions are of two-hour duration. All of them are held at Fergus Falls state hospital.

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Mental Health Administration Study Group Names Three Subcommittees

First meeting of the Mental Health Administration Study group, chaired by Robert F. Hoffmann, administrator, Fergus Falls state hospital, was held at DPW central office on Tuesday, March 20.

Objectives of this group, formed at Dr. Vail's behest, with approval of the Mental Health Policy committee, are:

1. To study the role of the hospital administrator at the chief executive and as assistant chief. To study also problems of authority and its distribution and other related issues, and the impact of professional hospital administration skills in the top echelon.
2. To establish training and development program in administration, including the necessary affiliations with the University, in behalf of hospital administrative residents, our own assistant hospital superintendent trainees, and other hospital personnel.
3. To take up, from time to time, other specific issues as required. In the interests of developing sound overall policies and improving efficiency of hospital management.

Lester Johnson, Willmar state hospital administrator, served the first meeting as secretary.

Named as subcommittees were the following: Training—Jack Malban, Harold Peterson, John Stocking; Personnel—Melville Krafve, William Lightburn, Charles Swint; Methods and Materials—Melvin Dray, Bruce Fischer, Les Johnson.

In summing up results of the initial meeting, Chairman Hoffmann declared, "Perhaps the major contribution was the exchange of administrative philosophies as applied to a state hospital for the mentally ill or mentally retarded. I feel that there is a considerable potential benefit to the state hospital system through exchange within this group, of ideas, techniques, and philosophies."

Hospital Echoes

Next best to visiting a patient in person is seeing a recent picture of him or hearing his voice. *Willmar state hospital* has a novel project going, with two volunteers doing statistical and research work for the social service department. They contact all out-of-state relatives of the institution's patients, asking if they would like a picture of the patient. These volunteers, using the Polaroid camera donated by a volunteer group, take pictures and send them to relatives who request them. A form is enclosed, suggesting that future expenses connected with buying film can be covered by donations to Willmar's volunteer council. The hospital also sends out tape recordings of patients' voices and greetings to relatives—if the relative sends either a tape or the money to purchase tape. Judging from the complimentary letters received from relatives, this project is providing a definite lift in patient morale.

Governor Elmer L. Andersen will be guest speaker at *Fergus Falls state hospital* at 2 P.M., Monday, April 30, at the employees' service award ceremony. Also honored will be Dr. William L. Patterson, medical director, for his 50 years of service to the Fergus Falls institution. The ceremony will be followed by a tea.

Rochester state hospital officials have launched the first program of its kind in a state mental institution: on-the-job training for graduate nurses studying to become anesthetists. Kerstin Rodenstam, Lutheran deaconess from Stockholm, Sweden, here on an American-Scandinavian institute scholarship; and Erna Coker, graduate nurse from Sioux Falls, S.D., are currently studying at Rochester state hospital under Dr. Hannaliese Kralemann, chief anesthesiologist at the institution. After three months' training, the two will complete their studies at Northwestern Hospital School for Anesthetists, in Minneapolis.

"Is alcoholism a disease? Is it treatable? What is being done regarding treatment in our area?" These and other provocative questions will be spotlighted on the theme, Alcoholism, feature of *Moose Lake state hospital's* Mental Health Day program, on Thursday, May 3. Governor Andersen will speak on, "Minnesota Does Its Part." The May 3 program will begin at 1 P.M. The public is invited to visit and tour the institution any day from April 29 to May 5, during the observation of Mental Health Week.

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Lake Region Sheltered Workshop, Year Old, Already Has Waiting List

Starting date for the Lake Region Sheltered Workshop, in Fergus Falls, was February, 1961, when a federal grant of \$17,800 was awarded and the acting officers took immediate steps to hire a director and rent a building.

Mervin Healy was hired as director, assuming his duties on June 15. In July, the building at 126 South Vine St., Fergus Falls, was rented; and two assistants were hired.

(continued on back page)

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The attractive front cover was conceived and executed by Gene Luebker, art and exhibits supervisor, public information section, Minnesota Department of Highways.

Under the running headline, *Volunteers at Work*, every phase of volunteer participation in hospital-patient activity is described in detail, and helpfully illustrated.

The volunteer services story starts out with a foreword by Governor Elmer L. Andersen and concludes with grateful acknowledgements from DPW Commissioner Morris Hursh.

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(LAKE REGION) continued from page 3

In September, the workshop was opened and several contracts and subcontracts were secured. Tuition rates for the 42-week training period were set at \$35 per trainee per week for the first 12 weeks (the diagnostic-evaluation period) and \$25 per week for the remaining 30 weeks. The tuition fee is paid by the Minnesota State Division of Vocational Rehabilitation, if the trainee qualifies.

Present trainees will complete their training on June 20, with a new group starting in September. According to Director Healy, every attempt will be made to place graduates in competitive employment. Those who cannot be placed will be retained as sheltered workers.

Current contracts call for the manufacture of unfinished furniture, and tire boots, plus smaller subcontracts from time to time. Future plans call for a larger building and a fourth staff member so that more handicapped can be served. Applications now on file exceed the maximum number that can be accommodated at the workshop.

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University, Cambridge Hospital, Set Study of Retarded Education Problems

Scheduled to move into active operation later this month is the University of Minnesota's behavioral development research laboratory at the Cambridge state school and hospital. Conducting research studies in the new laboratory will be the University's Dr. Robert Orlando, principal investigator and assistant professor of educational psychology; Dr. Gerald M. Siegel, assistant professor of speech, and several graduate research assistants. Participation by staff members from various other University depart-

ments is anticipated as the research project gets under way.

Focus of the basic research studies will be learning and motivation in education of the retarded. Special emphasis will also be placed on speech and language development problems. Approximately 1,000 Cambridge residents will be included in the initial studies during the next two years.

Space for the laboratory facilities in the Administration building was provided by the Cambridge state school and hospital. Purchase of special equipment and construction of special laboratory units was made possible by funds received from the Minnesota Association for Retarded Children and the State Department of Education.

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Recent Additions to Our Hospital Staffs

ANOKA

Harold Payne - Physician II - 2-16-62
Sandra Rae Weber - RN I - 2-26-62
Janice LaGrone - Occupational Therapist I - 2-27-62
Bruce Fischer - Assistant Hospital Superintendent - 3-7-62
Peter Salmon - Medical Specialist I - 3-7-62
Helen Hoffman - RN I - 3-8-62
Rubel Lucero - Psychologist - 4-2-62

CAMBRIDGE

Yvonne Lind - RN II - 2-26-62
Raymond Daniels - Social Worker I - 2-23-62
Harriet Anderson - RN V - 3-12-61

FERGUS FALLS

Ralph Hirschowitz - Physician II - 2-13-62

GLEN LAKE

Lucille Reimer - RN I - 2-14-62
Mary Sherry -- RN I - 2-19-62
Frances Tasarek -- RN I - 2-19-62
Florence B. Dragon. RN I - 2-21-62
Marilyn Davis - RN I - 2-27-62
Sylvia Hager - RN I - 3-142

HASTINGS

Mary Birmingham - RN I - 2-19-62
Guido Schynoll - Psychiatrist I - 3-5-62

MOOSE LAM

Frances Doron - RN II - 2-12-62
Karen Dohlmeier - RN I - 2-24-62
Janis Waggoner - RN I - 2-14-62

ROCHESTER

Ann Daniloff - RN I - 2-21-62
Helen R. Mou - RN I - 2-21-62
Beverly Welberg - RN II - 3-27-62

ST. PETER

William Lightburn - Assistant Hospital Superintendent 3-5-43

WILLMAR

Leon Kreitmann - Psychiatrist I - 11-20-61
Gerald Fuller - Psychiatrist 111 - 12-141