

Mental Health Newsletter

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DEPARTMENT OF PUBLIC WELFARE
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Editorially Speaking

WHY IS PUBLIC SERVICE held in such low esteem as a career opportunity in the mental health professions?

Surveys of medical students in particular show a gradient of prestige that falls rapidly from surgery and medicine to psychiatry, thence to administration and salaried positions generally. The private entrepreneur with high earning power is still very much the model. The social worker in his training is much more attuned to problems of social demand and obligation on behalf of the public good. Even in this field, however, it is considered the ultimate to set up one's own private practice.

AMERICAN CULTURE and tradition play an enormous role in shaping these attitudes. Our heritage includes emphasis on individual enterprise and private holdings. We distrust government. In contrast, witness the British tradition which places its noblest talent in the service of crown and country.

The private-public tension is seen most poignantly now in respect to the medical profession. Unfortunately, compromise and resolution are less possible; hard categories are laid down. The public increasingly demands good health and freedom from misery as a right. On the other side, one who embraces less than the full-time private tradition may find him branded a "socialist."

One of the quarrels in the recent "doctors' strike" in Saskatchewan was that the government plan would make physicians "nothing more than civil servants." To those among us with a decade and upwards of professional productivity as civil servants, the statement had an odd effect.

The conflict is dramatized most sharply in medicine because of that profession's older and more established traditions. The issues and play of attitudes exist in other fields, however. We hear of university teachers telling lower grade students that they "can always get work with the State." Curious ethical practices occur— witness the ease with which stipend recipients in all fields "buy out" their obligations of public service, not only with the encouragement of their professional seniors but sometimes with public funds from other sources.

THE SAD PART of it all, what our teachers do not impart, is the fact that a public career is exciting and challenging. Like a love affair with a jealous mistress, it produces its agonies but also its joys. For those who get hooked, it is the only possible life. What is understood least of all is that it offers *more*, not less, professional freedom than private enterprise. One must learn the rules of the game and be prepared for occasional bruising. More seriously, one must resolve his identifications and ego ideals: this may mean un-learning the roles he developed as a student.

Let us hope more young people get the call. There is tremendous gratification to be had here, and a big job to be done.



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

Names in the News

Dr. P. V. Mehmel, program director, West Central Mental Health Center, Inc., Willmar, has been named president-elect of the Minnesota Association of Psychiatric Clinic Personnel.

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Among the recent faculty promotions at University of Minnesota: *Dr. David J. Vail*, director, Division of Medical Services, DPW, to clinical associate, professor in psychiatry and neurology; and *Dr. Ejvind P. Fenger*, director of tuberculosis services, DPW, to clinical professor, School of Medicine. Previously announced: *Dr. Richard E. Bartman*, director, Childrens Mental Health Services, Division of Medical Services, DPW, assistant clinical professor in psychiatry.

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Clarke A. Chambers, associate professor of history, University of Minnesota, recently was elected president of the National Committee on the History of Social Welfare. *Gisela Konopka*, professor, School of Social Work, University of Minnesota, was elected vice-president of the Committee, an association consisting of social work educators and historians which sponsors major meeting in different parts of the nation, on social welfare history.

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Dr. Herbert Darken resigned his post as director of the Range Mental Health Center, Virginia, Minnesota to become deputy director for California's mental hygiene department.

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Appointed business manager of Glen Lake Sanatorium: *Mr. Maurice Treberg*, who resigned as supervisor of accounting, DPW, to accept the position.

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Mr. Donald C. Mills has joined the staff at Moose Lake State Hospital as assistant hospital administrator trainee. He completed the residency requirements in hospital administration at Bethesda Hospital, Saint Paul.

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Dr. Sumner S. Cohen, medical director, Glen Lake State Sanatorium, has been elected president of the Tuberculosis and Health Association of Hennepin County,

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Dr. Arthur Arnold has been appointed resident psychiatrist at the Southern Minnesota Mental Health Center, Albert Lea. He comes to Minnesota from North Carolina University where he was assistant professor of mental health.

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Joining the Rochester State Hospital staff, as Psychiatrists II: *Dr. Joyce Bickford*, who was graduated from University College Hospital, London, and took her residency in psychiatry at Mayo Clinic; and *Dr. Ruth Westrick*, graduate of Dueseldorf University, Germany, who also completed her residency in psychiatry at Mayo Clinic.

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Dr. J. Lucille Poor, Community Social Services Consultant, Division of Medical Services, DPW resigns September 5 to become director of a social services department at Kenny Rehabilitation Institute, Mpls.

The Reverend *Francis J. Garvey*, formerly assistant pastor at Holy Trinity Cathedral, New Ulm, on, July 18 became the first full-time Catholic Chaplain at Willmar State Hospital. Fr. Garvey will also serve as pastor of the Church of St. Patrick, Kandiyohi.

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District Judge *Archie L. Gingold*, St. Paul, is chairman of the recently organized Minnesota Governor Coordinating Council on Alcoholism. (Story on Page Opposite).

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Dr. H. W. Hogan has joined the Northwestern Mental Health Center (Crookston) staff as psychiatrist. He came to Minnesota from Northern State Hospital, Sedro Wooley, Wash., where he completed his residency in psychiatry. He previously had his board in neurology.

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Gov. Coord. Council on Alcoholism Maps Plans for Evaluation in Depth

THE FIRST MEETING of the recently organized Governor's Coordinating Council on Alcoholism was held in St. Paul June 28, with District Court Judge Archie L. Gingold as chairman.

The 46-member committee, comprising professional people from Government and private agencies in the field of alcoholism treatment; representatives of the clergy and interested citizens; will study and evaluate alcoholism in Minnesota in terms of getting a better perspective of the problem. It was indicated the Committee might develop into a functional group to offer their services to agencies or individuals.

Among the general areas in which the Committee may be involved: alcoholism education in Minnesota; treatment facilities; research and training; and program development and expansion recommendations. While the Committee has no official status as yet, it is now in the process of examining its own structure in terms of using the talents of its members in various specialty areas.

Among those appointed to the Committee by Governor C. Elmer Andersen were five Department of Public Welfare people, including Commissioner of Public Welfare Morris Hursh; and Dr. David J. Vail, director, Division of Medical Services.

Research at Cambridge Involves Verbal Abilities

How WELL AND HOW RAPIDLY retarded children and adults of differing verbal abilities can master the task of putting together a simple form-board puzzle with a minimum of instruction, was the subject of a research project conducted at the Cambridge State School and Hospital July 12 and 13.

Dr. Gerald M. Siegel, assistant professor of speech, University of Minnesota conducted the experiment, involving 48 children and 22 adult patients. Dr. Siegel was assisted by 22 volunteers obtained through the Howard McCarty Unit of the American Legion Auxiliary.

Dr. Siegel indicated it would be a few months before findings of the research would be ready for release.

Hospital Echoes...

At *Willmar State Hospital*, the "Helping Maintain Family Ties" theme is going strong thanks to use of a Polaroid camera presented to the hospital by the Swift County Mental Health Association. Relatives desirous of receiving snapshots of patients may now obtain them, on a cost-of-film basis, on request, and have been so notified. Orders are pouring in.

Now gracing a portion of the grounds at *Moose Lake State Hospital* is a nine-hole miniature golf course, complete with windmill. The "Hilltop Golf Club" is the product of the industry and inventiveness of the hospital staff and is receiving heavy traffic from pleased patients.

Patients (and staff as well) are staying on top of the news these days at *Rochester State Hospital* by way of newly acquired "broadcasting" equipment for the hospital's two geriatrics wards, and obtained via a volunteer worker project. The amplifier turntable, microphone and AM-FM tuner, valued at \$3.50, were obtained through gifts of service groups at the hospital and other individuals. Every morning from 9:30 to 10 about 315 patients have an opportunity to listen in and hear such things as the temperature, weather report, birthday announcements of patients, news on visitors, and other pertinent hospital information. Besides being informational it is hoped the programs will stimulate the thoughts and interests of the patients on the two wards. Staff people, using a doctor's office as the "studio", are now handling the broadcasting, with an aim towards eventually having the patients participate. As a special feature, Radio Station KWEB did a Documentary which was heard over the hospital network,

Also on the subject "radio" congratulations to Volunteer Services Coordinator Bill Judkins at *Anoka State Hospital*, whose weekly radio program on KANO (1480 KC—Wednesdays, 11:45 a.m.) is now in its seventh year with the same successful format—informal, unrehearsed interviews of people in, around and about the hospital scene.

Marital Counseling Workshop Proceedings Are Published

Proceedings of the Marital Counseling Workshop sponsored by the Minnesota Department of Public Welfare and the National Institute of Mental Health and held in Minneapolis January 18-20 are contained in a 25-page brochure available from Division of Medical Services, Department of Public Welfare.

Participants in the workshop represented community mental health centers, county welfare departments, and the clergy.

The four-page pamphlet, "How You Can Help Minnesota's Mental Health Program" has been revised and is now available from the Public Information and Volunteer Services unit, Medical Services Division, DPW.

Dr. Paul L. Dunstan to Head Medical Staff at Willmar

The Department of Public Welfare and the Board of the West Central Mental Health Center, Inc. Willmar, announce the appointment of Dr. Paul L. Dunstan, Willmar, as chief of the medical staff, Willmar State Hospital.

The appointment, made by Commissioner of Public Welfare Morris Hursh, takes effect on July 1, 1962 upon the resignation of Dr. Vera M. Eiden. The appointment is for the year 1962-63 or until a full-time Medical Director for the hospital can be named.

Dr. Dunstan, who joined the West Central Mental Health Center upon his arrival in Minnesota in 1959, will, in addition to his hospital appointment, continue to be Clinical Director at the mental health center.

Approval of Dr. Dunstan's appointment was obtained at a meeting of the Board of the West Central Mental Health Center on June 7, 1962; and a meeting of the Mental Health Medical Policy Committee of the Department of Public Welfare June 8, 1962.

A native of Brazil, where his parents were missionaries. Dr. Dunstan was graduated from Baylor (Texas) Medical School in 1939 and was certified in psychiatry in 1948. He came to Willmar in 1959 from St. Petersburg, Florida, where he had served for two years as psychiatrist at the Veterans Administration Hospital. From 1949 to 1956 he was psychiatrist at the VA Hospital; and Assistant Superintendent at the School for the Mentally Retarded, North Grafton, Mass.

Dr. Arieti, Prominent Psychiatrist, To Consult at Willmar During July

Dr. Silvano Arieti, Associate Professor of Clinical Psychiatry, State University College of Medicine, New York City, and a member of the faculty at W. A. White Institute of Psychoanalysis in that city, will be at Willmar State Hospital during the month of July on a consultant basis.

A graduate of the University of Pisa, Italy, Dr. Arieti will be at Willmar mornings for case presentations with the medical staff, from the viewpoint of psycho-dynamics of patients.

Dr. Arieti will also present the theoretical aspects of psychiatry as related to treatment programs, and a series of seminars on the principles of psychotherapy in general and as related to specific syndromes. Other state hospital medical staffs have been invited to attend the sessions and participate in the discussions.

Unscheduled portions of mornings will be left available for individual physicians to schedule appointments with Dr. Arieti, for consultation regarding individual patients.

He is the author of numerous text books which include original work on the mental processes in schizophrenia. Recent visits to Minnesota were at the Willmar State Hospital in July, 1961 and at the Conference on Outpatient Treatment of Schizophrenia, in September, 1959.

Dr. David J. Vail, Director, Division of Medical Services, Department of Public Welfare, considers the Department extremely fortunate in having this opportunity to make the knowledge, skills, and experience of Dr. Arieti available to medical staff of Minnesota's state hospitals.

Intensive Treatment Unit Is Planned for Cambridge

Announcement of tentative plans for an intensive treatment unit for adolescent, male, disturbed patients at Cambridge State School and Hospital was made at an administrative staff meeting at the hospital June 12.

The new Unit expects to open July 15, 1962 and will be directed by Mr. Charles Turnbull who recently received his Master's Degree in group social work from the University of Minnesota. Working with Mr. Turnbull will be a registered nurse, a teacher and a complement of psychiatric aides. Many other employees will be assisting with the Unit program as part of their usual assignment. Dr. Ilgyars J. Nagabads, one of the hospital's new psychiatrists, will work with the Unit as will Mr. Maurice Elvekrog, clinical psychologist.

In the Unit there will be a maximum of 20 male patients between the ages of 13 to 16 with I.Q.'s over 40 and who are emotionally disturbed. Patients will be admitted to the Unit only after very careful screening by an admissions committee. Wherever possible the Unit patients will participate in regular school, recreation, therapy work and other hospital programs. If they are too disturbed or are too disturbing, they will have similar programs in their own unit. All Unit patients will have group therapy and all patients will have additional activity programs in the Unit to keep their time occupied evenings and weekends. Patient's progress will be reviewed regularly by Unit staff and their resource team from the other hospital departments.

The committee in charge of setting up the new treatment unit indicated there is an important need for such a facility because "we are all being frustrated by inability to help some of our disturbed youngsters on the crowded wards and in the crowded programs and schedules. Some days we can do a good job but some days we simply can't. We want to help them *today* and not *tomorrow*, when it may be too late. This is why we are making plans."

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'Door to Understanding' Workshop at Fergus Falls Highly Successful

Memorial Day at Fergus Falls State Hospital featured a highly successful "The Door to Understanding" workshop, to the mutual benefit of patients and relatives.

Purpose of the workshop was to stimulate better understanding between relatives and the patients, as well as to provide information on the hospital treatment program and services.

Relatives of patients in the Receiving Hospital, the Intensive Treatment Ward and the Teen Age Unit were sent letters of invitation to attend the workshop, with return postcards enclosed for replies. The response from the relatives was far beyond expectations. A total of 162 letters of invitation were sent and only 11 failed to reply. (Eighty indicated that they would attend, and 65 actually did, probably limited because of inclement weather). Families came from as far away as Pierre, South Dakota.

The Day's program included a picnic lunch (forced indoors because of heavy rain) the showing of the film "Let's Get Acquainted"; and a comprehensive orientation on the hospital's treatment program and services.

Of real value to the hospital staffs were interviews with relatives conducted by volunteers, who obtained replies to a series of questions from all 65 visitors. The material gathered during the interviews is being evaluated by Dr. Maurice Moran, chief psychologist at the hospital. This information is expected to prove extremely meaningful and useful to the hospital staff. A quick check of the responses provided one startling fact—that many of the relatives had stayed away from the hospital because they felt it would be better for the patient and that perhaps the hospital staff did not want them there.

The idea for the workshop was gleaned from an article in MENTAL HOSPITALS magazine.