

An Analysis of MARC

The Minneapolis Association for Retarded Children
(The Friends of the Mentally Retarded)

1953 Survey 741 State Wards
within in State - covered over
million dollars - Survey covering 1000 for each
Policy up for Sec -

- Embryon affected -

Prepared to:

Assist Donors in
Evaluating MARC

Submitted by:

The Minneapolis Association
for Retarded Children
321 Kresge Building
Minneapolis 1, Minnesota

November 1, 1955

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PURPOSE OF THE ANALYSIS

The Minneapolis Association for Retarded Children has been in existence for nine years.

Our foundations have been built slowly, but solidly, with a keen awareness of our responsibilities to those we serve and those who support us.

Our social destiny in the City of Minneapolis and Hennepin County is now well defined.. We have been telling the community about the retarded and what needs to be done to help them. The community has responded favorably and has clearly indicated its intention to help. But it has also indicated that MARC must provide a good deal of the leadership necessary to this program.

MARC has to expand. If we remain static or retrogress we will have lost our opportunity to help the retarded and their parents. The work load involved in carrying out our assignment cannot be maintained year after year exclusively by our volunteer workers without wearing them out. The spirit of charity that burns within them is not easy to find and replace.

So, we've hired an executive director, a man of similar dedication, to carry on and to provide this needed leadership. We've accepted the challenge and have committed ourselves heavily for some extremely worthwhile pilot projects.

Now we need money. Not much, as most charities go. A modest amount compared to the most "popular" charities. Very little when calculated on the basis of the thousands of people we help.

In this analysis we tell what we are doing, what we have done! We are proud of the considerable accomplishments made by our volunteer workers. We are equally as proud of the generous help and assistance given us by the professionals and members of the legislature. All of us together have set to awakening America's conscience to the needs of the mentally retarded. The time is at hand for pressing this hard-earned advantage.

We've done what we've done with very little money. We've had no Santa Clauses or Texas Millionaires to pick up the tab. Retarded people in this state number 90,000 but there have been only comparatively few dollars to work with.

Someone once stated that "Future performance can best be estimated by studying past performance." We present this analysis of our performance with that thought in mind.

We believe that our job of "doing" will now inspire others to be our donors.

ETHICS OF MARC

We believe that a charitable organization such as ours, which both serves the public and obtains funds from it, entails a high degree of responsibility. This is why we accept and adhere to the BASIC STANDARDS IN PHILANTHROPY as recommended by -

The National Information Bureau.

Each year we also discuss our plans with -

The Minneapolis Better Business Bureau

The Community Chest and Council

so as to keep these organizations fully informed about our activities.

The Standards

1. Board of Directors - An active, responsible governing body serving without compensation, holding regular meetings, and with effective administrative control.

The 10 MARC board members are all responsible citizens. They meet once a month. Their decisions are executed by the president and a paid, full time, executive director.
2. Purpose - A legitimate purpose with no avoidable duplication of the work of other sound organizations.
3. Program - Reasonable efficiency in program management, and responsible adequacy of resources, both material and personnel.
4. Cooperation - Evidence of consultation and cooperation with established agencies in the same or related fields.
5. Ethical Promotion - Ethical methods of publicity, promotion and solicitation of funds.
6. Fund Raising Practice
 - a. No payment of commissions for fund raising
 - b. No mailing of unordered tickets or merchandise with a request for money in return
 - c. No telephone solicitation of the public
7. Audit - Annual audit prepared by an independent CPA.
8. Budget - Detailed annual budget translating program plans into financial terms.

MARC complies with all of these standards. We invite investigations of our operations.

INTRODUCTION
(A Few Words About the Mentally Retarded)

INTRODUCTION

Who Are the Mentally Retarded?

They are the least capable 3% of our population.

30 out of every 1000 people are so classified.

They themselves vary so widely in their limited capabilities it is helpful to classify them as follows:

The "Dependent"
Retarded.

1 person out of every 1000 is so severely retarded as to require constant supervision during his entire lifetime. Some cannot walk. Some cannot talk. All need the care and attention accorded babies. 3,000 such people live in Minnesota, 650 in Hennepin County.

The "Semi-Dependent"
Retarded

Another two people out of every 1000 develop at less than half the rate of a normal child. While they require continual supervision many can learn self-care, acceptable behavior and useful work under sheltered conditions. 6,000 such people live in Minnesota, 1300 in Hennepin County.

The "Marginally
Independent" Retarded

Another twenty seven people out of every 1000 are mildly retarded. As slow learners they need special schooling. Regarded as "educable" most can become self-supporting adults, capable of managing their own affairs under favorable conditions. They may need occasional counselling. 81,000 such people live in Minnesota, 18,000 in Hennepin County.

1% of Population
A Continuing Concern

Because of personality, physical deformities, or other variations, about one-fifth of the above group cannot cope with modern living. They join the "dependent" and "semi-dependent" groups to make up the 1% (10 per 1000) of our total population requiring the continual care and concern of society. 30,000 such people live in Minnesota, 6,700 in Hennepin County.

Where are the Retarded in Minnesota?

5200 dependent and semi-dependent retarded live in the State Institutions at Faribault, Cambridge, and Owatonna.

The total will reach 6000 in 1957 because of additions to Cambridge and the opening up of "The Preventorium", the former Ramsey County institution used for Tubercular Children.

Another 400 such people live in private institutions located throughout the state.

Approximately 120 semi-dependent and 2800 marginally dependent retarded children attend special public school classes throughout the state.

Another 200 children are attending classes or other activities in other facilities, public and private, in Hennepin County; namely,

The Elliot Park Day Care Center - Mpls.
Sheltering Arms, Mpls.
The Fraser School (Private) - Richfield
Opportunity Workshop, Inc. - Richfield
The Hammer School (Private) - Wayzata

Another 3800 semi-dependent and marginally dependent retarded are under the guardianship of the State of Minnesota and the supervision of the County Welfare Boards. Approximately 800 of these are awaiting space in State Institutions.

Thus, approximately 11,500 out of the 90,000 retarded children and adults living in Minnesota are receiving care and training. Many more than the 11,500 need similar care and training.

Without it, those who we say are a "continuing concern" must sit at home doing nothing. Many become tremendous burdens to their families.

Without special help and training, the "marginally independent" may also become unique social problems.

When these facts and statistics are translated into human feelings and emotions we begin to assess the true meaning of mental retardation. Approximately 24,000 families in Minnesota must accept the cross of having a member who must always be attended to. Sixty-thousand other families must accept and live with a member who must always be watched, checked on and helped through problems which to others seem quite simple.

Mental Retardation Relative to other Afflictions

Below is given the number of people with the afflictions shown expressed as the number per 1000 of the general population.

Mental Retardation	30 per 1000
Deaf and Hard of Hearing	15 per 1000
Crippled	10 per 1000
Rheumatic Heart	7 per 1000
Polio	3 per 1000
Cerebral Palsy	3 per 1000
Blindness	2 per 1000
Epilepsy	2 per 1000

72 Known Causes of Mental Retardation - Seldom "Inherited"

In spite of the high incidence of mental retardation, very little about it has been publicized until comparatively recently when organizations like the Minneapolis Association for Retarded Children have brought the subject out into the open.

Since the beginning of time, the subject has been "hush-hush". A long time ago it was believed that the condition was the result of some Diety punishing the parents. In the early Twentieth Century it was taught that the condition was primarily related to the "Family Tree".

Today, the experts tell us there are at least 72 known causes of mental retardation. The condition can result from abnormalities before and during birth, and from diseases and accidents occurring after birth. In a very small number of cases, the "family tree" is a factor. In most cases the cause is unknown and unexplained except that it is regarded as part of the inevitable, but yet characteristic pattern resulting from the chance combination of multiple genes. Geniuses are just as much a part of this pattern of creation. Indeed, so are all the rest of us.

THUS - ANY PARENTS CAN HAVE A RETARDED CHILD

Parent members of the Minneapolis Association for Retarded Children are drawn from all walks of life.

HOW MARC ACHIEVES ITS OBJECTIVES

HOW MARC ACHIEVES ITS OBJECTIVES,

1. By providing Non-Directive Aid and Council for parents.

When parents are first told that their child is mentally retarded, a period of shock, confusion, and emotional distress generally follows. The parents are in no condition to face up to the fact that their child must be institutionalized, attend special classes, or that society has nothing in the way of training facilities or work opportunities geared to their child's abilities.

During this period, parents feel "alone".

When they contact MARC, they find that "They are not alone".

In a fashion analogous to Alcoholics Anonymous, parent members of MARC help each other. They, and their executive secretary, help steer the "new" parents through the stages

"It Happens to You"

"You See Things in Perspective"

"You Begin to Question and Plan"

"You Consult Your County Welfare Board or Your School Principal"

"You Begin to Work to Help Other Parents and their Retarded Children"

This is accomplished by

Putting parents in contact with other parents who have similar children and problems.

Making the latest helpful literature available to the parents.

On request, placing the parents in contact with the local professionals who can do them the most good.

Exposing the parents to the benefits of group therapy and group education.

2. By Informing and Awakening the Public

There was a time when a retarded child had no place to go except to a State institution. There were no classrooms, no recreational facilities, no places to work. The child had no friends, no one to play with. All the things taken for granted

for normal children were denied the retarded. The term "secret child" was well chosen to characterize these conditions. While many retarded children still have to suffer "being alone" help for the retarded has been coming slowly but steadily as MARC and others have informed the public.

MARC feels that direct help for the retarded has to come primarily from an awakened society.

This follows because of the voluntary nature of the Parents Groups such as MARC. It is obviously impossible for MARC to raise the huge amounts of money and supply the supervision needed to run facilities for the retarded. The physical work and the technology involved is simply beyond our ability to handle.

Thus, the matter of public education and information becomes a prime duty and responsibility of MARC.

Strong, pleasant relationships have been established with the daily press, local weeklies, and local radio and TV stations. All these media have been very generous in bringing our story to the general public.

Help for the retarded will come as follows:

Traditionally, in Minneapolis and in Minnesota, help given to the retarded is channeled through the County Welfare Boards and the Schools. We are seeking additional help from these primary agencies of society. We recognize that much of this additional help will depend upon the enactment of further legislation and the expansion of budgets for the mentally retarded.

Other help is forthcoming (and will be, more and more) from the Community Chest and Council Agencies, from the Churches, and from public and private organizations specifically formed to help the retarded.

By Encouraging Research

Two general types of research are needed

- (1) Basic - to determine more about causation and prevention.

This type can best be done on a State and National level, through grants given by MARC, by encouraging foundations and colleges to conduct such studies, and through grants from the Federal Government. NARC is active in all these areas. (NARC - The National Association For Retarded Children - is the National Parents Group)

- (2) Applied - What do we do about the problems caused by the retarded we have with us right now, and by those who will inevitably be born to us year after year. Every 15 minutes a retarded child is born somewhere in the U.S.A.!

Nine years experience in MARC has shown us that it is often necessary to set up a pilot project before some permanent agency of society can be persuaded to take on a facility for the retarded.

These pilot projects, which are likely to run for at least three years, demonstrate how a given facility can indeed benefit and help the retarded and/or their parents.

Thus MARC knows it has to raise money to support these pilot projects even though these projects are not under the direct control and supervision of MARC. We are entrusting that to competent professionals working for existing agencies.

4. By Coordinating Activities in the field of Mental Retardation.

There is no agency of society which seems to have a comprehensive, co-ordinated knowledge of all the facilities available to help parents of the retarded. Although members of MARC are not, for the most part, professionals, they do have collectively a wide general knowledge of the whole field of mental retardation. While it is true that there are professionals who have an extremely comprehensive knowledge of the subject, this is not true with many of the professionals the parents normally come in contact with. Thus MARC provides a very worthwhile service by being able to supply a parent with overall information about mental retardation.

MARC also plays a role in bringing together and working with the various professionals and public spirited citizens who have a keen interest in the mentally retarded. Thus, close working relationships have been established with:

- Members of the State Legislature
- Members of the State Executive Council
- Department Heads of the State Department of Public Welfare
- Department Heads of the State Department of Education
- Welfare Workers in the Hennepin County Welfare Board
- Department Heads of the Community Chest and Council
- Department Heads and Special Class Teachers of the Minneapolis Department of Education
- Members of the School Boards
- Psychiatrists and Pediatricians

MARC has representation in the following groups:

SHELTERING ARMS

Membership on the Advisory Committee

ELLIOT PARK NEIGHBORHOOD HOUSE DAY CARE CENTER

Membership on the Advisory Committee

ELLIOT PARK NEIGHBORHOOD HOUSE FUN CLUBS

Supplies Volunteer Workers

WOMEN'S CLUB COMMITTEE, "FRIENDS OF THE RETARDED"

Supplies two representatives

MINNEAPOLIS CITIZEN'S COMMITTEE ON EDUCATION

Supplies one representative

MINNESOTA COUNCIL FOR SPECIAL EDUCATION

Supplies three representatives

MINNESOTA CONFERENCE ON MENTAL DEFICIENCY

Supplies two representatives

NARC VOLUNTEER COOPERATION COMMITTEE

Supplies the Chairman

BOY SCOUT TROOP, VIKING COUNCIL TROOP 166

Supplies the Institutional Representative

COMMUNITY CHEST AND COUNCIL

Supplies representatives for several committees
MARC is also a member of the Community Council

ROLLING ACRES

Has two members on the Board of Directors

MARC also coordinates its activities with other parent groups on the State and National levels.

In 1950 MARC acted as host to the first national convention for parents groups. The convention was held at the Radisson Hotel, in Minneapolis. From this has sprung NARC - The National Association for Retarded Children. NARC now has over 400 parent units representing 40,000 members.

In 1951 MARC acted as host to a convention which resulted in the formation of The Minnesota Association for Retarded Children, Seventeen parents groups throughout the state of Minnesota are now members of the state group. MARC supplies an officer and board of director member to the state group.

THE BUDGET

The following Is the minimum budget MARC needs to meet its present commitments.

1. Staff and Office Facility to
Provide Non-Directive Aid and Council for Parents
Inform the Public
Coordinate Activities in the Field of Mental Retardation
Carry out the directives of the Board of Directors \$11,000.00
2. Pilot Projects
 - (a) The Elliot Park Neighborhood House
Day Care Center \$ 5,000.00
(Deficit budget for above project shared
equally by MARC and the Community Chest
and Council)
(This project is for children living at home
and who are not eligible for attendance in
Public School classrooms)
 - (b) The Elliot Park Pun Clubs \$ 1,500.00
(These projects are for children and adults
living in the community, but for whom there are
no recreation or social activities geared to
their level)
 - (c) Sheltering Arms
MARC members were on the committee which recom-
mended the conversion of Sheltering Arms to an
Optimum-Type Research Center for the Mentally
Retarded; MARC also has membership on the
present Sheltering Arms Advisory committee.
Although Sheltering Arms has not yet asked
for funds we feel that they will need some
before long. As a token gesture we now want to
give them \$ 500.00
- Miscellaneous Projects
 - (a) Opportunity Workshops, Inc. \$ 300.00
 - (b) Camping 400.00
Rolling Acres-Fees for underpriveleged children
Salvation Army Camp for Retarded Children
 - (c) The Greater University Fund - U. of M. \$ 450.00
Three scholarships to train teachers for
teaching retarded children
 - (d) Workshops - Summer Sessions University of Minnesota
These sessions are put on for welfare work- \$ 500.00
ers, teachers, and other professionals to
bring them up to date on what is being done for
the mentally retarded

(e) Sponsorship obligations to our Boy Scout Troop \$ 100.00
Our Troop - Viking Council 166.

State Dues - to the Minnesota Society for
Retarded Children \$ 300.00

(g) Dues to The National Association for Retarded
Children \$ 450.00

(h) Amusements for Institutions \$ 300.00

Total Budget \$20,800.00

ADDITIONAL BUDGET

In the event that more than \$21,000 is raised by MARC for the 1955-1956 fiscal year, additional funds will be allocated by the board of directors as follows:

Research

NARC has an excellent research program in the works. This program is established by an advisory board comprised of some of the leading medical and professional people in the USA. More money is needed for this work.

Professionals, locally, have suggested several research programs which cannot be undertaken until funds are available.

Pilot Projects

The day care center program can be further expanded.

The sheltered workshop type of program can be further expanded:

Scholarships and Workshops at the University of Minnesota

More money is needed here.

Institution Funds

Whereas the State of Minnesota provides adequate custodial care for the retarded in her institutions, very few funds are available for "the extras" which make life bearable for them. We have been asked to supply some money which can be used for such purposes at the discretion of the recreation workers and the chaplains.

Miscellaneous

We receive numerous requests for small amounts of money which can be used to provide fun for the retarded. Generally we have to turn down such requests. For example, the Shriners give free tickets to all the retarded who can come to the circus. If we bring them in from Owatonna, Cambridge, or Faribault, we need money for bus fare.

The State Organization

The Minnesota Association for Retarded Children is completely dependent upon the local groups for the funds for its operation. Since only 17 communities throughout the state have local groups such as MARC, it is evident that many of the activities conducted by MARC in Minneapolis can only be done elsewhere in the state through a state organization.

ACCOMPLISHMENTS

Membership has increased from 60 in 1946 to 284 dues-paying members and 300 interested members in 1955

Testified before the 1950 legislative educational committees. The arguments and data presented, along with others, motivated the committee to recommend legislation, subsequently passed, allowing state aid funds of \$300 and transportation funds of \$160 for retarded in special classes.

This legislation also enabled the establishment of classes for the semi-dependent retarded.

To date, over 600 children have benefited directly by this legislation.

In 1950, provided \$800 worth of furniture for an emergency care retarded children's cottage at the Hastings State Institution.

In 1950, acted as host to the first national convention for parents' groups. The convention was held at the Radisson Hotel. From this historic meeting has sprung The National Association for Retarded Children - NARC. NARC now has over parents units representing 50,000 members.

MARC went into this project with \$36.00 in its treasury, high hopes, and plenty of determination. The success of NARC has been the source of unending pride to MARC,

In 1951 MARC acted as the host to the convention which resulted in the birth of The Minnesota Association for Retarded Children which now has 17 member groups throughout the state.

In 1951, sponsored the Viking Council Scout Troop 166. This was the first Boy Scout troop in the USA whose members were mentally retarded boys living at home. Since then, 55 other troops for both retarded boys and girls have been formed throughout the USA.

In July, 1951, submitted a Research Report titled:

"A Study of the Institutional Needs for the
Mentally Retarded in the State of Minnesota"

to the legislative interim commission on mental deficiency. The commission used much of the information to arrive at a long range policy of providing institutional space for the mentally retarded. The 1952 and 1954 legislatures have followed through on the commission's recommendations. Space for an additional 1000 retarded children has been legislated, and space for another 1000 has been committed by the 1954 legislature.

In 1951, conducted a "Thank You" tea for the 500 staff members of the Minnesota School and Colony. Governor Anderson was in attendance. This was the first time in the long life of the institution that any group formally thanked the staff for their wonderful work in caring for the 3,200 retarded living at the School and Colony.

Starting in 1950, MARC has been the sponsor for Cedric Adams' Christmas Drive for the Mentally Retarded in our State Institutions. The terrific response to Cedric's appeal is funneled through MARC which collects the gifts, distributes them to the institutions, and purchases TV sets and Radio-Phonographs for the institutions.

1 This drive averages between 15,000 to 20,000 gifts yearly plus an average of about \$2,000.00 in cash contributions.

The motivation for this appeal is based upon the fact that about 50% of the retarded in state institutions are truly forgotten people. They never have a visitor, never receive a letter, never are sent presents. Christmas and Santa Claus are now as real to the retarded in state institutions as to our own normal children.

In 1952, in conjunction with Elliot Park and Hennepin County Welfare, planned and brought into being the first Elliot Park Fun Club. We plan now to enlarge this program to three Pun Clubs benefitting 60 people. The major cost of \$1500 is to be borne by MARC. These clubs enable the retarded, living and working in Hennepin County, to get together once a week for a social evening.

In 1952, the MARC librarian prepared a 30-page bibliography and review of current books and articles pertaining to the retarded. Requests for over 500 copies of the bibliography from all over the world have been received and filled, free of charge. NARC has now taken this project over.

In 1953, undertook, in conjunction with the Community Council a survey to determine the Need for Service for Mentally Retarded Children in Hennepin County. This piece of research has served as one piece of evidence justifying the establishment of the Elliot Park Day Care Center. The findings will also partially justify the expansion of Sheltering Arms which we all hope is to be forthcoming in the future.

Are Active Members on the Division of Public Welfare (State) Conference Committee on Mental Deficiency which was formed in 1952. This committee is the official media by which parents can register complaints or submit suggestions relative to the care of the mentally retarded in state institutions. This committee has also written one booklet -

"You Are Not Alone"

designed for parents who have just found out they have a retarded child. The booklet has won National Acclaim.

Another booklet to help parents in availing themselves of State facilities for the retarded is now in preparation

14. Beginning in 1953, a permanent committee, "Friends of the Retarded" was established, through the leadership of MARC members, at the Minneapolis Woman's Club. This committee has contributed generously to the Elliot Park projects, obtained the first office space for MARC, started the MARC library, obtained a lot of woman's page newspaper publicity for the retarded, and is currently providing leadership in publicizing the problems of the retarded in several church and medical groups.
- 15.- Starting in 1953, MARC members, working through their churches, have been responsible for inciting the interest which has resulted in the establishment of four Sunday School Classes for the retarded.

In 1954, in conjunction with Elliot Park and the Community Chest and Council, planned and brought into being the Elliot Park Day Care Center. The program is to be expanded to accommodate 25-30 children. This project is being financed by Elliot Park and Fee Payments (\$8,000.00) and the Community Chest and Council \$5,000.00 and MARC (\$5,000.00)
17. Starting in 1954, have provided \$650.00 to the University of Minnesota for scholarships for teachers training to teach the Mentally Retarded.
18. In 1955, became members of the Community Welfare Council for the Mentally Retarded. This committee recommended a program for the Mentally Retarded for Sheltering Arms. This program has been accepted, and Sheltering Arms is now an "optimum" research center for retarded children. Three classes for retarded children represented the first step of the program and are now in operation.
19. In 1955 became members of the Community Welfare Council.
20. Along with the State and St. Paul Parents Groups, provided the financial backing (\$750.00) needed by the University of Minnesota to put on a one week summer school extension course on Mental Deficiency in August, 1955. Over 100 teachers, nurses, welfare workers, psychologists and others attended the session. Persons attending from outside the state came from as far away as Ohio and New York.
21. Provide "extras" for the retarded, as requested by the staffs of the State Institutions.
22. Give testimony, and furnish information, as requested by various Legislative committees. MARC prides itself on the fact that its testimony is sought by these committees and that the members giving the testimony give an informative, accurate picture of the organization's activities.

MINNEAPOLIS ASSOCIATION FOR RETARDED CHILDREN

Officers, 1955 - 1956

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A LIST OF FIRMS WHO, HAVE MADE CONTRIBUTIONS

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Although MARC has not, until now, formally asked business firms and organizations to give us money, some have done so.

These firms are listed alphabetically below:

1. Al Johnson Construction Co.
2. Alpha Kappa Alpha - Eta Chapter (Univ. of Minn.)
3. Brick Layers Women's Club - Rush City, Minn.
4. Douglas Rees Associates, Inc. (Rees-Thomson-Scroggins, Inc.,
5. Elwell Foundation Mpls.
6. General Mills, Inc.
 - a) Girls' Club
 - b) Beneficiary of "Betty Crocker, 'Meet Your Neighbor' Cake Mix Sale."
7. S. J. Groves Co.
8. Hennepin Transportation Co.
9. Independent School District #24, Robbinsdale
10. Industrial Credit Co.
11. Interstate Steel Co. of Minnesota, Rand Tower
12. Lambert Lumber Co.
13. Lilac Garden Club, St. Louis Park
14. Master Brewers Association of America, Shakopee, Minn.
15. Medical Assistants of Hennepin County
16. Minnesota Retail Furniture Dealers
17. Northland Foundation
18. Shedd-Brown, Inc.
19. The Southways Foundation
20. Tavern Owners Association of Rural Hennepin County
21. G. F. Weber Studios, Inc.

The Minneapolis Association for Retarded Children is a community-wide nonprofit organization for the benefit of retarded children and their parents. Gifts are deductible for State and Federal Income Tax purposes,