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State Institution

DEPARTMENT OF PUBLIC WELFARE

Distributed by Dr. Vail at meeting with Dr.  
Bartman, Miss Coakley and Adm. MRC inst. 1-10-64  
December 30, 1963

TO: MEDICAL DIRECTORS AND ADMINISTRATORS, HOSPITALS FOR MENTALLY ILL

FROM: David A. Vail, M.D.  
Medical Director

SUBJECT: Agenda for Goals Seminar Monday, January 6, 1964, Centennial  
Office Bldg., Room 548, 9:00 A.M.

Morning Session:

Further definition (fractionation) of Dehumanization.

This model is that of a grid, or warp and woof of a loom. There are two main dimensions: (1) segments of experience, against which, under each heading, can be checked against certain (2) ordinary rights.

Dehumanization is used here to denote practices, or things done to, after official intervention (i.e., arrest, pickup, commitment, and/or admission) have occurred.

1. Segments of Experience.

1. The day's schedule:

Rising

Post-rising activities (dressing, lavatory, etc.)

Meals

Occupation (a) work, and (b) hospital-sponsored activities

Leisure (time allowed to or used purposefully by patient for his own ends)

Dead space (occupation time minus leisure time)

Bed-time preparations

Bed time

Night time

2. Phases of institutionalization involving procedures (the institution machinery)

Admission

Visiting off grounds

Having visitors

Transfer to other wards

" " " hospitals, states

Obtaining treatment (treatment itself)

Getting upset

Discharge

Dying

II. Ordinary rights (Partial list, not necessarily in priority order.  
Some overlap. Refinement needed.)

Communication (a) access to tools; (b) opportunity to contact loved ones; and (c) access to staff; being listened to, getting explanations

Free choice of companions

Privacy

Free movement in space

Kindness and courtesy

Normal social contacts between sexes

Solitude when desired

Cleanliness

Attention to health problems

Free choice of leisure-time interest

Opportunity to attend to personal obligations (e.g., home business, etc.)

Right to legal counsel

Concept of closure

Opportunity for interpersonal relationships

Customer's rights

The morning session will be devoted to a discussion of the above. I will want to explore the usefulness of this model for developing standards, measurements, in-service training, and research (e.g., questionnaires).

Afternoon session

Further discussion of voluntary admissions. Concept of behavior thresholds. Agency intervention. Extent of the system. Tie-in with Family Rehabilitation Program.

Procedures and definitions in relation to the voluntary admission process itself (e.g., forms, statistical counting, etc.)

DJV: rcj

cc - Mrs. Sally Luther

Mental Health Executive Council

DPW Cabinet

Institution Committee - Mental Health Planning Council

RECOMMENDATIONS FOR REHABILITATION

- a. Artistic and Socially and Individually:
  1. Communications (without physical presence) and/or indirectly via family:
    - a. Access to communication tools:
      - (1) Writing equipment
      - (2) Phone
    - b. Privacy:
      - (1) Mail envelope
      - (2) Telephone
  2. Access to library and family:
    - a. Access to computer facilities:
      - (1) Access to reading materials
      - (2) Freedom from distractions
      - (3) Opportunities for placement activity
    - b. Access to family and friends facilitated:
      - (1) ?
- b. Opportunities for continued experience of self-identification with home community:
  1. Communication encouraged:
    - a. Local newspaper
    - b. Bulletin from home church, etc.
  2. Contacts facilitated:
    - a. Access to home and community
    - b. Access to school, church, etc. (if possible, etc.)
    - c. Use of community resources to help with adjustment (e.g., etc.)
- c. Maintenance identification with own community:
  1. Opportunities to practice relevant roles in hospital:
    - a. To maintain appropriate skills
    - b. To practice appropriate work role (e.g., if clinical supervisor or nurse, scholar opportunities)
  2. Communications from and/or about own work encouraged:
    - a. Receive home organ from plant
    - b. Receive trade journal:
      - (1) Personally
      - (2) Available in library

3. Contacts with members of one's work group facilitated
  - a. Visits from shop, etc. encouraged
  - b. With employees in comparable hospital work
4. Lack of deterrents to renewal or continuation of civic participation
  1. Voting privileges
    - a. Retained or readily restored
    - b. Opportunity to exercise while in hospital
  2. Drivers' license
5. ?

1. PERSONAL, SOCIAL, ECONOMIC AND CULTURAL RIGHTS

The right to receive care and treatment appropriate to race, from people adequately prepared, who maintain appropriate and balance (independence, hard work) and have adequate time to exchange their responsibilities with "help" available as needed and with opportunity for individual work and control of personal change in staff.

The right to receive care, treatment and supervision which is appropriate to one's own (or) needs and wishes, from people in space.

The right to information on conditions affecting oneself.

The right to receive information that staff members are interested in one's problems.

The right to maintain social identity.

The right to legal counsel to preserve civil liberties.

The right to feel that one's person is not an object of avoidance by staff.

2. QUALITIES

Free choice of companionship solitude.

Free choice of leisure-time activities interests.

Free movement in space.

Freedom to carry out responsibilities and obligations.

Privacy.

Courtesy (respect as an individual).

Attention to health problems.

Opportunity for one's own wishes, interest and needs (e.g. training needs) to play a part in work placement.

Opportunities for continuing learning and development.

Freedom of religious worship.

Respect of one's expressions of emotion (right to express and to receive response appropriate to emotion shown).

Property rights.

Recognition of efforts and/or accomplishments and/or good motives and qualities.

Tolerable physical conditions.

Freedom from threats to one's physical integrity.

Opportunities for physical exercise or pleasure.

Opportunities for emotionally pleasant experiences; freedom to select what is pleasant and avoid what is uncomfortable.