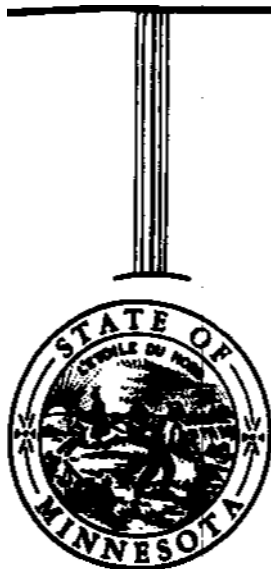


MENTAL HEALTH *Newsletter*

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A Message from the Medical Director

This is the first issue under the new format of the Mental Health Newsletter. Therefore it seems appropriate that I say a few words about our program for the benefit of our new and wider audience.

We have five main branches in the state mental health program: hospital services for the mentally ill, hospitals and schools for the mentally retarded, a very broad community mental health program for the mentally ill and mentally retarded, mental health training and mental health research. Any one of these aspects could occupy substantial space here or elsewhere. We will be bringing you news and editorial comment about these various activities in our monthly communiqué.

Our big preoccupation just now is the legislative session, which has been under way since early in the month. We have already met with committees of the Senate and House of Representatives to outline some of our general legislative aims.

As we go to press, we are waiting for the Governor to hand down his budget message. Late this month we will appear before the Appropriations Committee of the House of Representatives. Rules have been drawn up pertaining to the mechanics of our presentations. We have gone over our material, eliminating repetitions and contradictions. All of our superintendents have participated in this process. The outlook is for fair treatment and ample time to make our requests. This will be the moment of truth.

In closing, I quote a final paragraph from our document, covering general aspects of the state mental health program, addressed to the Legislative Budget Committees:

"Just as you have your constituents who expect you to represent them, we have ours also. Our constituents are 16,000 mentally ill and mentally retarded patients, and several additional thousands who may in the future enter or re-enter our mental institutions. What is behind our continuing drive for more resources to do a better job is that they expect more of us and we expect more of ourselves."

David J. Vail, M.D.

A "Follow-up" Report on the Minnesota Follow-up Study

"What experiences do former mental patients encounter as they merge into the community during the months and years following discharge?" This answer is being sought by Dr. Robert Wolff, his staff and volunteer interviewers at Duluth as they launch the new research phase of the Minnesota Follow-up Study:

The recently completed 3 year "service" phase of the study demonstrated that providing special discharge services to departing patients results in a significantly greater likelihood that patients will be able to remain out of the hospital.

Results also indicate that the attitude of the patient's family is a major factor in predicting how effectively he will adjust to community life. The attitude of the family - plus their expectations that he will function in a fairly normal manner - were found to be more important to the ex-patient's adjustment than were such factors as the type of illness or the length of hospitalization.

The new offices of the Minnesota Follow-up Study are located on the fourth floor of the Christie Building, Duluth.

State Homemakers to Study Mental Health Program

In the mails to County Home Extension Offices this month are materials for two study programs on the Minnesota mental health program.

Through a cooperative venture between the University of Minnesota Agricultural Extension Service and the DPW mental health section, members of 3280 county homemaker clubs will have an opportunity to learn more about the state program.

Know Your Mental Health Program and New Horizons in Mental Health, a flannelgraph narra-

Information, Anyone?

How To Arrange Admission to a Mental Hospital, a guide for the family physician, is available to interested individuals and organizations.

Also right off the press is Minnesota's Mental Health Program, a two-year review. Reprinted from the Department of Public Welfare's biennial report, it offers a capsule summary of problems and progress in the state program.

Available to professional workers in the field are copies of the "Proceedings" of an institute for hospital and clinic social workers, field representatives and volunteer services coordinators on "Community Planning for Psychiatric Patients."

The institute, sponsored jointly by the Department of Public Welfare, the University of Minnesota, National Institute of Mental Health and the U. S. Public Health Service was held last June.

Copies may be secured by writing the Mental Health Information Service, Department of Public Welfare, St. Paul 1, Minnesota.

On the cover of the December issue of MENTAL HOSPITALS, the monthly hospital journal of the American Psychiatric Association is artist George Doty's sketch of the Moose Lake State Hospital.

tive, have been added to the topics offered some 47,000 members throughout the state.

Materials for the two programs were supplied by the mental health section and are being distributed by the University Extension Service.