

MENTAL HEALTH

Newsletter

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Editorially Speaking

Here below are a few words of wisdom for professional friends and colleagues in public life. They were originally addressed to psychiatrist, psychologist and social worker members of the Minnesota community mental health program. They apply, I think, to all of us engaged in public work.

- (1) As public servants, whether state or local, we live in a goldfish bowl.
- (2) In contrast to the Scriptures, it is sometimes more urgent that one crank be placated than a hundred faithful workers receive their just praise. The lunatic fringe necessarily assumes an exaggerated importance.
- (3) A significant anti-professional bias exists in public life. This is the dark side of the image which up to now has been an exalted one. As professional people become more business-like, the "good doctor" icons become distorted and ultimately shattered. I am not saying that this is wrong. But one side effect, unfortunately, is that pent-up hostility can be very suitably directed by the public at its captive professional public servants.

Put yourself in the position of a legislator who has just been saddled with a heavy medical bill, and in legislative session hears a proposal that medical salaries in state service be boosted to a level higher than the salary he himself is earning.

- (4) Attack, when it comes, is more often than not highly personal. Similarly, the interest one obtains will depend on personal qualities; tactfulness out tops logic, and a pleasing manner is worth ten thousand charts.

In the light of all this, I urge you to be one hundred percent public relations specialists. Be nice as pie to your referring agencies, make every effort to see their patients, give them the fairest possible break, answer every letter you receive. I had a secretary once who used to say, concerning notification of relatives about accidents in the hospital, "a paragraph for every broken bone". I think that the principle expressed here is a valid one.

We must never forget that we eat at government's table, are sheltered in government's house and that we are absolutely dependent on public good will.

David J. Vail, M.D.
Medical Director



Comings & Goings Around the State

Dr. James G. Miller, Director of the Mental Health Research Institute, University of Michigan, will be the main speaker at the 3rd annual research conference for physicians and psychologists, February 24, at the Veterans Service Building, St. Paul. The annual meeting is sponsored by the Division of Medical Services, Department of Public Welfare.

Dr. Gisela Konopka, group work consultant to the Minnesota Children's Center, and associate professor of social work, University of Minnesota, will return in March from a 3 month study of children's institutions in Holland. Dr. Konopka is currently teaching and studying under a Fulbright scholarship at Catholic University, Nyn-
weijen, of the Netherlands.

"The Community of the Adolescent and Child" will be the theme of the annual Community Mental Health Services Workshop scheduled for March 8-10 at Lowell Inn in Stillwater. Attending will be staff and board members of the 15 community mental health centers, members of the Citizens Review Committee, and other professional personnel.

Host at a February 24 joint workshop for institutional and public school teachers of the mentally retarded will be Owatonna State School. Sponsorship of the session is by the Department of Education, Department of Public Welfare and Mankato State College. Dr. Herbert Goldstein, Research Associate of the Institute for Research on Exceptional Children, University of Illinois, will be the visiting lecturer.

Mr. Lester Johnson, assistant superintendent of Willmar State Hospital, was named member of a 3 man panel to discuss effective counseling at the convention of the American College of Hospital Administration earlier this month.

Two up-coming changes in the staff of the Bureau of Psychological Services, DPW, include the addition of Richard Jensen as Psychologist I and the transferring of Psychologist John Mancini to the Fergus Falls State Hospital Staff.

Scheduled for appearance in the forthcoming issue of the American Journal of Ortho-psychiatry is a paper presented by Minnesota Children's Center staff personnel at the annual conference last year. Authors of the paper entitled "Implications of Change in a Treatment Program" are Dr. Jack Wallinga, consultant psychiatrist, Dr. Gisela Konopka, group work consultant, Franz Kamps, director, and Philip Hovda, former caseworker at the St. Paul center.

This year's recipient of Willmar's Junior Chamber of Commerce Distinguished Service Award is P. V. Mehmel; Ph. D. Dr. Mehmel is program director and clinical psychologist at the West Central Mental Health Center and devotes considerable time to community and service projects.

Residents of Murray County (population 14,743) will, as of April 1, 1961, have community mental health services available to them. Affiliation of Murray County with the Western Mental Health Center in Marshall will be official on that date.

Beginning spring quarter, Mankato State College will assign special education students to Owatonna State School for practice teaching. This will be the first time Owatonna and a state institution have been used as a practice teaching facility.

A 3-day tour to get a first-hand view of a 100% Open Hospital will take institutions nursing consultant Gloria George to Louisville, Kentucky early next month. Purpose of the trip to Central State Hospital near Louisville is to become familiar with the methods and problems of affecting a completely open hospital.

Little Falls has been named as the location of the newly organized Northern Pines Mental Health Center. Decision by the mental health board on the location of the new center was announced earlier this month. Served by the center will be residents of Crow Wing, Morrison, Todd and Wadena counties.

Differences in Philosophy and Programs Cited by Japanese Authority on Mental Retardation

"The farther west one goes, the greater seem to be the improvements in state programs and facilities for the mentally retarded". This was the comment of Dr. Akihiko Takahashi, psychiatrist and chief of the medical section of the National Home for Mentally Retarded Children, near Tokyo, Japan.

Dr. Takahashi earlier this month completed a 3 day visit to the DPW Central offices and several of the state schools and hospitals. The Minnesota sojourn was part of a cross-country study of state programs for the care and training of mentally retarded citizens. Dr. Takahashi will return to Japan on March 5, after spending approximately 5 months in the United States and Canada.

There are a number of differences in the governmental approach to programming for the mentally retarded in Japan. The greater proportion of Japan's mentally retarded remains in the community, with a strong program of special classes in public schools. Institutional care is offered in 150 institutions, under the Child Protection Division of the Ministry of Health. The average size of each institution is 80-90 patients, and there is a decided educational rather than custodial focus. In addition, there are practically no retarded children below the age of 5 receiving institutional care.

Children who are retarded are brought to the attention of government sponsored child-care agencies. Here parents are given help in deciding whether placement in an institution is indicated and if so, what institution would best meet his needs. There is, Dr. Takahashi added, a greater homogeneity of population within each institution. Chichibu-Gauken, the home base of Dr. Takahashi, is the first in Japan to care for severely retarded children, both ambulatory and non-ambulatory. (The derivation of institutional names is of interest; in this case, Chichibu is the name of the locality in which the institution is located; the Word "gauken" means school.)

Of particular interest to Dr. Takahashi, as he learned more about Minnesota's program (and that of other states) was the psychiatric approach, geared toward the well-being of the total patient, as opposed to the educational focus of Japan's institutional program. He was particularly interested in the patterns of cooperation that exist between the medical, social work, psychology, education and rehabilitation therapy disciplines. Of the total 150 institutions in Japan, only 7 have a medical orientation; four are headed by psychiatrists, three by medical doctors.

**Division of Medical Services
Department of Public Welfare
Centennial Office Building St.
Paul 1, Minnesota**

**Annual State Welfare
Conference Set for March 19, 20,
21, 22**

"The Challenge of Change" will be the theme of the 68th annual Minnesota Welfare Conference scheduled for March 19-22 at the Hotel St. Paul.

Purpose of the Minnesota Welfare Conference is to encourage social workers, educators, psychiatrists, economists, sociologists and lay leaders to gather together and exchange experiences, to participate in discussions and to explore the role of welfare in the approaching years,

Expected attendance will include approximately 1500 social workers, 100 representatives of health agencies, 200 welfare personnel and 50 - 75 laymen representing citizen organizations. All meetings are open to the public and participation by lay groups and individuals is encouraged.

Program information may be obtained from the Minnesota Welfare Conference, 15th and Washington Ave. S. E., Minneapolis 14, Minnesota.

**Work of Youth Volunteers Told
in Mental Hospitals**

Volunteer activities of youth groups at Rochester State Hospital and Faribault State School and Hospital are among those mentioned specifically in "Youth Wants to Serve", an article in the Jan. '61 issue of Mental Hospitals, the APA monthly hospital journal.

Also included in the article by authors Mary Mackin and Lois Perry Jones, of the National Association for Mental Health, is a picture of a recent car-washing project by members of the Teen Club at Fergus Falls State Hospital.

The article is an out-growth of responses received to a survey on student volunteer programs from 90-plus volunteer directors throughout the nation.

**New Chief of Psychological
Services Named at Willmar**

James T. Laird, Ph. D. will assume the chiefship of the psychological services department at Willmar State Hospital on March 8. Dr. Laird has most recently served as chief clinical psychologist at Spencer State Hospital in West Virginia. Coming up in the Voice of Patients, St. Peter State Hospital's monthly newsletter will be a new column entitled Wide, Wide World. It will contain news and views from and about patients who have left the hospital and are living in their communities. The

***Hospital
Echoes***

paper's staff is in the process of extending its exchange list, which already includes representation from a good share of the U. S. and four foreign countries.

Good things come in pairs at Brainerd State School and Hospital...latest addition to the Volunteer roster is a marital duo; the husband is a volunteer speech therapist, the wife contributes her services weekly as a choral director.

Expansion of the newly organized Volunteer Council at Cambridge State School and Hospital has been rapid and continuing. Attendance at the first meeting numbered 5, at the second 19, and at the third and most recent, 42 community people were in attendance. Current assets in the Volunteer Council fund (used for special hospital programs) total \$230.

New staff members in hospitals and state schools include: Miss Joyce Quamstrom and Mrs., Arlene Patzwald, Social Worker 1 at St. Peter; Herman Hormel, Social Worker 1 who has returned to Faribault after graduate work at the University of Minnesota; and R. N. Herman P. Humbert who has joined the nursing instructor staff at St. Peter.

Program on the move...

COMMUNITY MENTAL HEALTH CENTER NO. 15 ORGANIZED

Another link in the expanding chain of community mental health centers, the formation of the Northern Pines Mental Health Center, was announced this month by Dr. Herbert Dorken, Director of the Community Mental Health Program. An organizational grant of \$4,440 was awarded and the appointment of Richard O'Neill as program director announced.

The new center will serve a population of close to 105,000 residents in the Crow Wing, Morrison, Todd and Wadena counties. A decision by the mental health board on the location of the new center is expected sometime next month.

Program Director O'Neill is no newcomer to the state mental health program. The past two years Mr. O'Neill served as project Social Worker with the Minnesota Follow-up Study in Moose Lake and Duluth. During recent weeks he has visited all four participating counties, conferring with key officials and professional personnel and surveying the needs and resources in each community. Present plans call for the recruitment of staff personnel by July 1, 1961 and the opening of the Center's doors sometime in the fall.

No. 16 "Brewing" on the Range

Dr. Dorken also noted that the St. Louis County Board of Commissioners has authorized an annual expenditure of up to \$28,000 for a proposed Range Mental Health Center. Appointment of a nine-man mental health board and a formal application for a state matching grant-in-aid will be forthcoming.

State appropriations for Community Mental Health Services have been exhausted for this biennium and further developments in the establishment of a Range Mental Health Center will have to be postponed until after July 1, 1961, Dr. Dorken stated.

**Division of Medical Services
Department of Public Welfare
Centennial Office Building St.
Paul 1, Minnesota**

Names in the News

Dr. Leonard S. Hugunin, staff dentist at Faribault State School and Hospital participated in the second annual workshop on dentistry for the handicapped at the University of Pennsylvania, January 9-11.

New psychologist on the staff of the Rochester-Olmsted County Mental Health Clinic is Jon Weinberg, Ph.D. Dr. Weinberg received his training at Oberlin College, Oberlin, Ohio and the State University of Iowa.

Judge Donald S. Burris of Edina has accepted appointment to the Citizens Mental Health Review Committee, an advisory group to Minnesota's community mental health program.

New resident staff physician at Fergus Falls State Hospital is Dr. Jose Munoz. Dr. Munoz is a graduate of the University of Mexico City, Mexico, and served his internship at Sioux Falls, South Dakota.

Frances M. Coakley, supervisor of DPW's Section for the Mentally Retarded, will attend an administrative board meeting of the American Association on Mental Deficiency in Columbus, Ohio, January 26-27.

Larry Zambino, former Chief of Recreation at Fergus Falls State Hospital has accepted a promotional position at St. Peter State Hospital. In his new post he is serving as Patient Program Supervisor.

Representing Minnesota at the annual Conference of the Surgeon General of the Public Health Service in Washington, D.C. earlier this month was Dr. Herbert Dorkin, Director of the Community Mental Health Program.

Miss Elizabeth Clark, Chief of Adult Social Services, Topeka State Hospital, Topeka, Kansas, addressed the January meeting of the state hospital social service staff members.

A recent addition to the Moose Lake State Hospital staff is pharmacist Arthur A. Meriam.

A. F. Dodson, M.D., Brainerd pediatrician has been named chief of the medical staff at Brainerd State School and Hospital.

Taking over the administrative reins of the Minnesota Psychological Association is Dr. Howard Davis, DPW's Director of Psychological Services. Dr. Davis was elected executive secretary; Rolond M. Peek, Chief Psychologist at Hastings State Hospital, was named to the executive council.

Dr. Milton G. Brown, former Clinical Director at Hastings State Hospital and a member of the medical staff for 11 years, passed away last month. Death, at age 58, was from a heart ailment.

Assuming new duties as psychiatric social worker at the South Central Mental Health Center, Owatonna is Garth T. Harrison. Mr. Harrison received his Master of Science degree from the University of Utah.

Dr. David J. Vail, Director of Medical Services, begins this month a series of lectures on administrative psychiatry for first year psychiatry residents at the University of Minnesota medical school.

Miss Barbara Morey, Nurse Instructor, joined the staff of the Hastings State Hospital January 3. Miss Morey is a graduate of the University of Minnesota, with a B.S. in nursing education.

New Medical Director of the Children's Unit, Hastings State Hospital, is Luther Dehnel, M.D. At the present time Dr. Dehnel is a staff psychiatrist at the V.A. Hospital in Minneapolis and will work half days at the Children's Unit.

New appointments to the State Volunteer Council include Mrs. Chauncy A. McKinloy of Minneapolis, American Association of University Women; Mrs. Frank Ellison of Monticello, State Medical Auxiliary; Mrs. Robert Rose of Minneapolis, National Council of Jewish Women; and Mr. F. A. Mancina of Eveleth, Knights of Columbus.