

# MENTAL HEALTH

# Newsletter

Vol. 1 No. 3

March, 1961

## *Editorially Speaking*

Among our central office staff we have formed a study group which we call the Mental Health Executive Council. One of our first goals was to devise standards for hospital operations in both the mental illness and retardation fields.

Before we could really consider standards, we had to try to determine the purpose of a mental hospital. Therefore, each council member submitted an essay under the title of "What is a Mental Hospital For?" This was not as easy as you might think—try it yourself.

There was pretty general agreement that a mental hospital is for treatment. One writer went beyond this to comment that "the role of the hospital is maintaining and restoring health" and further defined health as more than as absence of illness - rather "an optimum state of physical, psychological, and social harmony with the environment". Thus a mental hospital is viewed in the light of a health agency.

Other ideas emerged: mental treatment as a restoration of social responsibility and as an educational process; the patient as an active participant in treatment and contributor to our life experience.

The treatment objectives as we formulated them are contained and given impetus in the concept of the Open Hospital. I have always thought that the motto of the French Revolution sums up the Open Hospital idea most succinctly: Liberty, Equality, Fraternity. Think carefully about these words and what they mean.

What is a mental hospital for? What is your answer?

There are still some prior questions. What is mental disorder? What is mental health? What is human nature? And for that matter, as Robert Benchley once asked, what is Is? By the time we finish this we may not know any more about mental hospitals, but we ought to be marvelous philosophers.

David J. Vail, M.D.  
Medical Director



## *Comings and Goings Around the State*

**DPW's Community Mental Health Services** and the Minnesota Psychological Association will be joint sponsors of two workshops April 29, at the close of the annual meeting of the MPA association.

Dr. Robert Sommers, Research Psychologist of the Saskatchewan Hospitals, Weyburn, Canada will lead the morning workshop on "Social Perception in Clinical Psychology". The afternoon session will include discussion of the "Effects of the Institutional Milieu".

Dr. Sommers served as a consultant last year at the annual DPW Research Conference for state psychologists and physicians.

**Ardo Wrobel**, State Consultant in Rehabilitation Therapies, will outline details of the new Minnesota training program for Patient Activity Assistants at the annual conference of the Great Lakes Division, National Recreation Association. The two-day meeting is scheduled for April 13-14, at Muskegon, Michigan.

**Miriam Karlins**, State Coordinator of Volunteer Services, has been invited to participate in the 1961 meeting of the Veterans Administration's Voluntary Service National Advisory Committee. The workshop is scheduled for April 18-20, in Washington, D.C.

Sitting in as a consultant as final revisions are made on the forthcoming "Manual on Program Development in Mental Retardation", of the American Association on Mental Deficiency will be Miss **Frances Coakley**, Supervisor of DPW's section for the mentally retarded. The editing conference will be April 6-7, in Columbus, Ohio.

DPW's Medical Director David J. Vail, M.D. will be a faculty member of the Mental Health Workshop for Psychiatric Nurses April 24-25, at the University of Minnesota Center for Continuation Study. Sponsorship of the session on "The Phenomenon of Regression in the Patient Who Has Been Hospitalized" is by the University and the State Department of Health.

## **Workshop on Geriatrics Planned for Fergus Falls Area April 4**

Nursing home personnel, institution and community physicians, community mental health center personnel and clergymen from the hospital receiving area have been invited to a workshop on Better Mental Health for the Aged April 4, at the Fergus Falls State Hospital.

Panel leaders for the program will include Dr. Burtrum Schiele, Professor of psychiatry and neurology at the University of Minnesota, who will speak on "Diagnosis and Management of Mental Health Problems in the Aged Patient"; State Psychologist Dr. Howard Davis, "Psychological Aspects of Activity of the Aged Person"; and Miss Alice Coulter, R.N., Superintendent of the Itasca County Home, who will discuss "Better Nursing Care for the Aged Patient".

## **New Volunteer Coordinator Appointed at Rochester**

Mrs. Concetta Schoen will begin her duties as Volunteer Services Coordinator at Rochester State Hospital April 3. The establishment of the new post at the Rochester institution brings to ten the total number of staff coordinators in state schools and hospitals.

Mrs. Schoen is a graduate of the University of North Dakota, with training in psychology and social work. The past six years she has served as a casework supervisor in the Youth Conservation Commission.

Mrs. Schoen, the former Concetta Infelise, was married recently to Ken Schoen, superintendent of the Department of Correction's Youth Camp at Rochester.

## **6 State Physicians Qualify for Civil Service Psychiatrist Rank**

Eligible for civil service classification as psychiatrist, because of successful examination results are: Dr. Leonard Linnell, of St. Peter; Dr. Norman Lende, Faribault; Dr. Marta Ozolins, Faribault; Dr. Joseph Delougherty, Hastings; Dr. Solveig Gislason, St. Peter; and Dr. Lloyd Smith, of Willmar State Hospital.

MENTAL HEALTH PROGRESS  
Minnesota Department of Health  
University of Minnesota Campus  
Minneapolis 14, Minnesota



The newly established Information and Referral Resource for Problem Drinkers operates under Family Service of St. Paul, in affiliation with the St. Paul Committee on Alcoholism. H. Leonard Boche is executive counselor. Offices are at 104 Wilder Building, Fifth and Washington (CApital 2-0311). . .

Community mental health center changes: - Recent affiliation of Murray County with the Western Mental Health Center, Marshall, makes the facility's services available to an additional 14,743 persons. Lincoln, Lyon, and Yellow Medicine counties have been served by the center since it opened in 1960; — Psychiatric services of newly appointed Dr. L. Edgar Bostian are being shared by the center at Marshall with the Southwestern Mental Health Center at Luverne; —Joining the staff of the Rochester-Olmsted County Mental Health Clinic is Dr. Jon Weinberg, formerly a U.S. Public Health Service postdoctoral fellow in psychology at the University of Minnesota; —Northern Pines Mental Health Center, serving Crow Wing, Morrison, Todd, and Wadena counties, will be located at 203 Ryan Building, Little Falls. Opening is planned for fall. . .

Dr. Reuben L. Hill, professor of sociology and director of the Family Study Center, University of Minnesota, is recipient of a Fulbright grant to lecture on family sociology at Louvain University in Belgium. . .

Volume 1, number 1 of The Minnesota Counselor, journal of the Minnesota Counselors Association, dated February 1961, is dedicated to Dr. Willis E. Duan, professor of educational psychology, University of Minnesota. Copies of the annual publication are available from the guidance department, Fairview Junior High School, Roseville, for 50 cents each. . .

Giving the opening address at the 13th annual Conference of Chief Social Workers from State Mental Health Programs will be Dr. Curtis Southard, community services branch chief, National Institute of Mental Health. The meetings are scheduled for May 11-13 at the Leamington Hotel, Minneapolis. . .

Dr. Herman Snow, medical director of St. Lawrence State Hospital, Ogdensburg, New York, will conduct three all-day assemblies at Minnesota state hospitals on the application of the open hospital concept to different types of institutional programs. His schedule and topics are: May 15, St. Peter, maximum security facility; May 16, Faribault, mentally retarded; May 17, Anoka, tuberculosis and infirmary. St. Lawrence is the subject of a film, Open Hospital, "obtainable" on loan from the public welfare department film library, Centennial Building, St. Paul 1... .

New chief of the psychological services department at Willmar State Hospital is Dr. James T. Laird, formerly at Spencer State Hospital in West Virginia. . .

An alcohol education workshop for junior and senior high school teachers will be held at Mankato State College July 18-28 under sponsorship of the state departments of health and education and the college. Academic credit can be obtained. Staff members will include Ralph Daniel, executive director of the Michigan State Board of Alcoholism. For details, contact Dr. Elnar A. Olsen, associate professor of health, Mankato State College...

European psychiatry will be the topic of Dr. Reynold A. Jensen, director of the division of child psychiatry, University of Minnesota, when he addresses the American Academy of Child Psychiatry in Chicago on May 8. Dr. Jensen spent the academic year 1959-60 observing child psychiatry programs in Europe...

"Concern for Human Welfare: Unifying Force for Survival" is the theme of the 88th annual forum of the National Conference on Social Welfare, meeting in Minneapolis May 14-19. Chairman of the 78-member Minnesota sponsoring committee is Charles Silverson, president, Family and Children's Service Society, Minneapolis. Co-secretaries are John C. Kidneigh, director, school of social work, University of Minnesota, and Omar Schmidt, executive director; Community Health and Welfare Council of Hennepin County. General sessions will be held at the Minneapolis Auditorium. . .

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**Services for the Blind**, Minnesota Department of Public Welfare, Centennial Building, St. Paul 1 (CApital 2-3013, extension 3209). Hours: 7:50 a.m. to 4:20 p.m. weekdays.

Services: Vocational guidance, counseling, training, and placement. Psychological evaluation. Educational and parent counseling. Social, medical, psychological, and financial assistance.

Clientele: Blind and partially sighted Minnesota residents of all ages needing technical services to help them accommodate for their visual handicap.

Initial Contact: Application directly or through county welfare department.

Fees: None.

Comment: The agency was established by legislative action in 1923. Implementation of the over-all program is carried on in cooperation with public and private agencies. The vocational rehabilitation aspect of the program operates under joint state-federal sponsorship. C. Stanley Potter is the agency's program director. Additional professional staff includes 25 persons trained in counseling psychology, industrial relations, sociology, speech, social work, educational psychology, education, or business.

**State Division of Vocational Rehabilitation**, Minnesota Department of Education, Centennial Building, St. Paul 1 (CApital 2-3013), extension 2891). Hours: 8 a.m. to 4:30 p.m. weekdays. Offices in Bemidji, Crookston, Duluth, Fergus Falls, Mankato, Minneapolis, Rochester, St. Cloud, St. Paul, Virginia, and Worthington. Homebound services — 4157 Minnehaha Ave., Minneapolis 6 (PArkway 9-8341).

Services: Psychological and vocational evaluation. Vocational and educational counseling. Training, sheltered work, placement. Additional rehabilitation services as needed. In the Twin Cities, Duluth, and St. Cloud, the homebound services unit provides training for severely disabled persons in applied arts and crafts to help them become partly self-supporting. It also gives consultation on a statewide basis.

Clientele: Minnesota residents between 16 and 65 years of age with a vocationally handicapping physical, mental, or emotional disability.

Initial Contact: For individuals — application in writing to nearest office or to state office. For agency — referral by letter or telephone.

Fees: None.

Comment: The division is sponsored jointly by the state department of education and the Office of Vocational Rehabilitation, U.S. Department of Health, Education, and Welfare. Douglas A. Fenderson is chief of rehabilitation services. Additional staff on the state level includes three specialized consultants. Counseling staff located in offices throughout the state work under supervisors assigned to each of seven district offices.

**Student Counseling Bureau**, Eddy Hall, University of Minnesota, Minneapolis 14 (FEderal 2-8158, extension 7381). Hours: 8 a.m. to 12 noon; 1 to 5 p.m. weekdays.

Services: Aptitude, achievement, interest, and other psychological tests. Vocational, educational, personal, and marriage counseling.

Clientele: First priority, students registered in or planning to attend the university. Others accepted on approval of the director.

Initial Contact: Arrangement of appointment by telephone, letter, or in person.

Fees: None for registered students; \$10 for pre-college students and persons planning to enter the university within one year; \$25 or \$50 for non-college personnel, depending on the extent of services.

Comment: Director of the bureau is Dr. Ralph F. Berdie. Staff includes three assistant directors, 13 counselors, and four psychometrists.

**Vocational Guidance Service**, Minneapolis Board of Public Welfare, 250 S. Fourth St., Minneapolis 1 (FEderal 2-1116, extension 614). Hours: 8 a.m. to 4:30 p.m. weekdays.

Services: Intelligence, personality, and aptitude evaluation. Vocational, educational, economic, and psychological counseling.

Clientele: First priority, those receiving direct from the city of Minneapolis. Others, including nonresidents of Minneapolis, accepted as work load permits.

Initial Contact: Arrangement of appointment by telephone, letter, or in person.

Fees: None for city residents receiving public assistance. Service charge, usually \$25, for others.

Comment: The service includes an alcoholic rehabilitation unit and a work evaluation section. Professional staff consists of Irene M. Olson, director, and two vocational counselors.

**Vocational Counseling, Training, and Adjustment Section**, Vocational Rehabilitation and Education Division, Veterans Administration Center, Fort Snelling, St. Paul 11 (PArkway 1-2955, extension 532). Hours: 8 a.m. to 4:45 p.m. weekdays.

Services: Vocational and personal adjustment counseling and related psychological evaluation.

Clientele: Veterans and children of deceased disabled veterans who are eligible for education or training assistance or vocational rehabilitation benefits from the Veterans Administration.

Initial Contact: Communication with contact officer.

Fees: None.

Comment: Arthur J. Byrne is chief of the section, with a staff of seven counseling psychologists and four vocational rehabilitation specialists.

: With an interest in the prevention, treatment, and cure of mental illness.

**Jewish Vocational Service, 522 Bremer Arcade, Seventh and Robert, St. Paul 1 (CApital 4-2806). Hours: 9 a.m. to 5 p.m. weekdays; evening appointments by special arrangement.**

**Services:** Intelligence, interest, aptitude, achievement, and personality evaluation. Vocational and educational counseling. Group guidance. Vocational rehabilitation and job placement.

**Clientele:** Persona with problems of vocational choice or adjustment or who can benefit from the rehabilitation services provided. Counseling or rehabilitation services are not restricted to Jewish clients. Area served is Ramsey County, with some exceptions.

**Initial Contact:** For referring agencies — inquiry to Benjamin Lasoff or Joan Vitalis concerning applicability of services. A referral letter giving basic data about the client and his problem then is required. For individuals — communication with Mrs. Vitalis.

**Fees:** For counseling, from \$1 to \$35, based on ability to pay.

**Comment:** Major financial support for the agency is provided by the United Jewish Fund and Council. On the staff, headed by Benjamin Lasoff, acting director, are a vocational counselor, a placement counselor, a group counselor, and a psychologist.

**Minneapolis Rehabilitation Center, 1900 S. Chicago Ave., Minneapolis 4 (FEderal 3-2335). Hours: 8 a.m. to 4:30 p.m. weekdays.**

**Services:** Psychological evaluation. Social and vocational study. Vocational and psychosocial counseling and treatment.

**Clientele:** Persons with combined physical, emotional or social problems needing help in achieving a realistic vocational objective. Clients from outside the Twin City area are helped in arranging housing when necessary. About six weeks of intensive outpatient treatment generally is required.

**Initial Contact:** Referral from an organization, such as a mental health clinic or vocational rehabilitation service, dealing with only one aspect of the multiple problems. The referring agency retains general supervision of the case.

**Fees:** Usually paid by agency sponsoring the client; otherwise, according to ability to pay.

**Comment:** The center's co-sponsors are the Minnesota Society for Crippled Children and Adults and the Sister Elizabeth Kenny Foundation. Executive director is Robert E. Will; assistant director, Robert A. Walker. The staff includes a director of social service, three social service workers, two clinical psychologists, a half-time psychometrist, a vocational director, four vocational counselors, two job placement experts, and six work evaluators. Dr. Richard Owen is part-time medical director; Dr. Anthony Pollack, part-time psychiatrist.

**Minnesota State Employment Service, Department of Employment Security, 369 Cedar St., St. Paul 1 (CApital 2-3013). Hours: 8 a.m. to 4:45 p.m. week days. Offices in Albert Lea, Alexandria, Austin, Bemidji, Brainerd, Crookston, Duluth, Ely, Fairmont, Faribault, Fergus Falls, Grand Rapids, Hibbing, Hopkins, International Falls, Little Falls, Mankato, Marshall, Minneapolis, Montevideo, Moorhead, Mora, New Ulm, Owatonna, Red Wing, Rochester, St. Cloud, St. Paul, Thief River Falls, Virginia, Willmar, Winona, and Worthington.**

**Services:** To individuals — employment counseling and placement. Occupational testing. Occupational and labor trend information. To employers and community organizations — test standardization, job analysis, and personnel services.

**Clientele:** Persona of employable age with a problem of vocational choice or adjustment, with special attention to the young and the older worker, the physically handicapped, veterans, and persons wanting to change occupation.

**Initial Contact:** Arrangement of appointment by letter, telephone, or in person. Job applicants usually apply in person at local office.

**Fees:** None.

**Comment:** The service is sponsored by the department of employment security in affiliation with the U.S. Employment Service. Earl R. Broberg is chief of technical services. Staff assistants on the state level include a counseling supervisor, a test technician, a job analyst, and an older-worker specialist. Technical services in local offices are provided by local staff members.

**Psychological Services Center, St. Cloud State College (BLackburn 1-4220). Hours: 8 a.m. to 12 noon; 1 to 5 p.m. weekdays; other hours by private arrangement with counselor.**

**Services:** Psychological and vocational evaluation. Vocational counseling. Diagnostic or therapeutic work in speech, reading, general achievement, hearing, study skills, adjustment, and related areas of concern.

**Clientele:** First priority, students registered in St. Cloud State College. Elementary and high school students and non-school personnel accepted as work load permits.

**Initial Contact:** Communication with the director or referral from school or other agency. In some cases, forms must be filled out after initial contact.

**Fees:** None, except for services provided on a private basis on Saturdays or after regular hours.

**Comment:** The staff includes two speech correctionists, two remedial reading specialists, and seven psychologists specializing in counseling and diagnostic procedures. Graduate students in guidance and counseling do work under direct supervision with one-way mirrors, tape recorders, and conferences. Dr. V. L. Lohmann is director.



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# **11 AGENCIES IN STATE Vocational testing, counseling, and rehabilitation facilities help to meet a**

great diversity of needs.

Among the most common is that of young people for guidance in selecting vocational goals in keeping with their skills and interests rather than perhaps unrealistic ones established by themselves or their parents. For an adult, restrictions imposed by a disability or dissatisfaction with an earlier job choice may lead to a search for a more suitable vocation. In such situations, scientific testing methods used in conjunction with counseling by trained persons can, to a great extent, replace costly trial and error in choosing a vocation.

Staffs of many school systems include guidance counselors to aid students in vocational planning. Vocational counseling also is often an integral part of programs serving groups with specialized problems, such as mental health and alcoholic treatment centers. Some hospitals include vocationally related services as part of their programs of inpatient and outpatient care. In addition, ten Minnesota agencies provide services predominantly in the area of vocational testing, counseling, and rehabilitation. These are listed here along with one resource providing more general psychological evaluation. With the public and nonprofit resources available in Minnesota, all interested persons should be able to obtain assistance in making a wise vocational choice.

Bureau for Psychological Services, Minnesota Department of Public Welfare, Centennial Building, St. Paul 1 (CApital 2-3013, extension 2673). Hours; 8 a.m. to 4:30 p.m. weekdays.

Services: Intelligence evaluation. Personality study. Consultation with staff of referring agency.

Clientele: County welfare boards, schools, private and public welfare agencies, and institutions without a full-time psychologist.

Initial Contact: Tentative arrangement of testing date by telephone or letter.

Fees: \$12 for a full day's work (e.g., four intelligence evaluations; one-half day is required for a complete intelligence and personality study).

Comment: Although testing and consultation on vocational problems is a small part of its program, the bureau is the only such resource readily available in many parts of the state. Dr. Howard R. Davis is director. Additional staff includes five psychologists based in St. Paul who travel throughout the state on assignments and a full-time supervising psychologist, Mrs. Helen Brasie.

Jewish Vocational Office of Jewish Family and Children's Service, 244 Citizen's Aid Building, 404 S. Eighth St., Minneapolis 4 (FEderal 2-5275). Hours: 8:30 a.m. to 5 p.m. weekdays.

Services: Intelligence, personality, aptitude, and psychological evaluation. Vocational counseling and guidance. Sheltered workshop for diagnosis, evaluation, training, and as an aid to counseling. Selective job placement. Clientele: Persons from Minneapolis and suburbs with problems of vocational choice or adjustment.

Initial Contact: Non-Jewish clients — referral from another agency or by a professional person. Jewish clients — referral by another agency, professional person, or self.

Fees: For vocational counseling, J35.

Comment: The agency is sponsored by the Minneapolis Federation for Jewish Services. It began during the depression essentially as a placement service, but, as the need for this function diminished, vocational guidance and counseling were added. Emphasis on rehabilitation has gradually increased. The program is now largely devoted to co-vocational adjustment and youth counseling. In addition to Paul Slater, director of vocational services, the staff consists of a vocational counselor, a half-time group guidance counselor, and a workshop manager.

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