



Mental Health **Newsletter**

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Editorially Speaking

We are embarking on a new venture in Minnesota. Before too long we will, in all likelihood, institute in two of our seven hospitals an administrative pattern akin to that used in general hospitals. That is, the chief executive officer will be a non-medical, professionally trained Hospital Administrator. The treatment program will be under the auspices of a chief of medical staff, who by law "shall be in full charge of all medical care, treatment, rehabilitation, and research."

The plan is, to say the least, controversial. Whether it will work remains to be seen.

We have been very bitterly condemned for allowing this to happen, or even for abetting in its development. If it be a disaster — and Organized Psychiatry may regard it so — one can cast the blame here, there, and everywhere. I propose a moratorium on blame. Surely a unique hospital administrator registration law is a factor, as is the deep influence of the University of Minnesota in Minnesota affairs. Viewed in this light, the process which has now reached fruition goes back at least fourteen years.

The immediate precipitating cause is of interest. There has been no mandatory legislation. Rather it has been accomplished by the persuasive device of establishing salary differentials which will in effect reward the psychiatrist who is willing to relinquish executive authority in favor of concentration on clinical affairs. Two essential ingredients are that the non-medical administrator must be professionally trained in his specialty, and the medical chief, appointed by our office, will have clear legal authority in clinical program areas.

A broader view suggests that inexorable forces of historical necessity are at work. There are challenges which Organized Psychiatry is unable to answer. Has the traditional system worked so well that we must preserve it at any cost? Are the younger, dynamically trained psychiatrists motivated to enter administrative psychiatry? If so, where are young medical superintendents to be found, now and especially in the future as the professional manpower shortage becomes more severe? Why have the special courses in mental hospital administration failed? If we say that we wish to break down hospital-community barriers and establish mental hospitals as community resources, is it not then paradoxical to insist that mental hospitals must be run differently?

If they are hospitals why cannot they be managed by trained specialists? If they are not hospitals, what are they? Is environmental therapy so arcane that only a psychiatrist can be admitted to its mysteries? If we expect our patients to trust, can we not trust?

Our experiment is not so far removed from the recent recommendations of the Joint Commission on Mental Illness and Health. In any event, future developments in Minnesota will be watched carefully in psychiatric and hospital administration circles. For our part, we are determined to make the experiment successful.

David J. Vail, M.D.
Medical Director

New Salaries for Social Workers approved by Civil Service Board

Recent action of the Civil Service Board, in adjusting salaries of state hospital social workers is a big step forward in easing a critical staff recruiting situation, according to Mary LeRoux, institutions social services consultant.

"The new salary schedules for trained social workers and for the chiefs of social services departments now allow us to compete with the rest of the country and with other agencies within the state. In addition, it will be an important factor in retaining the trained personnel now on our hospital staffs. Included in this group are social workers who receive their advanced training at state expense (through the stipend training program) and after fulfilling their service obligation, leave state service to take better paying jobs elsewhere," Miss LeRoux added.

Under the new pay plan, which became effective July 1, Social Workers II (with an M.A. in social work from an accredited institution and little or no experience) are in the \$6564 - \$8004 salary range. Hospital social service department heads have been advanced to a salary range of \$7104 - \$8664. Requirements for the latter classification include completion of graduate training and considerable experience in the field.

"Our efforts can now be fruitfully directed at filling a number of existing staff vacancies and also increase the number of social workers on the hospital staffs. Authority to hire "over complement* was granted by the Civil Service Board, and will be a further impetus to speeding-up the return of hospitalized patients to the community", Miss LeRoux stated.

Visiting Norwegian Psychiatrist to head August Research Meeting

Guest leader at a research meeting for physicians, psychologists and other Minnesota research personnel will be psychiatrist Dr. Christian Astrup, of Oslo, Norway. Dr. Astrup will speak on conditional reflexes in schizophrenia and discuss recent studies on mental illness as related to migration.

Dr. Astrup is a graduate of the Oslo University medical school and since 1956 has been a senior psychiatrist at the Gaustad Hospital, Oslo, Norway. Dr. Astrup is currently completing a research fellowship at the Pavlovian Laboratory and Phipps Clinic at Johns Hopkins University. He has studied and engaged in research in Germany, Austria, Norway, Sweden, Switzerland, and in 1959 served a fellowship at the Institute of Higher Nervous Activity in Moscow, USSR. Dr. Astrup will return to Norway early in the fall.

State Hospital Patients to be included in "U" Drug Study

of Minnesota study of psychotherapeutic drugs will be a group of patients on continued treatment at the Anoka State Hospital. Patients in other state hospitals may be included later, as the drug investigation project gets under way.

Late last month the University was awarded a \$427,804, four-year grant from the National Institute of Mental Health for the establishment of a clinical drug evaluation center. The grant was made from funds appropriated by Congress for an all-out, nationwide investigation of the full possibilities of various compounds in the treatment of mental illness. Seven or eight similar centers in the United States are being set up with Institute grants.

Prime targets of the drug study will be drug compounds designed to improve the conditions of patients suffering from schizophrenia, depression, severe disabling anxiety and other neurotic ailments.

Focus of the study will be to determine proper dosages of various drugs to obtain the desired effect; what types of patients should receive what kind of drugs; and what treatment should be used along with the selected drugs to make them most effective. Working with the University center's principal investigators, Dr. Burtrum C. Schiele and Dr. Gordon T. Heistad will be members of the Anoka State Hospital staff.

Mental Health Reference Library established in 26 State Colleges

In the mail this month to 26 state and private colleges is a copy of each of 21 selected publications and textbooks in the broad field of mental health. The initial set of texts, furnished by DPW's Community Mental Health Services section, will be supplemented with additional publications each year, according to Director Herbert Dorken.

Purpose of establishing the regional mental health reference libraries are to make available recent and advanced studies in the mental health and mental retardation field.

"Many of our colleges and universities have an unfortunately limited number of recent writings in the mental health field, yet it is a subject of considerable interest to students and faculty alike. Fostering this interest should have a decided bearing on mental health activities in the local communities, and in encouraging mental health career plans of some students", Dr. Dorken stated.

Names in the News

Dr. Silvano Arieti, author of the "American Handbook of Psychiatry", will conduct a workshop on schizophrenia at the Willmar State Hospital July 20-21. Attending will be state hospital psychologists and physicians.

Speech clinician **Charles Hashbarger** joined the staff of the West Central Mental Health Center in Willmar June 1. Mr. Hashbarger will expand the Center's program, begun on a part-time basis in January, of services to children and adults with speech disorders.

Scheduled for publication in the July issue of the British Journal on Mental Deficiency is a report by Cambridge State School and Hospital Psychologist **Rafi Kahn** on a projective test (VAT'60) developed and standardized at Cambridge.

Recipient of a certificate of recognition for distinguished work in social service was Mrs. **Reliance Frederiksen**, Social Service Director at St. Peter State Hospital. The annual award was made by the American Federation of State, County and Municipalities, Local 34, Minneapolis, last month.

Dr. Dale Cameron, former Minnesota Director of Medical Services and now Assistant Superintendent at St. Elizabeth's Hospital, Washington, D.C. visited the DPW St. Paul offices earlier this month. Dr. and Mrs. Cameron were in route from the Third World Congress on Psychiatry in Montreal, Canada.

New staff members at the state schools and hospitals include: Psychologist II Naomi Arond, Physician II Milton F. Sadd, and Lab Technician II June Ronneberg at Anoka; R.N. II's Dorothy J. Miles and JoAnne Hansen at Brainerd; Physician II Mariano Echemendia at Hastings; Psychiatrist II Ingeborg Nesseler at Rochester; Physician II's Frederick Kumm and Peter Hiniker, R.N. II Dorothy Schmid, Pharmacist Hal Wyland, and Social Worker I Joyce Quarnstrom at St. Peter; and Occupational Therapist I Shelia Alkins at Cambridge.

Scheduled for mid-July is a meeting in Minneapolis of officers of the National Association of Volunteer Coordinators. The national group, officially organized at the American Psychiatric Association's Mental Hospital Institute last fall, is headed by Minnesota's State Coordinator Mrs. **Miriam Karlins**. Also on the executive roster is **William Judkins**, Anoka Coordinator.

Dr. James Howard New Psychologist at Luverne Mental Health Center

Completing the staff team at the Southwestern Mental Health Center in Luverne is Psychologist James Howard, Ph.D. who assumed his new post June 1.

Dr. Howard's professional experience includes a wide variety of teaching, research, community service and educational activities. In addition he is the author of 8 published novels and has had considerable writing experience in all news media.

Dr. Howard holds an A.B. degree from Heidelberg College, an M.A. from Columbia University and a Ph.D. in clinical psychology from the University of California at Los Angeles.

Children's Treatment Program to Move to Glen Lake about August 1

Target date for consolidation of the residential treatment program for emotionally disturbed children is August 1, according to Franz Kamps, residential services supervisor.

Combined in temporary quarters at the Glen Lake Children's Hospital Building will be the patients and staff of the Hastings Children's Unit and the former St. Paul Children's Center,

Finalizing of plans to temporarily house the residential treatment program at Glen Lake was made possible by recent action of the Legislature. The Glen Lake Sanitarium was acquired by the state, and funds appropriated for necessary remodeling. Establishment of the combined treatment program for children will take place as soon as necessary repairs have been made,

Eventual home of the residential treatment program will be the Minnesota Youth Treatment Center at Lino Lakes, near Anoka. An additional one million dollars for construction of the Lino Lakes project was made by the Legislature.

Moose Lake now 100% Open

Achievement of the 100% Open Hospital goal was reached on May 22, according to Moose Lake State Hospital Superintendent Henry Hutchinson, M.D. On that date, the final ward was opened and the hospital officially became the second Minnesota hospital to achieve the Open Hospital goal.

Moose Lake State Hospital serves the mentally ill from 8 counties in the northeastern section of the state. In addition, the hospital provides a treatment program for male inebriates from the 8 northeastern counties.

The average daily population of the Moose Lake State Hospital during the month of May was 1019 mentally ill and 36 inebriates.

LEGISLATIVE HIGHLIGHTS

1961 Session

Provision of special salary ranges from \$14,000 to \$22,500 for medical specialists. Establishment of a maximum salary level of \$15,000 for hospital medical superintendents or administrators.

Appropriations of: \$200,000 for mental health research, an increase of \$30,000 over the 1959 appropriation.

\$200,000 for mental health training, an increase of \$20,000 over the 1959 appropriation.

\$1,400,000 for the Community Mental Health Services Program. This insures continued state support (thru grants-in-aid) to the 15 existing Community Mental Health Centers and the establishment of a new center in St. Louis County.

Adjusting of employee complements to provide for the addition of 162 new employees to staffs of the state mental hospitals and schools and hospitals for the retarded. Individual gains will be Hastings (2), Willmar (4), Fergus Falls (5), St. Peter (28), Rochester (6), Moose Lake (21), Cambridge (7), Faribault (8), and Brainerd (81). The Brainerd complement includes staff for new buildings due to open later this year.

Appropriation of an additional one million dollars for construction of a residential treatment center for emotionally disturbed children (and a reception and diagnostic facility for delinquents) at Lino Lakes. Original appropriations made by the 1959 Legislature proved to be inadequate.

Acquisition by the State Department of Public Welfare, through long-term lease, of the Glen Lake Sanitarium, effective January 1, 1962. The Glen Lake facilities will include the tuberculosis treatment program of the State Sanitarium (presently at Ah-gwah-ching) and nursing home beds for patients now in state mental hospitals and not needing psychiatric care. The present

State Sanitarium facilities at Ah-gwah-ching will be changed to a similar nursing home program.

Appropriations for the construction of the following new buildings were made by the 1961 Legislature. Except for minor corrections and repairs provided for in the Appropriations Bill, the 1961 building program is dependent upon passage of a referendum (at the 1962 general election) to raise the constitutional debt limit of the state.

1. Fergus Falls State Hospital-Administration Wing
2. Hastings State Hospital-Laundry Building
3. St. Peter State Hospital-Construction and equipment of continued treatment building
4. Willmar State Hospital-Alcoholic treatment center
5. Brainerd State School and Hospital-Four patient buildings
6. Faribault State School and Hospital-New dormitory

Transfer of the Lake Owasso Annex for retarded children from Faribault to Cambridge State School and Hospital administration and operation.

Appropriation of funds for the support of several pilot project community day-care centers for the mentally retarded.

Establishment of a monthly charge of \$10 to parents of mentally retarded children receiving care in a state institution, (if they are financially able to assume this charge). Under the former plan, parents of institutionalized patients were charged (on an all or none basis) 52% of the per capita cost of institutional care.

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