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DEEP EAST TEXAS REGIONAL
MENTAL HEALTH MENTAL RETARDATION SERVICES

ANNUAL REPORT FY 1975

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PARTICIPATING COUNTIES

Angelina

Houston

Jasper

Nacogdoches

Newton

Polk

San Jacinto

Shelby

Trinity

Tyler

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ANNUAL REPORT FY 1975

DEEP EAST TEXAS REGIONAL MENTAL HEALTH MENTAL RETARDATION SERVICES

ADMINISTRATIVE OFFICES:

303 Angelina Building
106 North First Street
Lufkin, Texas 75901
(713) 634-2241

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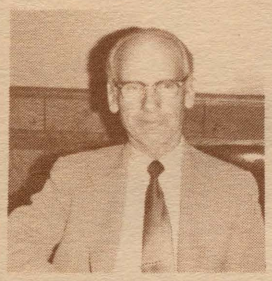
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DEEP EAST TEXAS REGIONAL MENTAL HEALTH MENTAL RETARDATION SERVICES

DETRMHMRS BOARD OF TRUSTEES

The Board of Trustees is appointed by the County Judges from the participating counties and serve two-year staggered terms. The Board is the legal governing body responsible for the administration of all DETRMHMRS' programs. This body helps assure local control and input into the regional operation.



Ward R. Burke, Chairman
Angelina County



W. J. Gentry, Vice Chairman
Houston County



R. B. Hille, Secretary
Polk & San Jacinto Counties



V. B. Woods, Treasurer
Trinity County



Cleo Hines
Sabine, San Augustine, & Shelby Counties



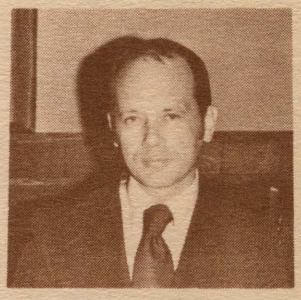
George Gee
Jasper & Newton Counties



Judge Emmett Lack
Hardin County



Judge Tom D. Mann
Tyler County



Rev. Jerry Self
Nacogdoches County

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EXECUTIVE DIRECTOR'S STATEMENT

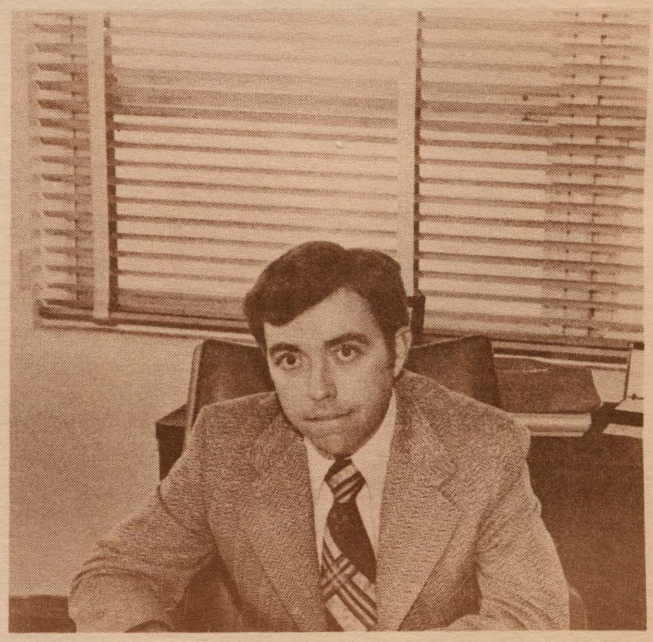
The first year of operation for the Deep East Texas Regional Mental Health Mental Retardation Services (DETRMHMRS), which included the period of time from September, 1974 through August, 1975, was a year of rapid growth and significant progress. Following the formation of the Board of Trustees in February, 1974, and the completion of a planning grant in August, 1974, the DETRMHMRS' staff was employed and client treatment was initiated in September, 1974.

A Board of Trustees' policy of decentralization of services was adopted in order to more adequately meet the needs of the rural and sparsely populated 13 county Deep East Texas region, with the term "Services" being substituted for "Center" in the organization's title.

A major goal during the first year of operation was the establishment of at least one full-time direct care service in each of the 10 participating counties. This goal was achieved with a total of 1,113 individuals being served through 19 programs.

One of the major purposes of Community MHMR Centers such as DETRMHMRS is to help the mentally ill and retarded citizens of this region remain productive and contributing members of society by remaining in the home community whenever possible. This goal was partially achieved and is reflected in the reduction of readmissions to Rusk State Hospital by 16% (54 to 45); discharges from the Rusk State Hospital increased by 20% (97 to 122); and admissions to State Schools were reduced by 84% (31 to 5). It is felt that these percentages represent a significant impact on both institutional programs for the first year of operation.

The formation of local advisory councils in the participating counties was instrumental in the development of DETRMHMRS' programs. Members of these councils along with numerous other volunteers have helped support and supplement the establishment of local programs.



Sound fiscal management of all DETRMHMRS' programs has been of prime concern to the Board of Trustees since its inception. The very comprehensive and favorable audit report just recently accepted by the Board of Trustees, as well as the favorable report of the Texas Department of Mental Health and Mental Retardation's Site Visit Team, are indications of the interest and involvement of the Board in all facets of DETRMHMRS' programs.

A special vote of appreciation goes to the ten County Commissioners Courts who voted to provide their pro-rata share of the local funds required to receive the State Grant-in-Aid for which our region was eligible. Without the support of these local elected officials, our programs and progress would not have been possible.

Wayne Lawrence

Wayne Lawrence, Ph.D.
Executive Director

January, 1975

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MENTAL HEALTH SERVICES

MENTAL HEALTH SERVICES

During the first year of operation, direct mental health services were provided for 746 clients from the region. Additionally, indirect and other services accounted for 51 clients. Community mental health services were provided through outpatient clinics, chemical dependency counseling centers, alternate living for male alcoholics, and inpatient hospital services. The major emphasis throughout the year was the establishment of these programs. These programs were located so that they would be within reasonable driving distance from different areas of the region.

Major sources of referrals were: self and family, and the Rusk State Hospital. Other significant referral sources were county judges, probation departments, physicians, and the Department of Public Welfare.

OUTPATIENT CLINICS

Mental health outpatient clinics are facilities which provide community services to individuals with mental and emotional problems. The goal of these clinics is to prevent placement in a state hospital and to provide services that will enable an institutionalized individual to return to the community as soon as possible.



CLIENT EXHIBITS SYMPTOM OF MENTAL PROBLEM

Among the services provided in an outpatient clinic are intake screening; evaluation; individual, family, group and juvenile counseling; and chemotherapy as prescribed.

Four outpatient clinics were established during the year. The Trinity County Outpatient Clinic was opened October 2, and served a total of 83 clients the first year. The Clinic is located in the Groveton Hospital and Nursing Home at Groveton.

The Angelina County Outpatient Clinic was opened on October 15, and served 288 clients. The Clinic is located at 302 N. Raguet in Lufkin.

The Tyler County Outpatient Clinic, which began providing community services on January 20, is located at 101A Pecan in Woodville. During the first year, 96 clients were served.

Opened March 10, the Newton County Outpatient Clinic served 57 clients during the remainder of the reporting period. The Clinic is located in the Courthouse Annex at Newton.

COMMUNITY COUNSELING SERVICES

A Coordinator of Alcohol and Drug Abuse Programs was employed in September, 1974. In addition to providing overall program coordination, this position provided direct alcohol and drug abuse counseling services to 34 clients from Angelina County. In addition, this program provided drug and alcohol abuse education for local schools, churches, and service agencies.

In January, 1975, three Community Counseling Centers were assumed from the Deep East Texas Council of Governments.

The Jasper County Community Counseling Center is located at 160 W. Austin Street in Jasper. During the fiscal year 1974-75, the Center served 42 clients.

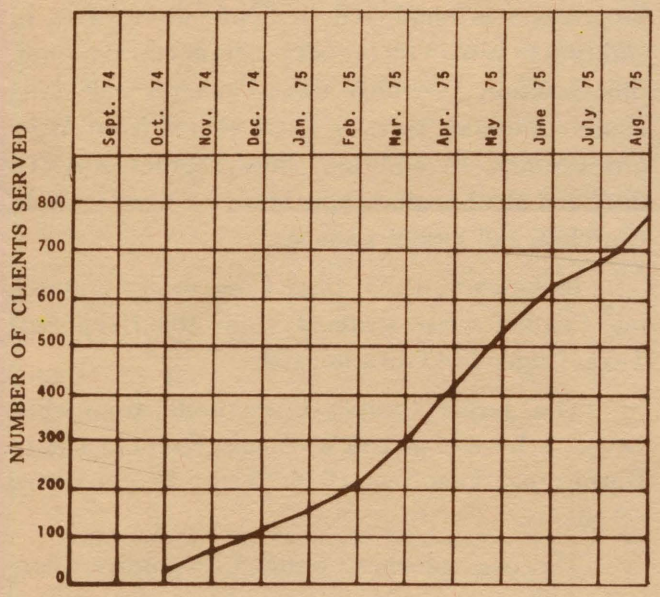
The Nacogdoches County Community Counseling Center provided drug abuse and alcohol counseling services for 54 clients during the reporting period. The Center is located at 305 East College in Nacogdoches.

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The Polk County Community Counseling Center is located at 108 W. Church Street in Livingston. During the year the Center served 43 clients.



ATTENDING GROUP THERAPY



GROWTH OF MENTAL HEALTH CLIENT SERVICE

ALTERNATE LIVING

The Shelby County Halfway House for male alcoholics was assumed by this agency in July, 1975 Extensive renovation to this facility has been done since that time. The staff consists of a full time house manager, full time cook, part time counselor, and relief house manager. This program is a rehabilitative program for adult male alcoholics. The treatment program includes personal and social adjustment training, work orientation training, individual and group counseling, and participation in Alcoholics Anonymous. The present capacity is for ten clients, and the length of stay is thirty days. The program is available to all residents of DETRMHMRS' Deep East Texas Region. Referral is by other agencies or by DETRMHMRS' staff.

EMERGENCY AND INPATIENT SERVICES

Regional emergency and inpatient services were established during fiscal year 1974-75. Contracts for services were signed with Nacogdoches Memorial Hospital in Nacogdoches, with Woodland Heights General Hospital and Memorial Hospital in Lufkin, and with Employees Assistance Services of Texas in Hardin County.

The purpose of this service is to prevent institutionalization by providing short term hospital care when needed. Services include treatment for drug overdose, detoxification of alcoholics, and short-time hospital care for individuals that can return to the community.

During the year, 49 individuals from the region received emergency and inpatient services in these four facilities, and only two patients had to be transferred from local hospitals to the Rusk State Hospital during this time.

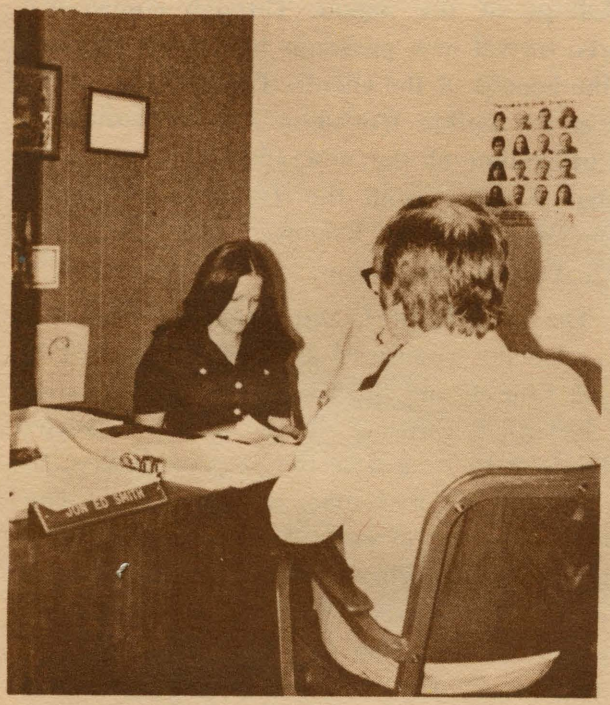
PROFESSIONAL SUPPORT

Overall professional support for mental health services was provided by a psychiatrist, physician, psychologist, caseworker, and psychiatric nurse.

This team provided services to the outpatient clinics on a regularly scheduled basis. Additionally, they provided support to the halfway house, the chemical dependency programs, and the emergency and inpatient services. Working as a team, this group evaluated each client and recommended a

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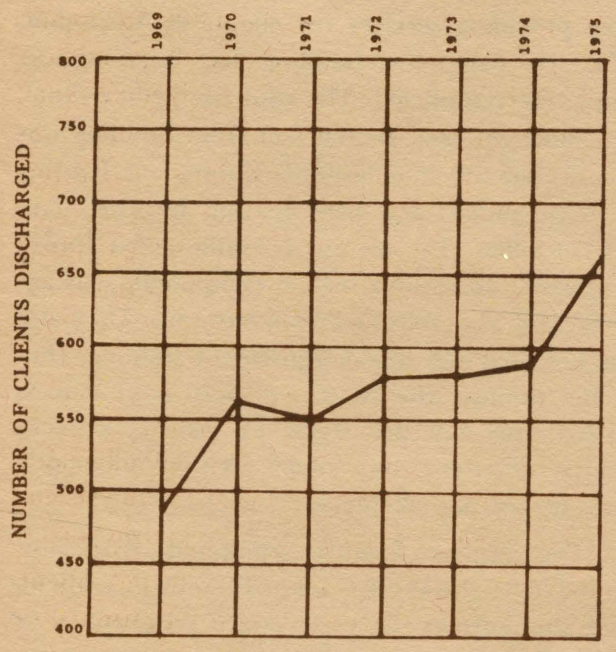
program of treatment designed for each client's individual needs. Services provided included psychiatric and psychological evaluation, individual and group therapy, and consultation and public education.



PERSONAL COUNSELING HELPS



COUNSELING BRINGS RESULTS



REGIONAL DISCHARGES
FROM STATE HOSPITALS

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MENTAL RETARDATION SERVICES

The first year of operation saw 299 mentally retarded individuals throughout the 13 county Deep East Texas region enrolled in community programs. Other referrals and screening accounted for 17 clients. Each of those persons were evaluated and placed in a program appropriate to their needs, if a program existed in their area. The main thrust of the year was the establishment of new programs, and aiming to provide alternatives to families and clients. The strategy was to divide the region into three service delivery regions. Each of the regions, covering several counties, has at least one sheltered workshop and one developmental center. This made the programs accessible, or least within a short driving distance from most communities.



GIVEN A CHANCE HE CAN GROW

SHELTERED WORKSHOPS

The Lufkin Workshop and Opportunity Center began as a joint venture between the Lufkin Council for Retarded Children and the Lufkin Evening Lions Club. DETRMHMRS contracts with the Lufkin Workshop to provide services to citizens of Angelina County. During the year the Workshop served a total of 96 Angelina County residents, training them in work skills, and finding jobs in the community for them. The staff at the Workshop assisted in training the staff for the other workshops of the region. Through cooperative efforts, several new programs have been initiated for the benefit of the clients. The big event of the year at the Lufkin Workshop was the dedication and utilization of the new addition constructed through a grant from the Texas Rehabilitation Commission, Lufkin Evening Lions Club, and T.L.L. Temple Foundation.

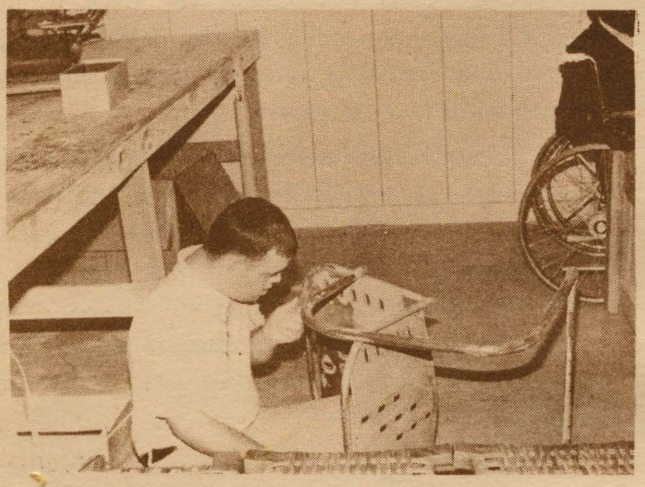
The Nacogdoches County Sheltered Workshop was originally sponsored by the Austin Heights Baptist Church and the Piney Woods Association for Retarded Citizens. Their Board requested DETRMHMRS to assume the program in September, 1974. Since that time, the program has continued to grow and expand services to retarded clients in Nacogdoches County. During the year, 36 clients were served on an ongoing basis in the program. The building has been remodeled for safety and client convenience. Additionally, new equipment was purchased to increase the versatility of the Workshop.

The Polk County Sheltered Workshop, located on South Washington Street in Livingston, began providing services for clients in November, 1974. To date, the building has been almost completely remodeled. The roof has been redone, the ceiling lowered to ten feet (the building was formerly an old gymnasium), fluorescent lighting has been added, and new heating facilities have been installed. The clients assemble cedar flower pots, work on various fishing equipment, package hooks, and assemble turtle pin cushions. They also have personal and social adjustment training. During the summer the swimming pool next door is utilized one day per week to provide a social activity otherwise unavailable. The Workshop is currently serving 18 clients.

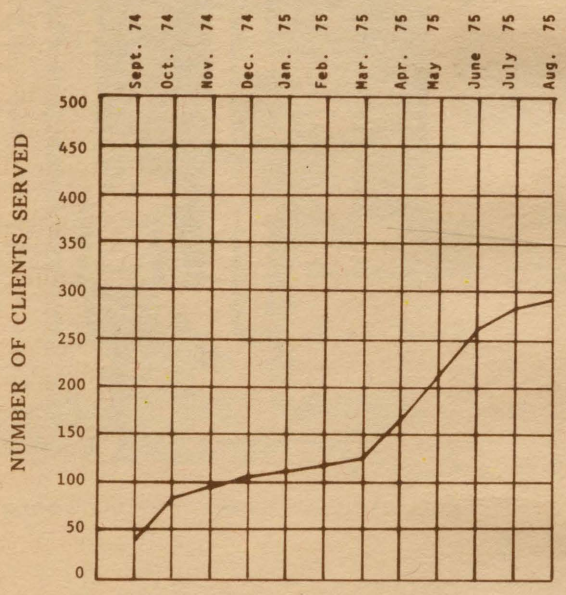
The Shelby County Sheltered Workshop, located on Highway 96 South of Center, is realizing what the purpose of community programs is all about. Two clients have been able to return home from State institutions because the Workshop now provides a program for them at home. Several clients have been referred by the Special Education

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Program in Center. Twenty-three clients were served in the program during the last year. The Workshop is engaged in the manufacture of turtle pin cushions, gun racks, and also, the caning of chairs.



WORKING IN A SHELTERED ATMOSPHERE



GROWTH OF
MENTAL RETARDATION CLIENT SERVICE

DEVELOPMENTAL CENTERS

A Developmental Center for the mentally retarded provides a program where mentally retarded citizens can receive training specially adapted to their individual needs. Academic education is de-emphasized, while day to day living skills are encouraged. A specific developmental plan is developed based on evaluations conducted by a team of professionals including psychologists, caseworkers, teachers, trainers, parents, and other interested persons as appropriate. The Behavioral Characteristics Progression is utilized as a tool to evaluate and train clients. Beyond that, ingenuity, and creativity are the tools utilized by the staff.

Located in Crockett, the Houston County Developmental Center received its first clients in February, 1975. The program was originally housed in the educational building of St. Andrews Episcopal Church. As the program grew, it became evident that more space was needed and the program was moved to its present location on San Jacinto Street. The program currently serves 18 mentally retarded citizens of Houston County on a daily basis.

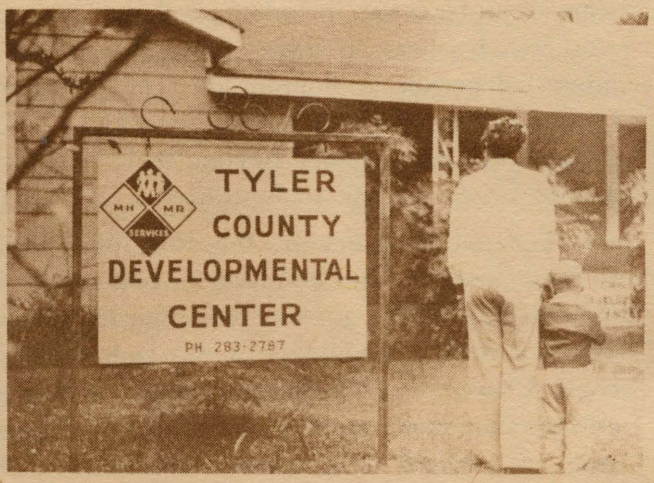
The Jasper County Developmental Center, an ongoing program originally under the direction of the Beaumont State Center for Human Development, was assumed on September 1, 1974. During the year the program has served 44 clients, and is located at 455 N. Peachtree in Jasper.

The San Jacinto County Developmental Center opened in September, 1974. Located in Coldspring, the program is housed in a building across from the Courthouse. This program currently has 11 clients enrolled. The public school provides hot lunches for the clients, and this has made a tremendous nutritional impact for the clients. The program is designed around each client and meets the individual needs of each retardate. The Behavioral Characteristics Progression has been a valuable tool in evaluating the clients.

The Tyler County Developmental Center, located in Woodville, was assumed from Beaumont State Center for Human Development on September 1, 1974. Starting with a good framework, the program was able to grow and expand services. Initially meeting at First Methodist Church, the

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program moved mid-year to a building of its own at 406 West Wheat Street. Volunteer spirit typifies this program, with hot meals being provided each day by a different volunteer or group. During the year, 47 citizens of Tyler County were served in various ways by the Developmental Center.



EARLY TRAINING MAKES A DIFFERENCE

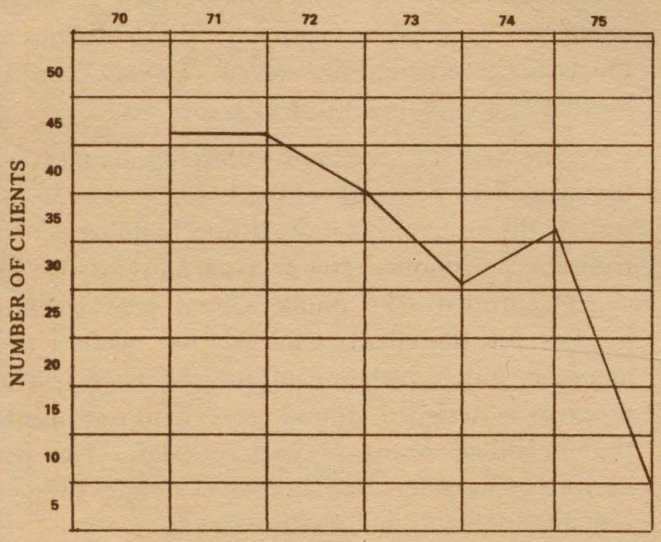
PROFESSIONAL SUPPORT

The personnel serving clients throughout the 13 county region are encouraged to call upon the professional staff whose offices are in Lufkin. The team approach is emphasized. While financially impossible to have professional staff in every program, the traveling team can assist the programs as needed.

Psychological evaluations are given by two Masters' level psychologists. In addition, they initiate Behavior Modification programs, and counsel with families as necessary.

The caseworker locates clients, identifies needs (along with the psychologists) and attempts to find suitable placements and programs for clients. Conferences are scheduled for each client to involve parents, the client, teacher, or other supportive personnel in determining the best program for the client. These meetings are held semi-annually.

The professional staff also assists families in processing application for admission to State schools. When a parent requests help, the staff attempts to utilize every resource available to assist the family.



ADMISSION TO STATE SCHOOLS FROM THE DEEP EAST TEXAS REGION

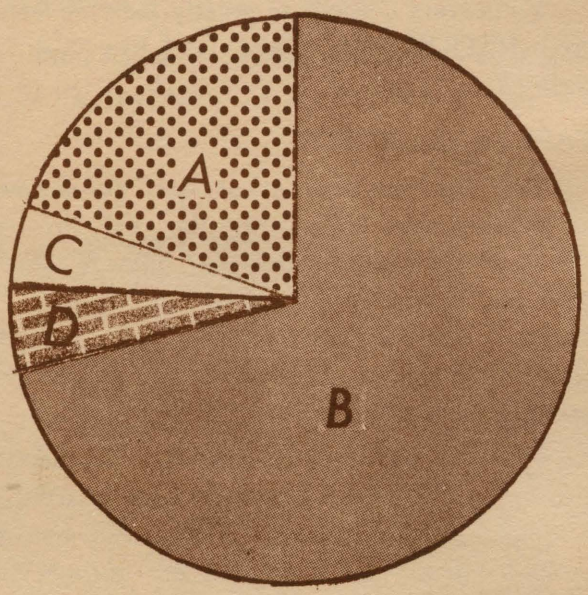


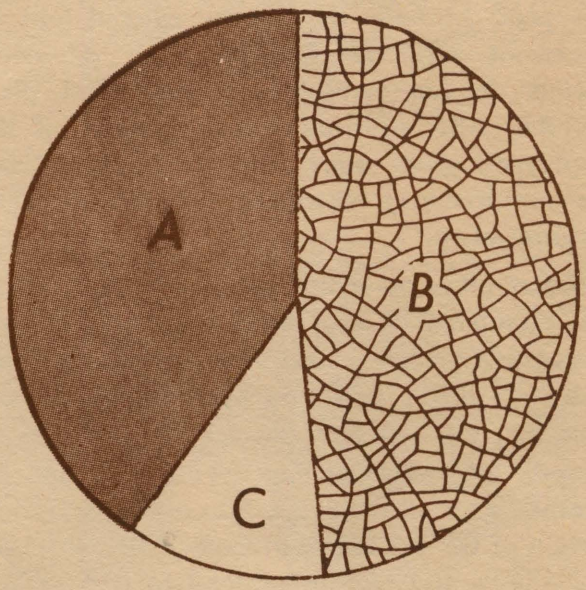
GRADUATING INTO THE EVERYDAY WORLD

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BUDGET AND FINANCE

Accounting, payroll, property, patient data and budget reports are administered by the office of the Business Manager. The following financial statistics reflect summaries of DETRMHMRS' fiscal activities for FY 1975.





REVENUE COLLECTIONS

(A) Local Funds	$ 139,616	20%
(B) TDMHMR Grant-in-aid	496,915	70%
(C) Other State Funds	37,490	5%
(D) Federal Funds	38,525	5%
TOTAL	$ 712,546	100%

SUMMARY OF PROGRAM OPERATING COSTS

(A) Mental Health	$ 265,283	41%
(B) Mental Retardation	317,490	47%
(C) Central Administration	85,270	12%
TOTAL	$ 668,043	100%

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PROGRAM SUPPORT SERVICES

PERSONNEL

Fiscal year 74-75 was a busy one for Program Support Services. Major projects included the establishment of a Personnel Policies and Procedures Manual, an Affirmative Action Plan, and writing procedures for an Employee Grievance Committee and appointment of the committee.

In December, DETRMHMRS entered into a contract with the Bankers Life Company for group hospitalization and life insurance. As of August 31, 1975, all eligible employees were participating in this plan. In June, the Agency entered into an agreement with the Equitable Life Assurance Society for an employees pension trust plan. DETRMHMRS contributes two percent of the employee's gross salary toward retirement, and the employee may contribute up to ten percent of his gross salary.

Recruitment, screening, and hiring received major emphasis during fiscal year 1974-75. Advertisements for personnel were placed in regional and State newspapers, and State universities and colleges were contacted requesting available applicants for professional positions. Available applicants were also requested from the personnel section of the Texas Department of Mental Health and Mental Retardation. A total of 220 applications were received and processed during the year. One hundred and thirty applicants were screened and interviewed. At the end of the fiscal year, 56 full-time and 2 part-time positions had been filled and ready for employment at the beginning of September.

VOLUNTEER SERVICES

DETRMHMRS' first year of operation was an active one for volunteer services.

A total of 123 volunteers provided various services for the organization during the year.

The Houston County Developmental Center was the leader in voluntarism with 8 volunteers serving a total of 644 hours. The Tyler County Development Center solicited the services of 29 different volunteers who served a total number of 509 hours.

Overall, a grand total of 2,927 hours were volunteered. The outpatient clinics utilized 16 volunteers for a total of 1,539 hours; the workshops utilized 33 volunteers for 53 hours; and the developmental centers utilized 74 volunteers for 1,335 hours.

Services performed ranged from typing, filing and general office work, to painting, stuffing envelopes, picnics, parties, and actually working with clients in the developmental centers.

Volunteers contribute greatly to services rendered DETRMHMRS' clients and are most appreciated.

STAFF DEVELOPMENT

Ten day-long sessions of staff development and training were held during the year, involving 176 employee days in these sessions. A total of 1,476 employee hours were spent in Staff Development. Primary emphasis was placed on personnel procedures, operational procedures, and agency organization.

Other major areas of development consisted of sessions on mental health, mental retardation, and chemical dependency. These sessions were conducted by the DETRMHMRS' professional staff, various members of the Lufkin State School professional staff, and staff members from Stephen F. Austin State University as well as professional consultants.

PUBLIC EDUCATION

Opportunities to present programs to the public during the first year of operation were varied and numerous. Methods of public information utilized included television spots and appearances, radio spots and personal interviews, and panels and speaking engagements

The "Alternatives" public information material provided by the Texas Department of Mental Health and Mental Retardation, including radio and television spots and newspaper advertising, was utilized during a portion of the year. A total of five spots was used by all stations at various intervals throughout the period.

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Open house, held in May at all organizational units, was highly publicized by all regional news media; and over 400 local people attended the various programs.

A scrapbook was begun early in the spring of 1974, and almost all clippings of articles concerning some aspect of the organization were collected during the year. These articles were taken from a total of 17 weekly and daily publications. Response to all requests for coverage by regional news media has been exceptional; and as experience is gained and a public information system is established, coverage should continue to increase.

REGIONAL ADVISORY COUNCILS AND COMMITTEES

Four regional advisory committees were formed during the fall of 1974. Members are approved by the Board of Trustees and serve on Medical, Mental Health, Mental Retardation, and Chemical Dependency Advisory Committees. These committees, designed to provide input, advice and guidance to these general areas met during the year.

Advisory Councils were formed in 12 of these counties during the year. These councils, composed of five to twelve members, are also approved by the Board and assist with the screening of applicants when a local program vacancy occurs, provide input and advice to program directors from the local level, and generally promote public information and local program support.

These councils meet on a bi-monthly or quarterly basis, and have proved to be highly beneficial in all areas of program and client service support at the local level.



CITIZEN INVOLVEMENT THROUGH ADVISORY COUNCILS AND COMMITTEES

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PROGRAM EVALUATION

SITE VISIT

In October, 1975, DETRMHMRS had its first annual Site Visit. The Site Visit team was headed by Mr. Hartley Sappington, Assistant Deputy Commissioner, Community Services, Texas Department of Mental Health and Mental Retardation. The Site Visit team composed of Mr. Sappington, a psychiatrist, an accountant, mental retardation specialist, mental health director, personnel specialist, and members of the Legislative Budget Board spent three days examing the various programs of DETRMHMRS.

The Site Visit procedure is an annual event which is used by the Texas Department of Mental Health and Mental Retardation to assess the program effectiveness of all Community MHMR Centers.

Mr. Sappington reported that every aspect of DETRMHMRS' programs was evaluated including administration, medical programs, mental health and mental retardation programs. The team evaluated all services, using the standards prepared by the Joint Commission on Accrediation of Hospitals (JCAH).

The team reported that the fiscal management of DETRMHMRS was very sound and was conducted in a businesslike fashion, with all funds being accounted for appropriately. The team reported that the internal management of the agency as well as the governing authority (Board of Trustees) was functioning very smoothly and efficiently.

Dr. Bob Taylor, psychiatrist, reported that DETRMHMRS was very fortunate to have the services of Dr. Felix Peebles, Jr. as Clinical Director. He reported that Dr. Peebles has an exceptional background in the area of community mental health, and that he was making appropriate utilization of existing regional health resources.

Mr. Sappington stated that DETRMHMRS was in the position to be a "pioneer" in the field of rural mental health and mental retardation centers; and that if the DETRMHMRS program efforts continued, it could "write the book on rural mental health."

PROGRAM EVALUATION

In the spring of 1974, the Board and staff determined that there was a need for program evaluation. That is, evaluation to determine if citizens seeking services were actually being served and their needs met.

Realizing that self evaluation is sometimes biased, DETRMHMRS engaged the services of Dr. Bruce Bailey of Stephen F. Austin State University to conduct, among other things, a Client Satisfaction Survey. Four graduate psychology students under the direction of Dr. Bailey were employed in June.

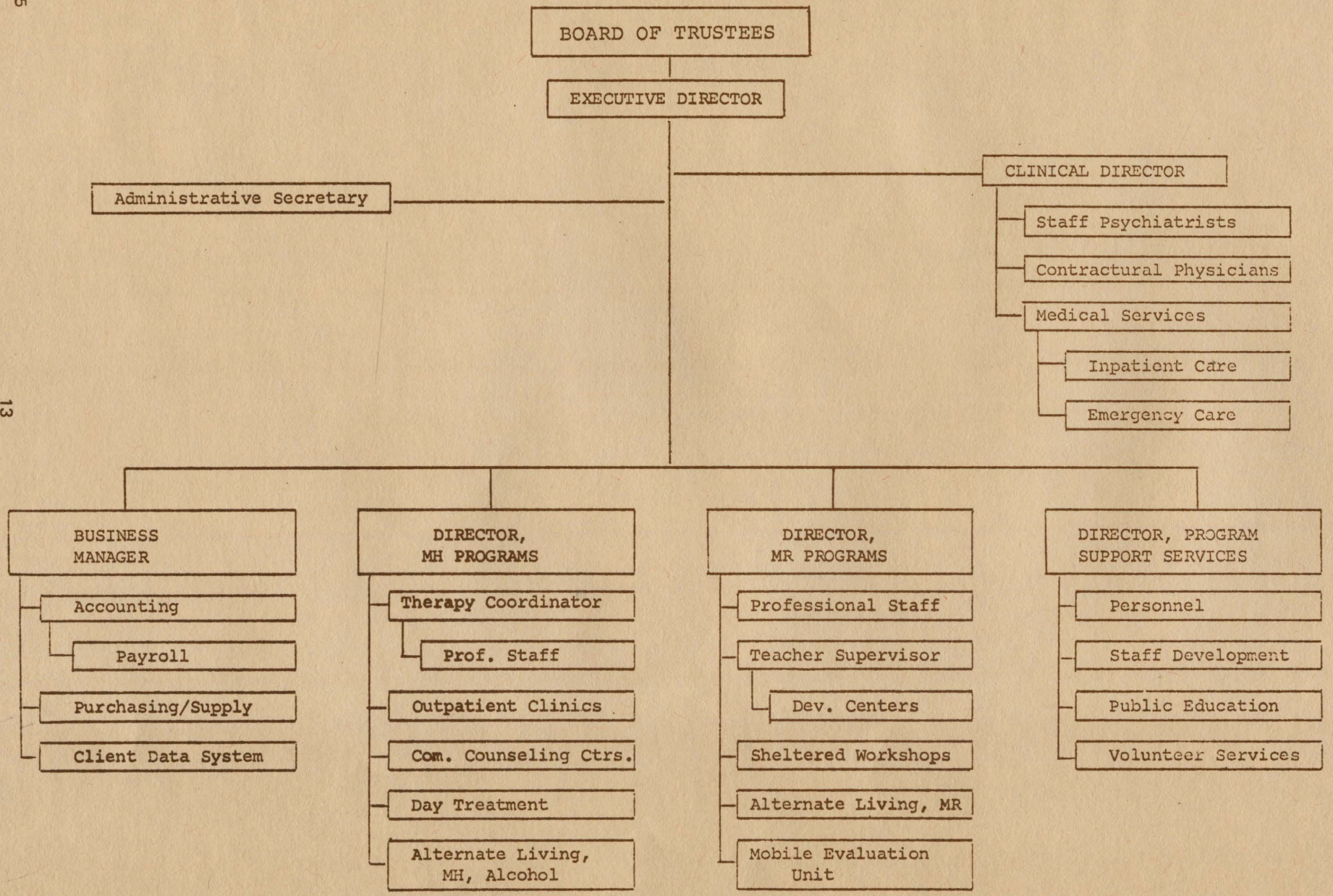
During the summer, the evaluation team designed a Client Satisfaction Questionnaire that asked direct questions of the service consumer that would provide a first hand assessment of their feelings in regard to the services being delivered. The questionnaire was mailed to a sample of mental health clients.

The following results are, on the whole, very favorable to DETRMHMRS. Approximately three-fourths of the respondents considered the facility locations to be very satisfactory. Eighty-one percent of those surveyed expressed satisfaction with the time span between contact with the agency and initiation of treatment services. Approximately 90% of the respondents felt they had a "satisfactory" reception by the agency personnel. Three-fourths of the clients felt their problem situation had become "somewhat better" with 46% of this number perceiving their problem situation as becoming "much better." Eighty-five percent of the survey expressed satisfaction with the helpfulness of the outpatient clinic directors, psychologist, psychiatrist, and counselors. This expressed satis- reflects the degree of confidence felt by the clients in regard to their therapists. Three-fourths of the respondents believed the staff to be "concerned" with their problems. Seventy-eight percent felt that the services provided were adequate to meet their mental health needs, and reported that they would recommend the services to their friends. An impressive 92% of the respondents expressed their willingness to make further contact with the center, should other problems arise.

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