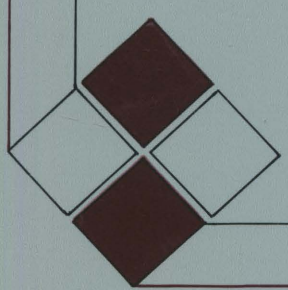
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MHMR of Deep East Texas Annual Report 1986

Deep East Texas Regional
Mental Health
Mental Retardation Services
presents its Annual Report of
operations and activities for the
Fiscal Year ending August 31, 1986



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INTRODUCTION

Deep East Texas Regional MHMR Services is the designated provider of mental health and mental retardation services to the people of Deep East Texas. MHMR operates as part of a statewide system of care for the mentally ill and mentally retarded as established in the Texas Mental Health and Mental Retardation Act (Article 5547-201 et seq., V.A.C.S.).

Financial support comes from an annual contract for services through the Texas Department of Mental Health and Mental Retardation. Additional funds are earned from specially appropriated funds by the Legislature for reducing censuses in state-operated hospitals and schools. This is combined with client fees, contributions from county governments and other funds earned through contracts.

Organizational control is vested in a governing board of nine trustees appointed to their positions by the 13 county governments which are the sponsoring agencies for MHMR. Administrative headquarters are in Lufkin, which is the approximate population center for the 13 counties the organization serves.

The regional service area stretches over 11,000 square miles from Shelby County on the north to Hardin County on the south to the Sabine River on the east and to Houston County on the west. The organization serves a population of 320,098 of which approximately 14 to 17 percent are in need of some form of mental health or mental retardation service at any given time.

MHMR of Deep East Texas operated with a total expenditure of $6,508,255 during fiscal year 1986, up 45 percent over FY 1985 when expenditures were $4,472,534. Both residential and nonresidential services are provided in four broad areas: mental health, mental retardation, substance abuse, and continuity of care.

Services are concentrated in local organizational units called MHMR Centers located in the counties which comprise the service area. These centers are for outpatient services, psychosocial services, vocational services, case management, diagnosis and evaluation, emergency screening and assessment, psychiatric inpatient services, infant intervention services, developmental services, family support services, hospital liaison, and residential services for both the mentally ill and retarded.

One of the main trends in fiscal years 1985 and 1986 was the consolidation of individual program units at the local level into community MHMR Centers. Here programs are consolidated and integrated into an array of service options. This permits staff to design programs along a continuum to serve clients at various ages and levels of disability and dependency. Consolidation also allows more effective and efficient use of staff and other resources. Such a trend began in FY 1984 and has continued with the ultimate goal of consolidating program units all over the 13-county Deep East Texas region.

The overall mission of Deep East Texas MHMR is to provide persons who suffer from some form of retardation or mental impairment with services as close to their home communities as possible. The organization focuses its resources on those persons who are at special risk for placement in large residential hospitals or schools because of the severity of their retardation or mental impairment.

MHMR of Deep East Texas served 3,404 clients in FY 1986. Of those, 75 percent were in the agency's priority population which is composed of those persons who are at most risk for admission to state schools or state hospitals. Of the mental health clients served by MHMR, 31 percent had a history of admission to a TDMHMR state hospital. Fifteen percent of mental retardation clients served in FY 1986 had a history of TDMHMR state school admission.

Over the year there were 397 persons admitted to TDMHMR state hospitals from the regional service area at a rate of 120 admissions per 100,000 population. Of those, 199 were persons who were being readmitted for a second or more times.

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EXECUTIVE DIRECTOR'S REPORT



THE YEAR IN REVIEW

BY JIM McDERMOTT, PH.D.

Fiscal year 1986 was a year of significant expansion in services offered by Deep East Texas MHMR brought about mainly through the requirements established by settlement agreements in two federal lawsuits that have worked their way through the court system in Texas.

One of the court settlement agreements in the area of mental retardation places a requirement on the MHMR service system in Texas to provide community-based services for any and all mentally retarded residents of state schools who can be shown to need and benefit from placement in a community residential setting.

The other court settlement has to do with the number of persons treated in state mental hospitals in relation to the number of staff provided for their care. The mental health court agreement requires that state hospitals either reduce the staff-to-patient ratio or reduce the patient population by finding more appropriate community placements for their patients.

This has placed an extra demand on the resources of community centers like Deep East Texas to provide residential accommodations and treatment services for persons being discharged from both state hospitals and state schools. Fortunately, the sixty-ninth session of the Texas Legislature made provision for the partial financing of this expansion of community-based services by passing two line item appropriations specially targeted to meet the requirements of the two federal court settlements. The 45 percent increase in the budget of Deep East Texas MHMR from FY 1985 to FY 1986 can largely be attributed to the expansion in services in the Deep East Texas region to provide for the clients who have moved from these state institutions into facilities provided for them in the community.

Audits, Surveys

Partly because of the expanded services during this past fiscal year and the way the auditing cycles have occurred, Deep East Texas MHMR underwent numerous audits and surveys this past fiscal year, more than would occur in an average, 12-month period.

The opening of the Pineywoods Regional Treatment Center in the latter part of FY 1985 called for initial surveys to be conducted by the Joint Commission on Accreditation of Hospitals which occurred Oct. 21, 1985, and by the licensure and certification division of the Texas Department of Health to certify Pineywoods for participation in the Medicare program. This survey took

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place Nov. 19 through 20, 1985, with a return visit on Jan. 13, 1986. Both surveys were successful. Pineywoods has been extended accreditation by the Joint Commission on Accreditation of Hospitals and has been approved for participation in the Medicare program.

The office of Standards and Quality Assurance of the Texas Department of Mental Health and Mental Retardation conducted its once-every-three-year survey of MHMR of Deep East Texas during the period from Sept. 30 through Oct. 4, 1985. The TDMHMR office sent an 11-member team to review all clinical and administrative aspects of the agency's operation to assess how completely the TDMHMR community standards were being complied with. The review survey was a success both from the standpoint of the information learned during the consultative aspect of the process and through the development of a plan of correction to remove deficiencies which were identified during the survey.

Later in the year, July 7 through 11, 1986, the TDMHMR Office of Internal Audits conducted a one-week audit of the management and financial operations of MHMR of Deep East Texas. This team also provided very informative and useful consultation during the course of the audit, and Deep East Texas MHMR staff benefited greatly from the information presented in the audit team's final report.

Grand Openings

FY 1986 was a year of grand openings. The new Newton Group Home was dedicated Sept. 21, 1985. By Feb. 1, 1986, there was a newly renovated MHMR center in Crockett to serve persons in Houston and Trinity counties. By April 1, 1986, staff occupied a new MHMR center in Livingston to serve persons in Polk and San Jacinto counties.

Staff applied for a grant from the Texas Department of Community Affairs to help fund the construction of a new Angelina County MHMR center. The grant application was submitted June 16, 1986, and was reviewed by the Deep East Texas Regional Review Committee on Aug. 19. Approval for the request has been granted, and the $300,000 grant will help to finance the construction of a 10,000 square foot building to be located on property owned by Deep East Texas MHMR near the site of the agency's central administration building in Lufkin.

The tragic fire that destroyed the old Beech Grove School in Jasper may prove to be a blessing in disguise. The building, which stood next to the existing Jasper County MHMR Center, had housed several MHMR programs. Through the initiative of Jasper County MHMR staff, Gov. Mark White has recently announced the awarding of a $250,000 grant to finance the construction of a new building to take the place of the old Beech Grove School. The announcement of the grant came May 22, 1986, at a meeting of the Deep East Texas Council of Governments in Lufkin. The new building should be ready to be occupied sometime in FY 1987.

Accepting a Challenge

In August 1986, when the MHMR Board of Trustees accepted a $1.8 million challenge grant from the T.L.L. Temple Foundation, preliminary plans began to build a new alcohol and substance abuse treatment center in Angelina County. The treatment center will be organized as a residential facility located in a working farm environment somewhere in rural Angelina County. It will be a voluntary treatment program for persons from all walks of life and economic conditions. Residents will be required to participate in both the work duties of the farm program and in the treatment activities offered at the residential facility.

Computer Expansion

Deep East Texas MHMR vastly increased its computer accounting and word processing capability in FY 1986 with the installation of a new IBM System 36 computer. The new System 36 replaced the old System 34 that was purchased by the agency five years ago. The System 34 had inadequate memory storage and technical capabilities and was limiting the agency's ability to take advantage of expanding computer software technology. The new System 36 expands the memory capacity by some 12 times and also allows for more flexible and user-friendly applications.

Community Relations

Also during FY 1986, the staff of the Jasper County MHMR Center took the initiative of hosting an MHMR fair in the community room of a local bank in Jasper. They invited the participation of all the other human service organizations in Jasper and, by all accounts, were well received by the Jasper community.

The annual Volunteer Banquet took place Oct. 22, 1985. More than 200 volunteers from around the region were honored for their many thousands of hours of services.

In May 1986, staff members at the community MHMR centers around the region took part in local observances of May MHMR Month. Many county judges were asked to proclaim May as MHMR Month in their county, and most MHMR centers hosted open houses during the month. The staff of the Nacogdoches

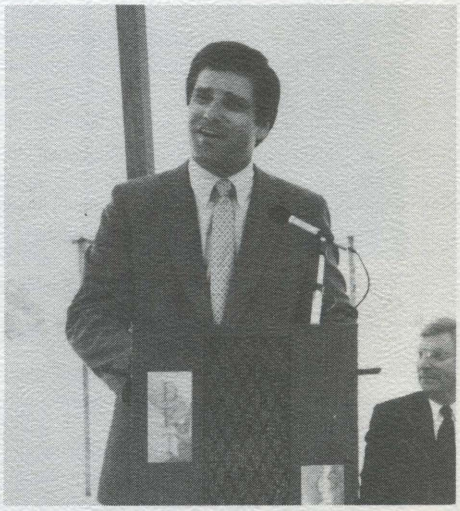
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DEEP EAST TEXAS REGIONAL MHMR SERVICES

Annual Report, FY 1986



Fire made rubble of the Old Beech Grove School in Jasper, dangerously near the Jasper County MHMR Center. While several of the program activities had to be suspended because of the destruction of the building, staff are looking forward to the construction of a new building sometime in the spring of FY 1987. The new building will be funded through an emergency grant by the Texas Department of Community Affairs.



Executive Director Jim McDermott spoke on behalf of the staff of MHMR when Gov. Mark White visited Jasper to help in officiating at the groundbreaking for the new Jasper County MHMR Center building.



The greenhouse and other points of interest at the Jasper County MHMR Center were on the agenda for Texas Gov. Mark White when he made a recent visit to Jasper County. With Gov. White are Jasper County Service Director Marty Walker and the Governor's official guide, Wilbur Thompson.



The whole community turned out for the celebration of May MHMR Month in Jasper when staff of that county hosted an MHMR fair at one of the local financial institutions in Jasper. The theme of the fair was Mental Health, More Than a Trivial Pursuit.

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Plans were begun in FY 1986 to construct a new alcohol and drug abuse rehabilitation center to be located in a working-farm environment somewhere in rural Angelina County. MHMR staff and consultants made frequent excursions down the back roads of Angelina County during the summer of FY 1986 to find the ideal spot for the new treatment farm.



More than 200 volunteers were honored by MHMR board and staff at the annual Volunteer Recognition Banquet held in Lufkin on Oct. 22, 1985. MHMR Director of Volunteer Programs Gwen Cunningham (left) presents a special award to volunteer Ruth Bass. In FY 1986, volunteers contributed more than 19,000 hours of service to MHMR.



Good nursing staff is the key to any intensive psychiatric treatment service, and the highly competent nursing staff at Pineywoods Regional Treatment Center fills this role by providing excellent care. Sue Moore, R.N., is infection control nurse for the center.



Allen Sturrock, Tyler County Judge and chairman of the MHMR Board of Trustees, officiated in dedication ceremonies at the new Polk/San Jacinto MHMR Center in Livingston. From left are Service Director John Wilson; Judge Sturrock; the Rev. Ed Dodson, member of the MHMR Board; Polk County Judge Wayne Baker and Bob Williams, executive director of the Texas Department of Community Affairs from Austin.



Judge Dan Jones was one of several county judges throughout the Deep East Texas region who declared May 1986 as MHMR Month in their counties. With Judge Jones are, from left, Mark Severns, administrator for the Pineywoods Regional Treatment Center; Sue Moore, R.N., nurse at Pineywoods Center; Nell Newton, service director for the Angelina County MHMR Center and Mary Patterson, president of the Angelina County Advisory Council.

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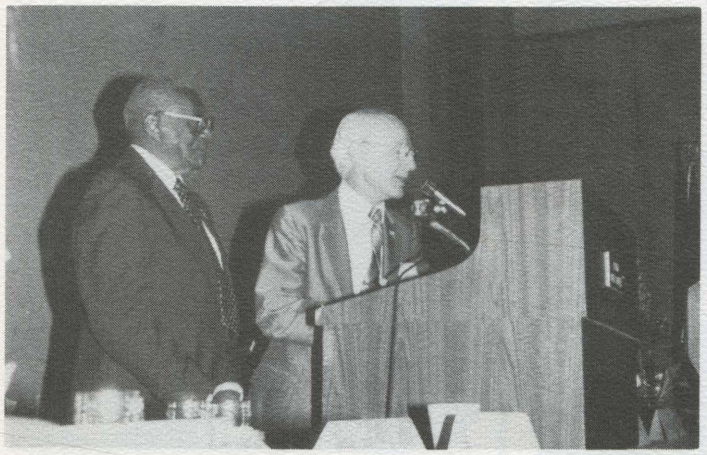
Congressman Charles Wilson was the guest speaker when MHMR and the Texas Association for Retarded Citizens hosted the grand opening for the new Newton Group Home. Allen Sturrock of Woodville, Tyler County judge and chairman of the MHMR Board of Trustees, was master of ceremonies.



State Rep. Mike McKinney, M.D., officiated at the open house for the new Houston County MHMR Center on May 15, 1986. The new MHMR Center is a 6,000-square-foot building housing the infant intervention and sheltered workshop programs for Houston County.



All the latest in psychiatric theory and practice went into the establishment of the Pineywoods Regional Treatment Center, located on the fourth floor of Memorial Medical Center of East Texas in Lufkin. Administrator Mark Severns is assisted by ward clerks Sheila Harris (left) and Ginger Lymbery.



Ward R. Burke of Lufkin, charter member and former chairman of the MHMR Board of Trustees, presented Charles E. Stewart of Jasper with the prestigious Ralph W. Steen East Texan of the Year Award during the 1986 annual meeting of the Deep East Texas Council of Governments. Mr. Burke was the 1985 recipient of the award and made the presentation as is the custom of the Council of Governments.



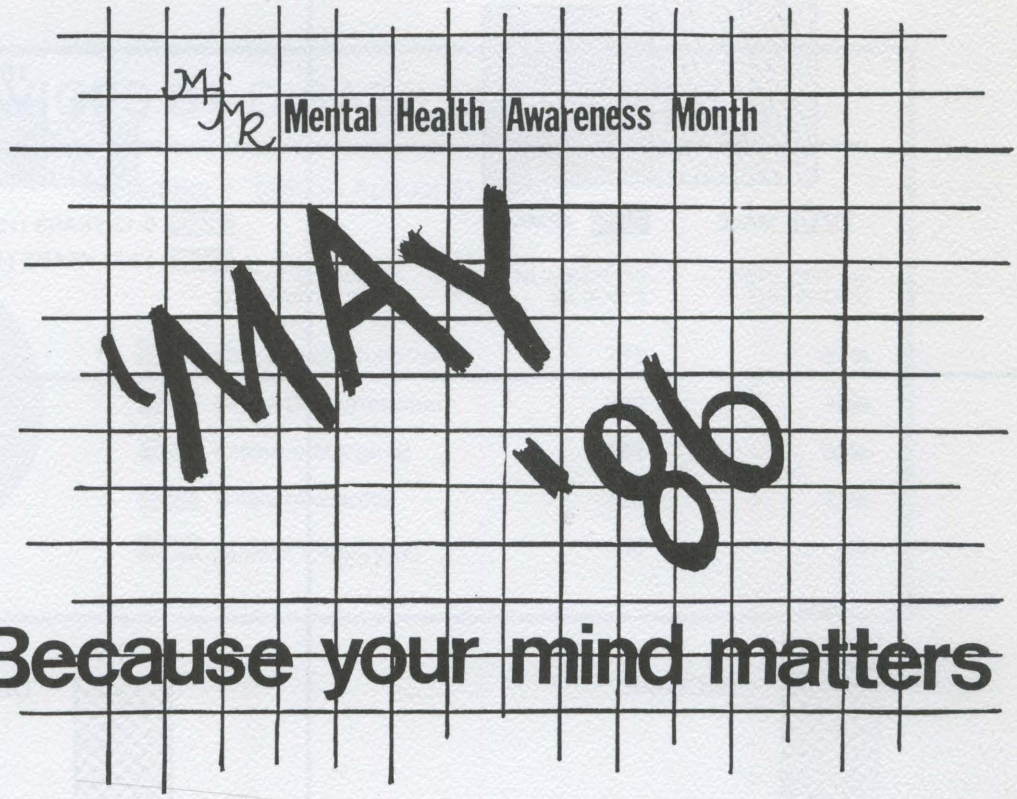
Community involvement is part of what makes MHMR work, and Houston-Trinity County Service Director Larry Welker is an embodiment of this philosophy. Welker has served as both fire chief and captain for the Groveton Volunteer Fire Department during the last 12 years. He and other members of the community pitched in to establish a volunteer ambulance service several years ago. Welker is pictured with volunteer firemen Alton Mericle (left) and Gary Conarroe.

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GRAPHICS

DEEP EAST TEXAS REGIONAL MHMR SERVICES

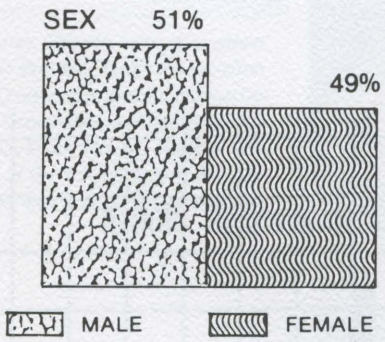
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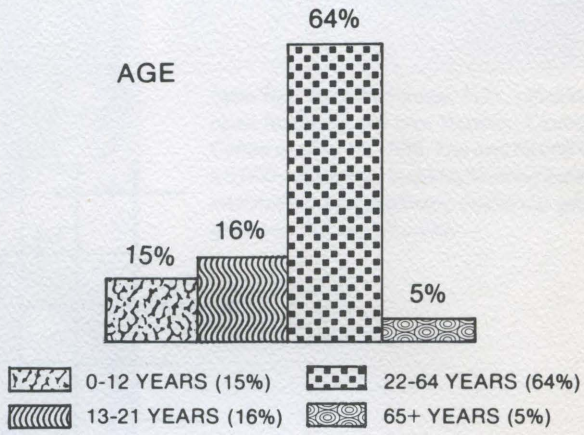


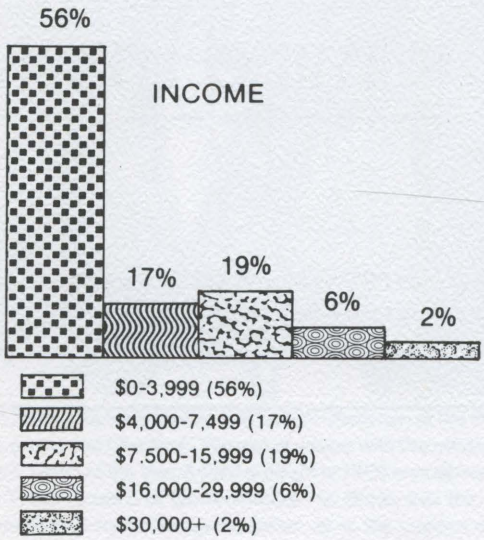
Award-winning poster celebrating May MHMR Month in Nacogdoches County
Designed by Lisa Kennedy

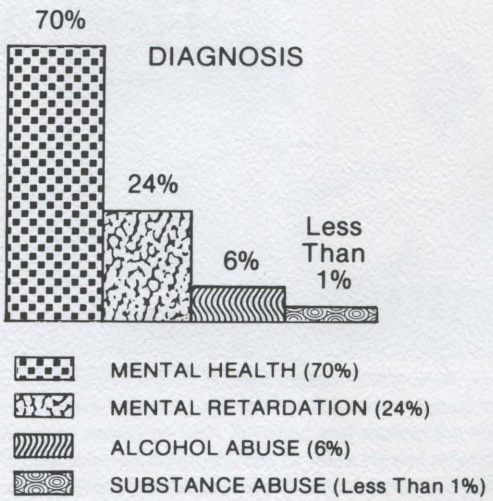
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CLIENT PROFILE COMPARISONS FY 1986









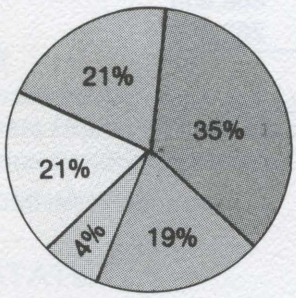
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DEEP EAST TEXAS REGIONAL MHMR SERVICES

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SERVICES BY DISABILITY LEVELS

September 1, 1985 — August 31, 1986



SERVICE LEVEL DESCRIPTION	NUMBER OF CLIENTS	PERCENT OF CASELOAD
Chronic Dysfunctional	712	21%
Crisis Dysfunctional	630	19%
Chronic Marginal	1194	35%
Crisis Moderate	729	21%
At Risk Functional	139	4%

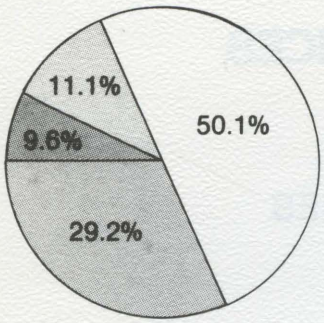
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SUMMARY OF REVENUES AND EXPENDITURES FY 1985 AND FY 1986 (Audited Figures)

REVENUES	FY 1985	FY 1986	% Change
Local Funds	$1,292,808	$1,917,324	+ 48.3%
TDMHMR Grant-in-Aid	1,822,698	1,822,698	-0-
State Hospital Reduction	-0-	682,615	+100.0%
State School Community Placements	-0-	781,001	+100.0%
Other State Funds	623,907	627,171	+ 0.5%
Federal Mental Health Block Grant	477,974	468,856	- 1.9%
Other Federal Funds	263,227	262,375	- 0.3%
Total Revenues	$4,480,614	$6,562,040	+ 46.5%

EXPENDITURES			
Personnel	$2,899,971	$3,467,422	+ 19.6%
Travel	78,190	101,556	+ 29.9%
Consumable Supplies	253,824	324,351	+ 27.8%
Capital Outlay	129,047	209,771	+ 62.6%
Building Repair/Renovation	278,872	375,664	+ 34.7%
Contracts/Consultant Agreements	115,067	1,017,097	+783.9%
Other Operating Expenditures	717,563	1,012,394	+ 41.1%
Total Expenditures	$4,472,534	$6,508,255	+ 45.5%

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STATEMENT OF REVENUE
FY 1986
(Audited Figures)

September 1, 1985 — August 31, 1986

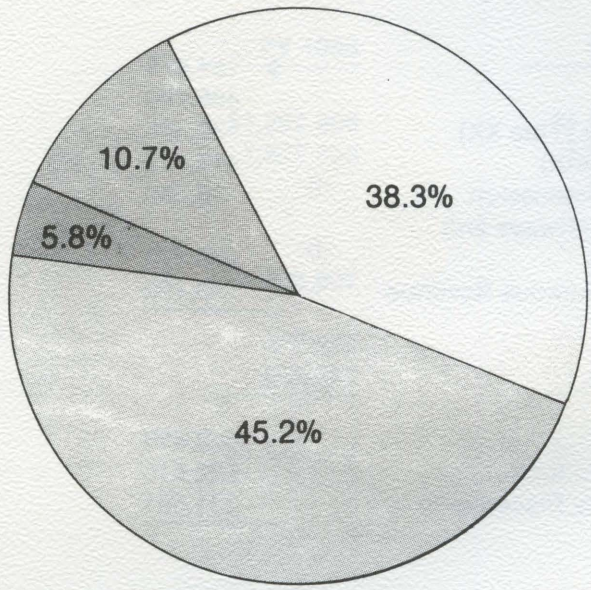
Source of Funds		Amounts	% of Total
LOCAL			
County Tax Funds	$ 124,675		
Client Fees, Insurance	496,790		
Protective Services Fees (Title XX)	37,446		
ICF-MR Program (Title XIX)	414,772		
Texas Rehabilitation Commission	10,330		
Texas Department of Highways and Public Transportation	450,122		
Contributions & Miscellaneous Revenue	383,189		
Total Local Revenue		$1,917,324	29.2%
TDMHMR			
Grant-in-Aid	$1,822,698		
State Hospital Patient Reduction	682,615		
State School Community Placements	781,001		
Total TDMHMR Revenue		3,286,314	50.1%
OTHER STATE			
Rusk State Hospital Contract	$ 192,149		
Texas Youth Council	276		
Early Childhood Intervention Program	282,080		
Texas Dept. of Human Services			
Adult Day Care	38,098		
Child Day Care	114,568		
Total Other State Revenues		627,171	9.6%
FEDERAL			
Mental Health Block Grant	$ 468,856		
Developmental Disabilities Act Funds	70,984		
U.S. Department of Agriculture	12,944		
Texas Dept. of Human Services Liaison (Title XIX)	113,620		
Children's Services (Title I)	64,827		
Total Federal Revenue		731,231	11.1%
TOTAL REVENUES		$6,562,040	

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DEEP EAST TEXAS REGIONAL MHMR SERVICES

Annual Report, FY 1986

STATEMENT OF EXPENDITURES BY PROGRAM CATEGORY FY 1986 (Audited Figures)



Category		Amount	% of Total
MENTAL HEALTH SERVICES		$2,495,947	38.3%
Residential	$1,445,076		22.2%
Non-residential	1,050,871		16.1%
MENTAL RETARDATION SERVICES		2,940,659	45.2%
Residential	749,084		11.5%
Non-residential	2,191,575		33.7%
CONTINUITY OF CARE		376,220	5.8%
CENTRAL ADMINISTRATION		695,429	10.7%
Total Expenditures		$6,508,255	

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