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1987 in Review



Deep East Texas Regional Mental Health Mental Retardation Services

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Who We Are

Deep East Texas Regional Mental Health Mental Retardation Services is a nonprofit, community-based organization that serves mentally ill and mentally retarded individuals. Our organization's primary goals are to provide community-based programs that enable those we serve to achieve their highest possible level of independence, to prevent or minimize incidences of mental illness and retardation through treatment and public education, and to improve the overall quality of life for mentally impaired persons.

MHMR was formed in 1973 at the request of county commissioners within the 13-county, Deep East Texas region. Organizational control is vested in a governing board of nine trustees appointed by the county commissioners.

Who We Serve



MHMR services are extended to all residents of those counties comprising the organization's service area: Angelina, Hardin, Houston, Jasper, Nacogdoches, Newton, Polk, Sabine, San Augustine, San Jacinto, Shelby, Trinity and Tyler.

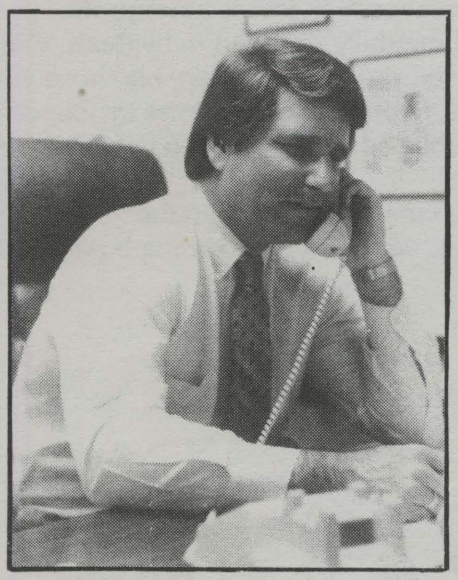
The regional area comprises more than 11,000 square miles with a population of 370,000 of which an estimated 14 to 17 percent require some form of mental health or mental retardation services at any given time. In FY1987, MHMR provided 3,522 persons with mental health, mental retardation, substance abuse or infant intervention services.

How We Are Funded

MHMR's funding comes primarily through contracts with federal, state and local agencies as well as private organizations. These entities, including the Texas Department of Mental Health and Mental Retardation, contract annually with Deep East Texas Regional MHMR to provide mental health and mental retardation services. Other sources of revenue come from participating county governments, contributions, foundation grants, business ventures and client fees.

Cover Photo: A participant in the Houston County MHMR Basic Skills Unit sees if the fish are biting. The rural setting of Deep East Texas MHMR's service area provides many opportunities for relaxing forms of recreation.

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From the Executive Director

The past year was one of many changes for MHMR including expansion of services, physical growth and a broadening of agency goals. And while the process of change is rarely easy and only sometimes rewarded with immediate success, it is a process to which MHMR is strongly committed.

Some of the changes made in 1987 and anticipated in 1988 are outlined on pages four and five of this annual report. I encourage everyone — those we serve, those we employ and those who support our agency — to take a look at where we have been and where we are going. The changes we can facilitate ultimately depend on your support and cooperation.

I firmly believe that change, when implemented with compassion, caution and at least some small amount of trepidation, is the sign of a healthy and vibrant organization. Without change there can be no growth, only stagnation.

Jim McDermott

Jim McDermott, Ph.D., Executive Director
Deep East Texas Regional
Mental Health Mental Retardation Services

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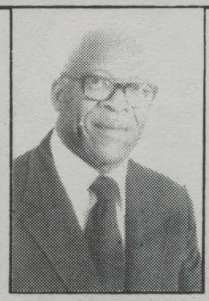
Board of Trustees



Allen Sturrock,
Chairman,
Tyler County



Dan Dominey,
Vice Chairman,
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Perry Sampson
Secretary,
Sabine, San Augustine
& Shelby Counties



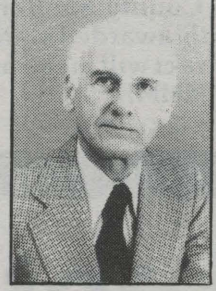
Ed Dodson,
Treasurer,
Polk, San Jacinto
Counties



Nancy Speck, Ph.D.,
Nacogdoches
County



The Rev. Robert Carter
Hardin County



Ward R. Burke
Angelina County



Judge Charles English
Houston County



Bobbie Morgan
Jasper, Newton
Counties

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Service Director Larry Welker displays a new product of Value-Plus Industries. In 1988, mentally ill and mentally retarded employees at the Houston County Sheltered Workshop will begin production to fulfill a recently awarded state contract for garden hoses. Welker projects the contract will mean an $80,000 to $100,000 increase in gross revenues for MHMR.

New Directions . . .

Changes undertaken by MHMR during the past fiscal year were ideological, financial and physical in scope, from taking the first steps in developing alternative revenue sources to the construction of new buildings and the development of new services. Some of these changes are outlined below.

Two large building projects began in FY1987. One, the construction of a 12,000-square-foot facility for a 48-bed, regional alcohol and substance abuse treatment program, is targeted for completion in April. Construction funds for Peavy Switch Farm, which will be located seven miles southwest of Lufkin on 50 acres of land donated by Temple Eastex, were provided through a $1.8 million grant from the T.L.L. Temple Foundation. The program was awarded an additional $300,000 in federal funding to assist in financing first-year operating costs.

Construction also began this past fiscal year on a new facility for the Angelina County MHMR Center. The 10,000-square-foot building, targeted for completion in the summer of 1988, will house all of the center's currently existing programs and will allow for expansion of its day treatment and sheltered workshop programs. Construction is financed through a $300,000 state grant awarded to Angelina County in addition to matching funds provided by the Angelina County Association for Human Development Inc., a citizen support group of the Angelina MHMR Center.

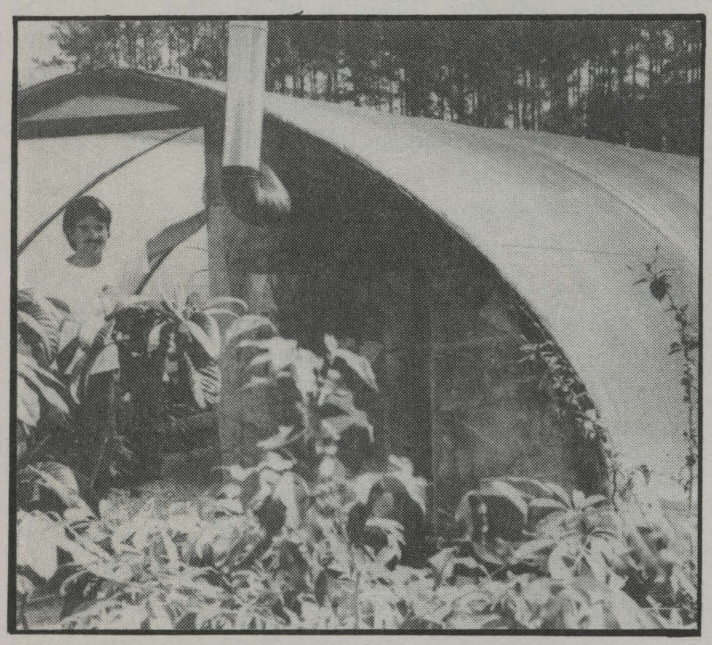
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Construction was recently completed on a new facility for the Jasper/Newton County MHMR Center. One of three buildings comprising the Jasper/Newton center was destroyed in a 1986 fire and a $250,000 state grant covered construction costs for the new facility.

State Treasurer Ann Richards was keynote speaker at the grand opening of the new George E. Gee Building, which was named in memory of long-time MHMR supporter and board member George E. Gee. The facility's community room was named in memory of Jasper/Newton MHMR employee Kathy Fillyaw Lockhart.

A portion of the Jasper County grant money was also used to finance construction of a 1,400-square-foot greenhouse that will allow for expansion of The Growing Concern, the Jasper/Newton County MHMR Center's plant and herb business that provides low-stress employment for mentally ill and mentally retarded persons.

Another business venture was pursued in FY1987 by the Houston County Sheltered Workshop. A year of research and development paid off recently when the workshop was notified that it had won a contract to provide garden hoses for state agencies throughout Texas beginning in April 1988. It is estimated that, in addition to providing further employment for the mentally impaired, the contract will mean an $80,000 to $100,000 increase in gross revenue for MHMR. The hoses will be marketed under the product name of Rain Pro Hose.



Tom Marsh, horticulturist, stands in front of the Jasper MHMR greenhouse — hub of the center's expanding plant and herb business.

The specialty nursery and garden hose projects are just the beginnings of MHMR's push to develop new revenue sources that will allow for the creation and expansion of services for the mentally impaired. These and other new commercial businesses that the agency hopes to open in the future will operate under the name of Value-Plus Industries. Administrators project that over the next three years between 15 and 45 mentally handicapped persons will gain full-time employment through Value-Plus businesses.

Several new programs designed to help maintain mentally retarded or developmentally delayed persons within their home communities opened in FY1987. These included foster care, respite, and home and community services (see page 6). Also opened in FY1987 were four Basic Skills Units, innovative programs designed to meet the special needs of the low-functioning, mentally retarded adult (see page 7).

Technological improvements were made during the past fiscal year when Deep East Texas Regional MHMR went on-line with a new information system that allows it to tap into the Texas Department of Mental Health Mental Retardation's central computer. In the coming years MHMR plans to continue expansion of its computer network; the final goal is efficient inter-agency communication between our numerous community centers via computer.

Also in the coming year, MHMR will be targeting resources for services for the mentally ill. It is the agency's long-term goal to develop additional residential opportunities throughout the region that will provide community-based, independent or semi-independent living situations for between 50 and 75 chronically mentally ill persons.

As Deep East Texas Regional MHMR continues to strengthen existing programs and expand into new areas of service, the opportunities for our region's mentally impaired persons will also continue to grow. We have come a long way from the days when the mentally ill and mentally retarded were so often kept outside the folds of society, but there is still much room for improvement. With each day Deep East Texas MHMR's employees reiterate their commitment to securing full and productive lives for those we serve.

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Service Descriptions

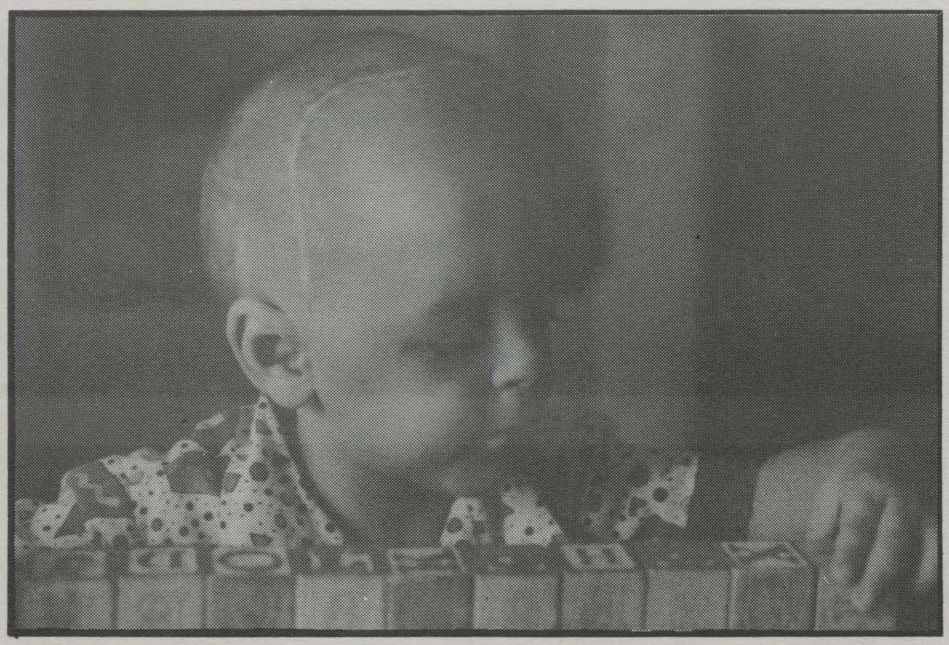
In FY1987, ***Psychiatric Inpatient Services*** for 290 regional residents were provided at MHMR's 20-bed psychiatric hospital, Pineywoods Regional Treatment Center. The locked facility, located on the fourth floor of Memorial Medical Center of East Texas in Lufkin, provides diagnosis and short-term treatment services for persons in the acute phase of mental illness who are unable to be treated in an outpatient setting. Highest priority is given to mentally ill persons who are at significant risk of placement in a state hospital.

A wide range of services targeted specifically for the mentally retarded and/or developmentally disabled populations operate out of MHMR's ***Family Support Services*** office in Lufkin. These services include ***Diagnosis and Evaluation,*** the entryway by which mentally retarded clients gain access to other MHMR services; ***Respite Care,*** which provides families with much-needed relief from the daily care and supervision of their special family member; ***Foster Care,*** a program dedicated to finding foster families willing to provide safe and healthy home environments for mentally retarded and/or developmentally delayed individuals; and ***Home and Community Services,*** which provide services such as initial evaluations, nursing, transportation and day programming to those mentally retarded individuals who require special assistance in order to remain in their communities.

Staff at the Family Support Services office also provide psychological and social work services for the agency's residential programs, monitor all deinstitutionalized mentally retarded individuals within the agency's service area, and offer emotional and financial support to clients and their family members. During FY1987, 544 people received assistance through Family Support Services.

Psychosocial Programs for high risk, chronically mentally ill persons are currently available at three MHMR centers in the Deep East Texas region. Participants in these programs enjoy a wide variety of activities aimed at promoting social interaction such as field trips, cooking classes and board games. Psychosocial services, which were extended to 625 people in FY1987, provide companionship, social activity and a support safety net during time of stress.

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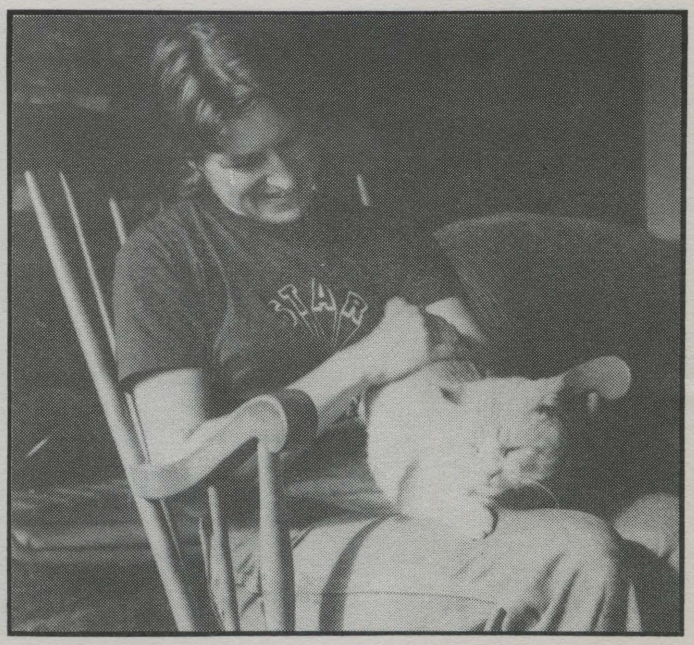
It may look like a game, but toys are the tools by which workers in MHMR's Infant Intervention Program monitor a child's developmental progress.

Our ***Infant Intervention Program*** is designed to assist families that are experiencing problems meeting the needs of their infant due to the child's ongoing health or developmental problems. A team of trained MHMR professionals assesses each child's development and develops an individualized comprehensive service plan that defines specific developmental goals. Staff work with both the infant and the parents in achieving these goals. Children must be three years old or younger to receive these services, which can include physical therapy, speech therapy, occupational therapy and nursing. IIP assisted 549 families in FY1987.

Other primarily child-oriented services provided by MHMR include the ***Kirbyville Developmental Center*** and the ***Shelby County Child Development Center.*** The Kirbyville DC is a program for mentally retarded, school-age individuals from 3 to 21 years old. The center's overall goal is to help mainstream students back into the public school system by developing their academic, prevocational and independent living skills. The Shelby County Child Development Center provides quality day-care services for low income families. The program, which accommodates up to 65 children from birth to 5 years old, is financed through a grant from the Texas Department of Human Services.

A new service, MHMR's ***Basic Skills Program,*** served 33 adults in FY1987. The program is the only one of its kind offered at Texas' community MHMR centers and is currently available in four of the 13 counties served by Deep East Texas Regional MHMR. Basic Skills addresses the special needs of low-functioning, mentally retarded adults who are incapable of reaping sufficient benefits from sheltered workshop programs (see page 9). By providing intensified training with a low staff-to-client ratio of 1 : 6 and through the supervision of the agency's educational consultant, the Basic Skills Program strives to help participants become as independent as possible by improving their motor, listening, visual and self-help skills.

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A resident of the JoAnn Fries House befriends Boots the cat. One of the benefits of the agency's residential facilities for mentally ill and retarded persons is a home-like environment.

MHMR's five ***residential facilities*** serve the mentally ill, the mentally retarded and substance abusers by providing a home-like setting wherein these individuals can achieve semi-independence and social responsibility. As in a natural family, residents are expected and encouraged to assist in household chores such as meal planning and preparation, housecleaning and yard maintenance. Staff members provide around-the-clock guidance and instruction. Clients' family members are requested to participate in program planning, and family visitation is encouraged. Jointly, MHMR residential programs accommodate 67 residents. During FY1987, 118 people utilized these facilities.

In FY1987, ***Case Management Services*** were extended to 1,072 individuals. Services focus primarily on persons with a history of multiple or long-term placements in state hospitals or state schools. Without case management services, these individuals would be at risk of readmission to state facilities. Each individual served in this program is assigned a permanent case manager who provides assistance in finding and utilizing community resources that will help the individual attain the highest level of independent functioning possible.

Outpatient Services are a key element in reducing the number of residents within MHMR's service area who receive treatment at state hospitals. Services include individual and group counseling, treatment planning, psychological testing and interdisciplinary assessments. Instruction is provided in a number of areas including stress reduction, medication compliance, nutrition requirements and the availability of community resources. In FY1987, 2,361 people benefited from outpatient treatment.

Peavy Switch Farm is a new, 48-bed, co-educational treatment facility for adult alcoholics and substance abusers. The program is set in a working farm environment where residents assist in raising crops for their own consumption and for sale to area markets. Traditional Alcoholics Anonymous orientation is combined with individual, group and family therapy, and alcohol and drug education. Peavy Switch Farm serves residents throughout the 13-county Deep East Texas region and is located on 81 acres of land approximately seven miles southwest of Lufkin.

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MHMR ***Sheltered Workshops*** employed 471 mentally retarded and 72 mentally ill individuals during the past fiscal year. Employees not only receive wages for their workshop involvement but also acquire valuable training in areas such as object identification and matching, basic use of tools, acceptable work habits and attitudes, on-task behavior, and job understanding and responsibilities. Agency workshops fulfill a variety of contracts with both local businesses and state entities. For many, sheltered workshop training is the first step towards entry, or reentry, into the competitive job market.

MHMR's ***Crisis Line*** averaged 42 calls per month in FY1987. Professional staffs at Angelina County MHMR Center and Pineywoods Regional Treatment Center man the crisis line on a 24-hour basis providing emergency screening and assessment. Staff members are capable of functioning as a crisis intervention team should the person making contact demonstrate a psychiatric safety risk. Crisis teams work in conjunction with local courts, emergency rooms and jails. The toll-free Crisis Line number is 1-800-392-8343.

Client Rights

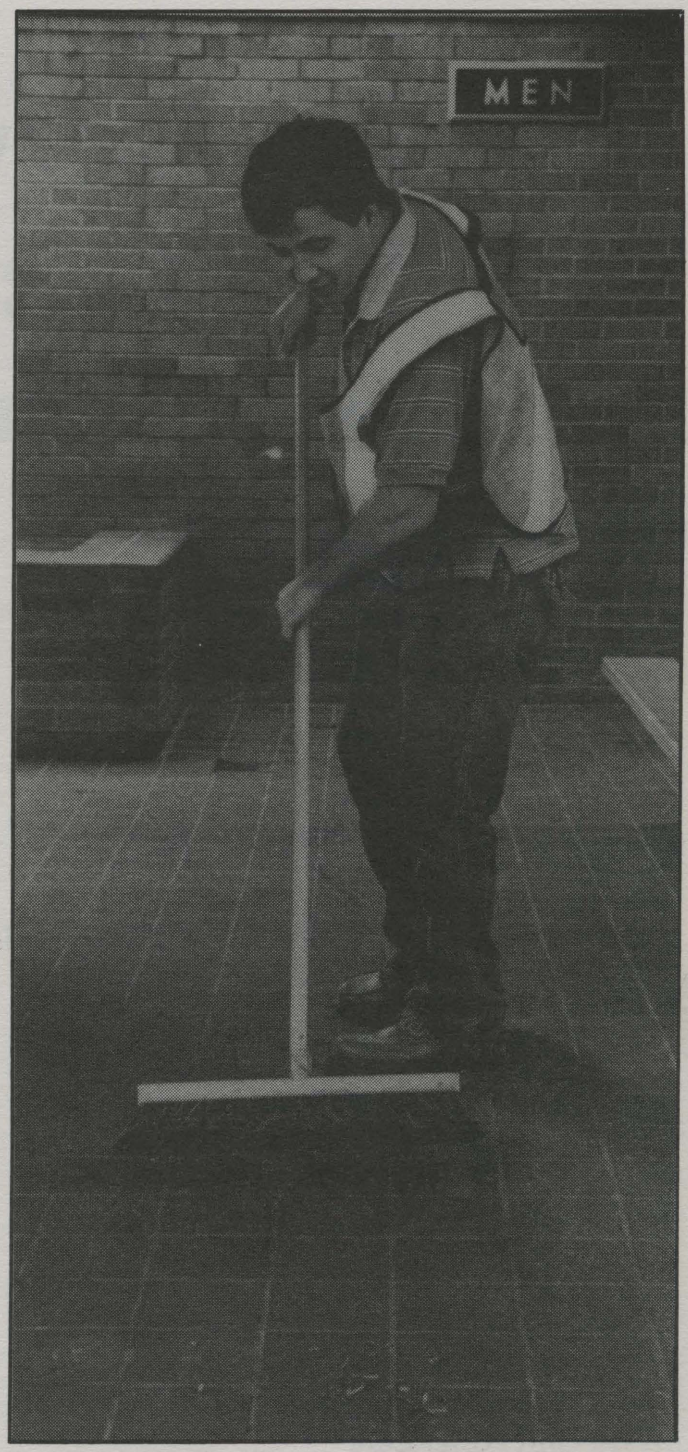
Any client, relative of a client or representative of a client who has a complaint, comment or suggestion regarding confidentiality of records, or the health, safety, welfare or legal and human rights of persons served by Deep East Texas Regional Mental Health Mental Retardation Services is invited and urged to submit them in writing to:

Chairperson
Public Responsibility Committee
P.O. Box 935
Lufkin, Texas 75901.

This committee is an independent, impartial body. None of its members are employees of MHMR.

Nondiscrimination Policy

Deep East Texas Regional Mental Health Mental Retardation Services admits, treats and employs persons without regard to race, color, national origin, age or handicap.



An employee with the Nacogdoches Sheltered Workshop cleans up at a roadside rest area. MHMR workshops in several counties fulfill litter and cleaning contracts with the Texas Department of Highways and Transportation. Sheltered Workshops provide low-stress, supervised employment for mentally ill and mentally retarded persons.

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Service Directory

CENTRAL ADMINISTRATION

Deep East Texas Regional Mental Health Mental Retardation Services
4101 South Medford Drive
Lufkin, Texas 75901-5699
(409) 639-1141

CRISIS INTERVENTION

Toll Free Crisis Line Operates 24 hrs. a day.
Dial 1-800 then 392-8343

REGIONAL SERVICES

Family Support Services
1915 Old Mill Road
Lufkin, Texas 75901-1824
(409) 639-1479
Diagnosis and Evaluation
Continuity of Care
MR Foster Care

Respite Care Services
108 Raintree Court
Lufkin, Texas 75901
(409) 639-5381

Home and Community Based Services
106 Raintree Court
Lufkin, Texas 75901
(409) 639-5380

Peavy Switch Farm
Rt. 5, Box 5000
Lufkin, Texas 75901
(409) 875-4910
Alcohol and Substance Abuse Treatment

Pineywoods Regional Treatment Center
at Memorial Medical Center of East Texas
1201 Frank Street
P.O. Box 1447
Lufkin, Texas 75901-1447
(409) 639-7590
If no answer, (409) 639-7944 or -7941
(512) 465-4651 (TDD relay)
Emergency screening and assessment
Psychiatric inpatient services

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COUNTY SERVICES

Angelina MHMR Services

Angelina County MHMR Center
403 South Chestnut Street
Lufkin, Texas 75901-4906
(409) 639-2384
- Outpatient Services
- Case Management
- Psychosocial Program
- Sheltered Workshop
- Infant Intervention

Angelina Basic Skills Unit
1915 Old Mill Road
Lufkin, Texas 75901-1824
(409) 639-1479
- Basic Skills Program

Hardin MHMR Services

Hardin County Sheltered Workshop
835 Hwy 96 South
Silsbee, Texas 77656-5809
(409) 385-7463
- Sheltered Workshop

JoAnn Fries House
190 East Avenue J
Silsbee, Texas 77656-4827
(409) 385-0822 or 385-6958
- Residential Services for the mentally retarded.

Houston/Trinity MHMR Services

Houston County MHMR Center
1401 West Austin Street
P.O. Box 1406
Crockett, Texas 75835-7406
(409) 544-8627
- Outpatient Services
- Case Management
- Sheltered Workshop
- Infant Intervention
- Basic Skills Program

Trinity County MHMR Center
Hwy. 287 Northwest
P.O. Box 309
Groveton, Texas 75845-0309
(409) 642-1633
- Outpatient Services
- Case Management
- Psychosocial Program

Jasper/Newton MHMR Services

Jasper/Newton County MHMR Center
FM 777 Northwest
Route 2, Box 317
Jasper, Texas 75951-9653
(409) 384-6864
- Outpatient Services
- Case Management
- Psychosocial Program
- Sheltered Workshop
- Basic Skills Program

Kirbyville Group Home
212 West Trout Street
Kirbyville, Texas 75956-1742
(409) 423-3671
- Residential Services for the mentally retarded.

Kirbyville Developmental Center
602 North Vallie
Kirbyville, Texas 75956-1640
(409) 423-3025
- Developmental Service

Kirbyville Sheltered Workshop
P.O. Box 1027
Kirbyville, Texas 75956-1027
(409) 423-5211
- Sheltered Workshop
- Infant Intervention

Newton Group Home
700 McMahan
P.O. Box 1146
Newton, Texas 75966-1146
(409) 379-3335
- Residential Services for the mentally retarded.

Nacogdoches MHMR Services

Nacogdoches County MHMR Center
302 South Mound Street
Nacogdoches, Texas 75961-5533
(409) 564-6605
- Outpatient Services
- Case Management
- Sheltered Workshop
- Infant Intervention

Nacogdoches Halfway House
2712 Southeast Stallings Drive
Nacogdoches, Texas 75961-7421
(409) 564-3147
- Residential Services for the mentally retarded.

Polk/San Jacinto MHMR Services

Polk/San Jacinto County MHMR Center
1114 Dogwood Street
Livingston, Texas 77351-2218
(409) 327-3786
- Outpatient Services
- Case Management
- Sheltered Workshop
- Infant Intervention

San Jacinto County Infant Intervention Program
Hwy 150 East
P.O. Box 310
Coldspring, Texas 77331-0310
(409) 653-4410
- Infant Intervention

Sabine/San Augustine MHMR Services

Sabine/San Augustine County Sheltered Workshop
124 East Columbia
San Augustine, Texas 75972-1902
(409) 275-3652
- Sheltered Workshop

Sabine/San Augustine County Infant Intervention Program
206 W. Main, Suite D
San Augustine, Texas 75972-1826
(409) 275-2458
- Infant Intervention

Shelby MHMR Services

Shelby County MHMR Center
East Loop 500 at Brown Road
Route 1, Box 378
Center, Texas 75935-0378
(409) 598-6191
- Outpatient Services
- Case Management
- Psychosocial Program
- Sheltered Workshop
- Infant Intervention
- Residential Services for the mentally ill.

Shelby County Child Development Center
East Loop 500 at Brown Road
Route 1, Box 378
Center, Texas 75935-0378
(409) 598-8277
- Daycare Program

Tyler MHMR Services

Tyler County MHMR Center
203 Willow Street
P.O. Box 217
Woodville, Texas 75979-0217
(409) 283-8171
- Outpatient Services
- Case Management
- Sheltered Workshop
- Infant Intervention

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Statement of Revenue
(Fiscal Year 1987)

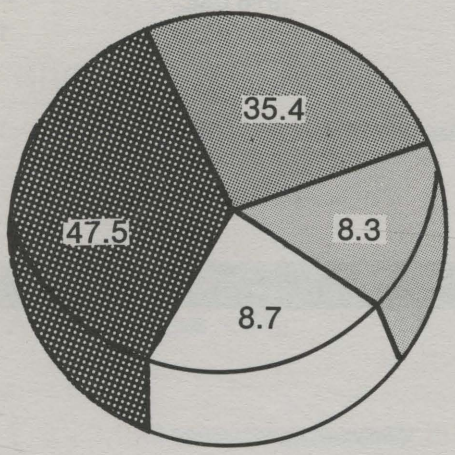
Source of Funds		Revenues
LOCAL		$2,907,138
County Tax Funds	$ 124,689	
Client Fees, Insurance	1,197,670	
Protective Services Fees (Title XX)	115,252	
ICF-MR Program (Title XIX)	511,273	
ICS-MI Program (Title XIX)	21,757	
Texas Rehabilitation Commission	19,225	
Texas Highway Department	519,164	
Foundation Grant	54,608	
Miscellaneous Income & Contributions	343,500	
TDMHYMR		$3,892,112
Contract for Services	$1,833,077	
State Hospital Patient Reduction	829,610	
State School Patient Reduction	1,217,925	
EDS	11,500	
OTHER STATE		$ 683,674
Rusk State Hospital Contract	$ 194,452	
Early Childhood Intervention Program	304,987	
Texas Department of Human Services		
Adult Day Care	20,525	
Child Day Care	149,403	
Texas Youth Council	126	
SYTEP	14,181	
FEDERAL		$ 716,936
Mental Health Block Grant	$ 460,203	
Development Disabilities Act Funds	51,010	
U.S. Department fo Agriculture	24,098	
Texas Department of Human Services		
Liaison (Title XIX)	116,135	
Children's Services (Title I)	65,490	
TOTAL REVENUE		$8,199,860

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Statement of Expenditures by Program Category
(Fiscal Year 1987)

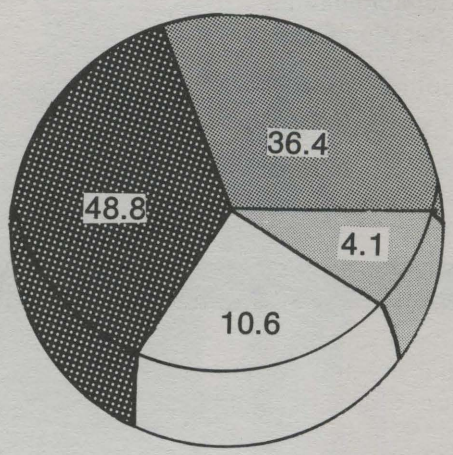
Program		Expenditures
MENTAL HEALTH		$2,772,131
Residential	$1,681,104	
Non-residential	1,091,027	
MENTAL RETARDATION		3,712,262
Residential	$ 963,059	
Non-residential	2,749,203	
CONTINUITY OF CARE/CASE MANAGEMENT		314,021
CENTRAL ADMINISTRATION		807,069
TOTAL EXPENDITURES		$7,605,483

Statement of Revenue



- Local Funds
- TDMHMR Funds
- Other State Funds
- Federal Funds

Statement of Expenditures



- Mental Health Programs
- Mental Retardation Programs
- Continuity of Care/Case Management
- Central Administration

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Summary of Revenues and Expenditures
(Fiscal Years 1986 and 1987)

REVENUES	FY1986	FY1987	% Change
Local Funds	$ 1,917,324	$ 2,907,138	51.6
TDMHMR Funds	3,286,314	3,892,112	18.4
Other State Funds	627,171	683,674	9.0
Federal Funds	731,231	716,936	−1.9
TOTAL REVENUES	$ 6,562,040	$ 8,199,860	24.9
EXPENDITURES			
Personnel	$ 3,467,422	$ 4,248,314	22.5
Travel	101,556	135,167	33.0
Consumable Supplies	324,351	408,681	25.9
Capital Outlay	209,771	248,035	18.2
Building Rent/Repair	375,664	386,025	2.7
Contracts/Consultants	1,017,097	976,086	−4.0
Other Operating Expenditures	1,012,394	1,203,175	18.8
TOTAL EXPENDITURES	$ 6,508,255	$ 7,605,483	16.8

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Client Profiles

DIAGNOSIS

Mental Health	68%
Mental Retardation	21%
Substance Abuse	4%
Developmentally Disabled	7%

SEX

Male	50%
Female	50%

AGE

0-12	14%
13-21	13%
22-64	67%
65+	5%

ETHNIC GROUP

White	70%
Black	28%
Hispanic	1%
Am. Indian	<1%

INCOME

$ 0 - 3,999	50%
$4,000 - 7,499	23%
$7,500 - 15,999	18%
$16,000 - 29,999	6%
$30,000 +	2%



Children from the Kirbyville Development Center clown around with Circus Vargas personnel.

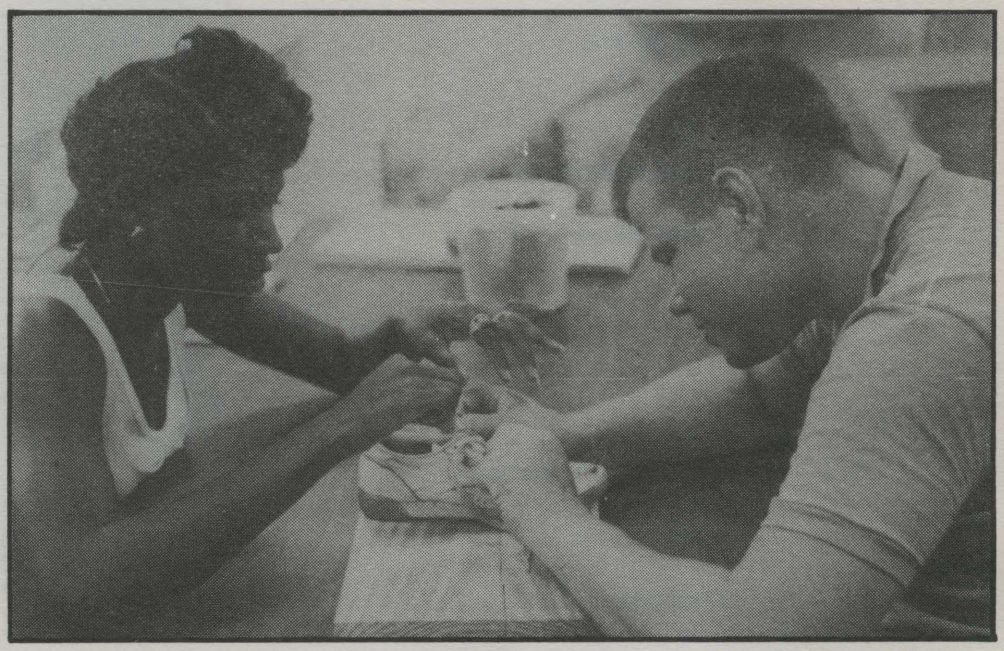
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Deep East Texas MHMR's Annual Report is a product of the agency's Special Services Office and was prepared by Sheryl Gribble. Comments or requests for additional copies should be directed to:

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(Above) A participant in MHMR's day treatment program sews the finishing touches on a craft item for Angelina MHMR's In-Season Gift Shop. (Upper right) Nacogdoches MHMR Group Home residents participate in a race at the Special Olympics. (Right) A local high school student helps a participant in Jasper MHMR's Basic Skills Unit as he practices tying shoelaces.

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