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DIRECTIONS

DEEP EAST TEXAS REGIONAL
MENTAL HEALTH MENTAL RETARDATION
SERVICES

An Equal Opportunity Employer Vol. 1 No. 1 September 27, 1974

REGIONAL SERVICE ORGANIZED

The Deep East Texas Regional Mental Health Mental Retardation Services (DETRMHMRS) is one of the newest of 27 Community Centers for Mental Health Mental Retardation located in the State of Texas. With formation of the Board of Trustees in February of 1974, this organization was launched into existence. Two planning grants from the Texas Department of Mental Health and Mental Retardation(TDMHMR) provided the funds for employment of staff, conduction of a needs assessment project as well as the writing of a Comprehensive Plan along with budgets for the fiscal year 1975 and biennium 1976-77.

DETRMHMRS plans the development of a comprehensive service delivery system which makes available a full range of mental health and mental retardation services to citizens living within the Deep East Texas region. These services will include assisting individuals in securing and maintaining maximum independence and dignity while remaining in their home environment. Efforts will be made to provide individuals with training, treatment, therapy, counseling, etc. to help them achieve their maximum potential. Special emphasis will be placed on public education and consultation concerning mental health and mental retardation with the long range goal of prevention being paramount.

REGION OF SERVICE

The programs of DETRMHMRS are available to a total population of 245,832 living in the 13-County Deep East Texas Region. This region includes the following counties: Angelina, Hardin, Houston, Jasper, Nacogdoches, Newton, Polk, Sabine, San Augustine, San Jacinto, Shelby, Trinity, and Tyler. This region encompasses an area of approximately 11,000 square miles and is classified as a poverty area by federal standards. Family income, educational level, and rate of unemployment are the circumstances which have attributed to the economic classification. These factors are being considered in program planning and development.

BOARD OF TRUSTEES

The DETRMHMRS Board is composed of nine members representing the 13 counties of the Deep East Texas region. Each member of the Board is selected by the respective County Judge and serves a two year term of office. The primary responsibilities of the Board are to form basic and general policies of operation and to insure local input in terms of program planning and local control for program operation. The Board is the legal governing body responsible for the operation of all DETRMHMRS programs.

Name	Representing
Burke, Ward R.	Angelina
Gee, George	Jasper-Newton
Gentry, W. J.	Houston
Hille, Ben	Polk-San Jacinto
Hines, Cleo	Sabine-Shelby San Augustine
Lack, Judge E.	Hardin
Mann, Judge T. D.	Tyler
Self, Rev. Jerry	Nacogdoches
Woods, V. B.	Trinity

SERVICE PROGRAMS

DETRMHMRS will provide a broad-based continuum of services in the areas of Mental Health, Mental Retardation, Drug Abuse, and Alcoholism. Mental Health programs will include outpatient, preventive, emergency, and inpatient psychiatric services. Counseling and other supportive and diagnostic services will also be available. Mental Retardation programs will include developmental centers, halfway houses, sheltered workshops, and counseling and referral services. Counseling will be provided to clients and their families along with public education programs. Alcoholism and Drug Abuse services will include follow-up for clients discharged from hospitals, public education on alcohol and drug abuse problems, counseling to families of alcoholics and drug abusers and referral for other community agencies. Payment for services will be based on a sliding fee scale directly related to the economic level of the family involved.

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ADVISORY COUNCILS

Advisory Councils are currently being formed in each of the 13 counties. These Councils will serve in an advisory capacity to the Board of Trustees as well as certain staff members. They will provide local involvement and input for DETRMHMRS programs and will assist staff and clients in the area of program enhancement and planning. Members of the Advisory Councils will serve in a public education capacity in the local community by assisting with speaking engagements; seeking ways in which to inform local citizens about mental health and mental retardation; and enlisting volunteer support.

The following Council members have been selected and approved by the Board:

Houston County

Name	Office
Dabney, Mrs. W. B.	
Hicks, J. T.	
Long, J. D.	
Moore, Mrs. Chas.	Temp. Chair.
Sanders, Oscar	
Sheridan, Neal	
Wooten, Howard	

Jasper/Newton Counties

Name	Office
Bradshaw, Landon	Chair.
Childers, Zelma	
Colvin, Lucy	
Coward, George	
Malone, P. V.	
Middleton, Valerie	Vol. Chair.
Spencer, Dr. B.	
Thomasson, Martha	
Tubb, Mary	Sec.-Treas.

Polk County

Name	Office
Cox, Ike	Sec.-Treas.
Elliot, Mrs. T. W.	Vice-Chair.
Gaylord, John A.	
Glover, Mrs. B. A.	
Hagemeier, Mrs. F.	
Mosley, Averta	
Nathaniel, Earl	
Pedigo, Sr., Joe	
Walters, Judge P.	Chair.

ADVISORY COMMITTEES

The Board of Trustees is currently selecting Regional Mental Health, Mental Retardation, Chemical Dependency, and Medical Advisory Committees. These Committees will be chosen from interested professionals and consumers in the region and will serve in an advisory capacity to the Board and selected staff members in the above mentioned program areas. These Committees will elect their own officers and meet on a regular basis to assist in the program planning process.

Members selected for the Mental Health Committee are as follows:

Name	County
Bertrand, Mrs. J. T.	Jasper
Cardwell, Dr. Billie	Angelina
Elliot, Marilyn	Polk
Kimbrough, Martha	Tyler
Lewis, Dr. John T.	Nacogdoches
Moore, Mrs. Charles	Houston
Plane, Lucille	Trinity

Mental Retardation Committee members are:

Name	County
Beaver, W. W.	Angelina
Bradshaw, Landon	Jasper
Gaylord, Patsy	Polk
Morrison, Dr. Earl	Nacogdoches
Shumate, Rev. Roger	Tyler

Members selected for the Chemical Dependency Committee are as follows:

Name	County
Braun, Don	Polk
Knight, Tom	Tyler
Mc Dermott, Jim	Angelina
Pace, Gerald	Jasper
Vann, Raymond	Nacogdoches

Medical Advisory Committee members are:

Name	County
Gilchrist, Dr. John	Tyler
Gonzalez, Dr. Waldo	Houston
Llanes, Dr. Carlos	Polk
Richardson, Dr. Bob	Trinity

Additional committee members are being selected and organizational meetings for these groups will be held in the very near future.

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ALCOHOLISM IN DEEP EAST TEXAS

During the fiscal year 1973, there were approximately 600 admissions to the Rusk State Hospital from the Deep East Texas region. Approximately 300 of these admissions were due to alcoholism and/or drug abuse. The following questionnaire has been developed by John Hopkins University Hospital, Baltimore, Md., and is used as a part of the process in determining if a patient has an alcoholism problem.

DO YOU HAVE AN ALCOHOL PROBLEM?

Do you lose time from work due to drinking?

Is drinking making your home life unhappy?

Do you drink because you are shy with other people?

Is drinking affecting you reputation?

Have you ever felt remorse after drinking?

Have you gotten into financial difficulties as a result of drinking?

Do you turn to lower companions and an inferior environment when drinking?

Does your drinking make you careless of your family's welfare?

Has your ambition decreased since drinking?

Do you crave a drink at a definite time daily?

Do you want a drink the next morning?

Does drinking cause you to have difficulty in sleeping?

Has your efficiency decreased since drinking?

Is drinking jeopardizing your job or business?

Do you drink to escape from worries or trouble?

Do you drink alone?

Have you ever had a complete loss of memory as a result of drinking?

Has your physician ever treated you for drinking?

Do you drink to build up your self-confidence?

Have you ever been to a hospital or institution on account of drinking?

If you have answered YES to any one of the questions, there is a definite warning that you may be an alcoholic.

If you have answered YES to any two, the chances are that you are an alcoholic.

If you have answered YES to three or more, you are definitely an alcoholic.

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REFLECTIONS

The initial and subsequent issues of DIRECTIONS will be an effort on the part of the Board and staff of DETRMHMRS to keep citizenry of the Deep East Texas region informed about programs, plans, and activities of this organization. This publication is an attempt to convey to interested individuals, community leaders, and concerned groups, the purposes and goals of DETRMHMRS. It is hoped that DIRECTIONS can help stimulate interest in the area of mental health and mental retardation including the formation and maintenance of an active volunteer program.

Volunteers are viewed as an essential component to the successful operation of our programs. In addition to direct service to clients, an active volunteer service program provides motivation to staff members and information to the general public about mental illness and mental retardation. Also, volunteers often receive immeasurable personal rewards by serving individuals who are often greatly assisted by "a friend" interested in their welfare.

Wayne Lawrence, Ph. D.
Executive Director

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The Deep East Texas Regional Mental Health Mental Retardation Services operates in compliance with the Civil Rights Act of 1964, as amended, and Executive Order 11246, as amended.

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Please address correspondence to: DIRECTIONS, Deep East Texas Regional Mental Health Mental Retardation Services, Post Office Box 592, Lufkin, Texas 75901