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MH MR SERVICES

DIRECTIONS

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DEEP EAST TEXAS REGIONAL MHMR SERVICES

Vol. 7, No. 6 | *An Equal Opportunity Employer and Care Provider* | July-August, 1981



MHMR Board Members - (from left to right) Rev. Robert Carter, Dr. Nancy Speck, R.B. Hille, V.B. Woods, Ward R. Burke, Judge Allen Sturrock, George E. Gee. Board Members not pictued are Agnes Rhodes and Perry Sampson.

Board Elects Officers

At the meeting held August 25, 1981, the Board of Trustees of the Deep East Texas Regional MHMR Services re-elected V.B. Woods of Trinity County, as Chairman of the Board. Other officers re-elected include Judge Allen Sturrock of Tyler County as Vice-Chairman, R.B. Hille representing Polk and San Jacinto counties as Secretary, and Dr. Nancy Speck of Nacogdoches County as Treasurer.

The Board of Trustees serves as the governing body for MHMR and its members are appointed by the commissioners courts of the thirteen counties comprising the Center's service region. Other Board members include George E. Gee representing Jasper and Newton counties, Perry Sampson representing Shelby, Sabine and San Augustine counties, Rev. Robert Carter of Hardin County, Ward R. Burke of Angelina County, and Agnes Rhoder of Houston County.

Dr. Barron Elected Chairman

At the August 18, 1981 meeting, Dr. Verna L. Barron was re-elected Chairman of the Regional Professional Advisory Committee. Dr. Barron, a professor in the Psychology Department at Stephen F. Austin State University, has served as chairman of this committee for the past two years. Mr. Clyde Machen, Probation Officer for Houston County, was re-elected as Vice-Chairman of the committee.

The Professional Advisory Committee was formed to provide input to the Board of Trustees from area professional on the present and projected services offered by the Center. The committee makes recommendations to the Board on programmatic needs and priorities.

Other members of the Professional Advisory Committee are Mr. W.M. Beaver, Rev. J.B. Mark, Mr. Gerald Pace, Mr. James Duncan, and Dr. Bill Kistler.

Attention MHMR Volunteers

The Fifth Annual Volunteer Recognition Banquet will be held on Tuesday, October 27th at the Lufkin Civic Center. Invitations will be mailed approximately three weeks ahead of time to Advisory Council members, Regional Committee members, and volunteers who have donated time during 1981.

Featured speaker at the banquet this year will be Dan McBride, a humorist from Jacksonville, Texas. A group of clients from Hardin County, under the direction of Yvonne Neyland, will provide musical entertainment at the banquet.

At the banquet, awards will be given to those volunteers who have reached their first 100 hours of volunteer service this fiscal year. There will also be awards given to several volunteers who have reached 500 hours this

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year, and one award will be given for 3,500 hours.

During FY 1981, the Volunteer Program has had more than 350 volunteers donate over 15,000 hours of volunteer time. The Annual Recognition Banquet provides staff and community members a chance to show their appreciation for those volunteers who have given so freely of their time.



Mrs. Debbie Taylor, M.A. will teach Effective Parenting class.

Parenting Class Offered

Parenting is probably one of the most difficult and demanding jobs a person will ever have, yet we are expected to assume the role of a parent with little or no formal training. Parents usually are blamed for their children's problems, but with no training they are forced to use a trial and error approach and to learn by their mistakes. A trial and error approach is ineffective.

It has been demonstrated that parents can significantly increase effectiveness in parenthood through formal training. Parents can learn specific skills and techniques which will enable them to improve their communication with their child, to resolve parent-child conflicts, and to build a strong relationship based on mutual love and respect.

A 6-week class on EFFECTIVE PARENTING will be taught at Angelina College by Mrs. Debbie Taylor, M.A., a staff psychologist at the Angelina County Outpatient Clinic. The class, which will begin on September 14, will meet on Monday and Thursday nights from 6:00 until 8:00 P.M. The class will be cosponsored by MHMR and Angelina College and will be offered in the public free of charge. Parents interested in enrolling in the class should contact the Angelina County Outpatient Clinic at 639-2384 before September 10.

Clients Rights

The Public Responsibility Committee will accept complaints regarding abuse and denial of right for mentally retarded citizens. Mail to P. O. Box 935, Lufkin, Texas 75901.



Mae Spencer honored as Employee of the Quarter.

Employee Of The Quarter

Mae Spencer has been selected as MHMR's Employee of the Quarter for the fourth quarter of Fiscal Year 1981. Mrs. Spencer works in Lufkin as a secretary for the Mental Retardation and Residential programs. She was employed by the Center on April 1, 1980.

Her job duties include providing clerical support to the Diagnosis and Evaluation team, the Director of Residential Programs, and the Director of MR Adult Programs. In addition, Mrs. Spencer assists in handling the mail, processing client data forms, and acting as receptionist for the program offices. Her supervisor, Dave Davis said, "Mae Spencer has assumed a wide variety of tasks and handles them very well. She highly deserves being recognized as Employee of the Quarter."

The Texas Council Works For Community Centers

The Texas Council of MHMR Centers, Inc. was organized in 1976 with a two-fold purpose: to educate and inform Board members and to work with elected officials to make them aware of the achievements and problems of Community MHMR Centers. The Council has conducted several training sessions for Boards of Trustees which have enhanced the Boards' functioning at the local level.

During the 67th Legislative Session, the Texas Council was very effective in working with elected officials and State agencies in providing information regarding Community Centers. As a result of the Council's efforts and leadership, a number of favorable bills for Centers were adopted.

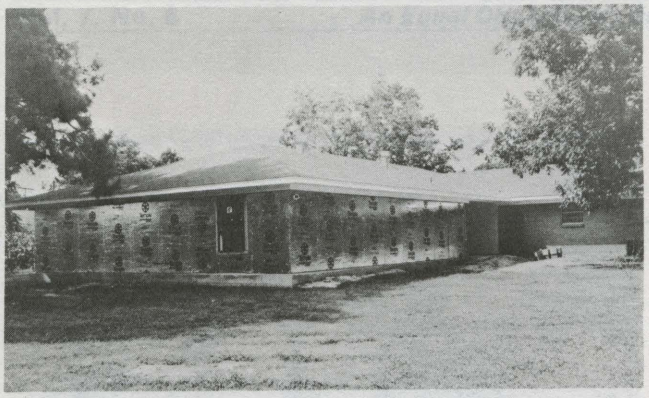
At their July meeting, the Deep East Texas MHMR Board of Trustees passed a resolution of appreciation

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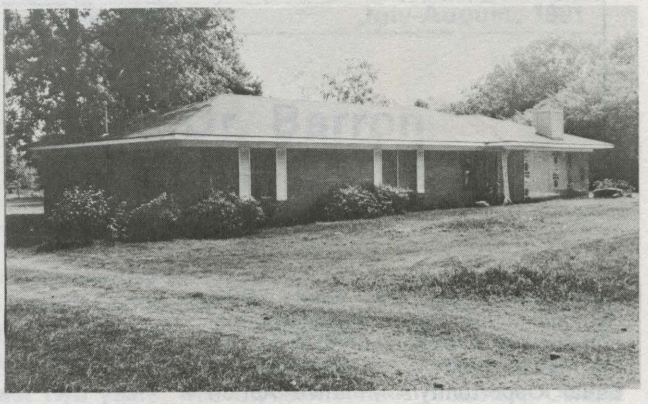
for the Texas Council recognizing the Council's many accomplishments. Copies of this resolution have been forwarded to the Governor, the Lieutenant Governor, the Speaker of the House, members of the East Texas Delegation as well as the members of the Texas Board of MHMR.

The Texas Council is looking ahead to plan how it can further improve the provision of community MHMR services in Texas. The following is an excerpt from the Council's publication, "The Curriculor", which describes the Council's focus for the decade to come.

"Looking into the future, the fact that more than 99 percent of the mentally disabled people of Texas will continue to reside with their families and in the communities makes it imperative that these families receive equitable assistance. It is obvious that institutional care cannot replace Texas families as primary sources of support and learning for the mentally disabled. Current and past MHMR funding allocations have devoted 90 percent of State money to treating less than one percent of those people with mental disabilities. It is necessary that this pattern be broken and that Texas MHMR services enhance the abilities of families to support their mentally disabled members who can best be served by Community Centers and thus remain with their families rather than attempting to replace the families' role with institutional care. This is the central issue that will direct Council efforts throughout the eighties."



A bedroom wing is added to the rear of the new Halfway House.



New Nacogdoches Halfway House facility undergoes renovation.

Move Planned For Nacogdoches Halfway House

Pineywoods Mental Health, Inc. has recently purchased a facility to be the future home of MHMR's Nacogdoches Halfway House for mentally retarded women. The building, located at 2712 East Stallings Drive in Nacogdoches, is undergoing renovation with construction due to be completed by September 1, 1981.

The remodeling adds four bedrooms, three bathrooms, and a gameroom to the existing house. According to Dave Davis, Director of MHMR's Residential Programs, the new facility will meet stringent fire and safety code requirements and will be fully accessible to handicapped persons. The new facility is provided to MHMR by Pineywoods Mental Health, Inc. who used private contributions to purchase and renovate the building.

The Nacogdoches Halfway House is a community based, alternate living facility for mentally retarded women from the thirteen county Deep East Texas Region. Clients are accepted from both State Schools and the community and the present program will accomodate ten residents.

The overall objective of the program provided at the Nacogdoches Halfway House is to provide clients with the personal, social, and vocational skills necessary for independent living in the community. Training in such skills as money management and budgeting, shopping and purchasing is provided as well as instruction in basic academic subjects. Each resident is taught to maintain her own room and clothing and shares in the cooking, cleaning, and yard duties at the house.

MHMR provides 24 hour, seven days a week supervision for residents at the halfway house. Staff members work with the clients to enhance their personal and social adjustment skills. During the day, clients receive prevocational counseling and work either at the MHMR's Nacogdoches County Sheltered Workshop or in competitive jobs in the community.

Recreational activities are also an important part of the halfway house program as they teach the clients constructive use of leisure time. Activities include attendance at church services, picnics, parties, movies, bowling, camping, and participation in the City of Nacogdoches recreation program.

Living and training at the Nacogdoches Halfway House is the final step before independent living in the community. One client recently graduated to an independent living situation. "She has her own apartment and a job now," states Nancy Jones, Unit Director at the Nacogdoches County Halfway House. "She is on her own and we all feel very proud."

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Lisa Blackburn
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Wayne Lawrence, Ph.D., Executive Director
Susan Rushing, Editor

A product of the Consultation and Education Services Program.

Centers Benefit From Legislative Session

The regular session of the 67th Texas State Legislature adjourned in Austin this summer after taking action on several bills that will benefit Community MHMR Centers. One of the major items passed was Senate Bill 791, the Continuity of Care legislation. This measure emphasizes the Community Centers' role in providing care to the mentally disabled citizens of Texas as an alternative to treatment in large state residential facilities. It authorizes Centers to provide screening services for both voluntary and involuntary commitments to State hospitals and to participate in joint discharge planning to assure continuity of care. Aftercare will be an important function of Centers and these efforts may be made easier by the passage of Senate Bill 152 which authorizes the transfer of client records between Centers and state institutions.

The Legislature also approved Senate Bill 154 which will allow Centers to purchase real property. A companion piece, Senate Bill 310 which would authorize the State to build facilities for Centers, did not reach the floor but has a good chance of passage in 1983. Another measure that will benefit Centers is Senate Bill 391. This bill will let a Center avoid duplicate audits from State agencies by permitting the Center to request one single, combined audit.

The Legislature's actions on the appropriations bill will have an effect on Centers for the next two years. While Centers did not receive the level of funding for which they had advocated and that the Legislative Budget Board did not recommend, the appropriations for 1982-1983 are more than that of the last biennium. For most Centers, however, this increase is offset by decreases in other funding sources, primarily federal grants. Most Centers face status quo funding in a time of rising costs and their challenge lies in continuing to provide quality services with limited resources. Actions taken by the 67th Legislature will benefit local Centers by allowing them ways to increase their efficiency and effectiveness in providing MHMR services.

Toll Free Crisis Line - - - 1-800-392-8343