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STATE OF IOWA
1961



*The Challenge Of
Mental Health In Iowa*

FIFTH BIENNIAL REPORT

Ending June 30, 1961

IOWA MENTAL HEALTH AUTHORITY

Psychopathic Hospital

Iowa City, Iowa

Published by
THE STATE OF IOWA
Des Moines

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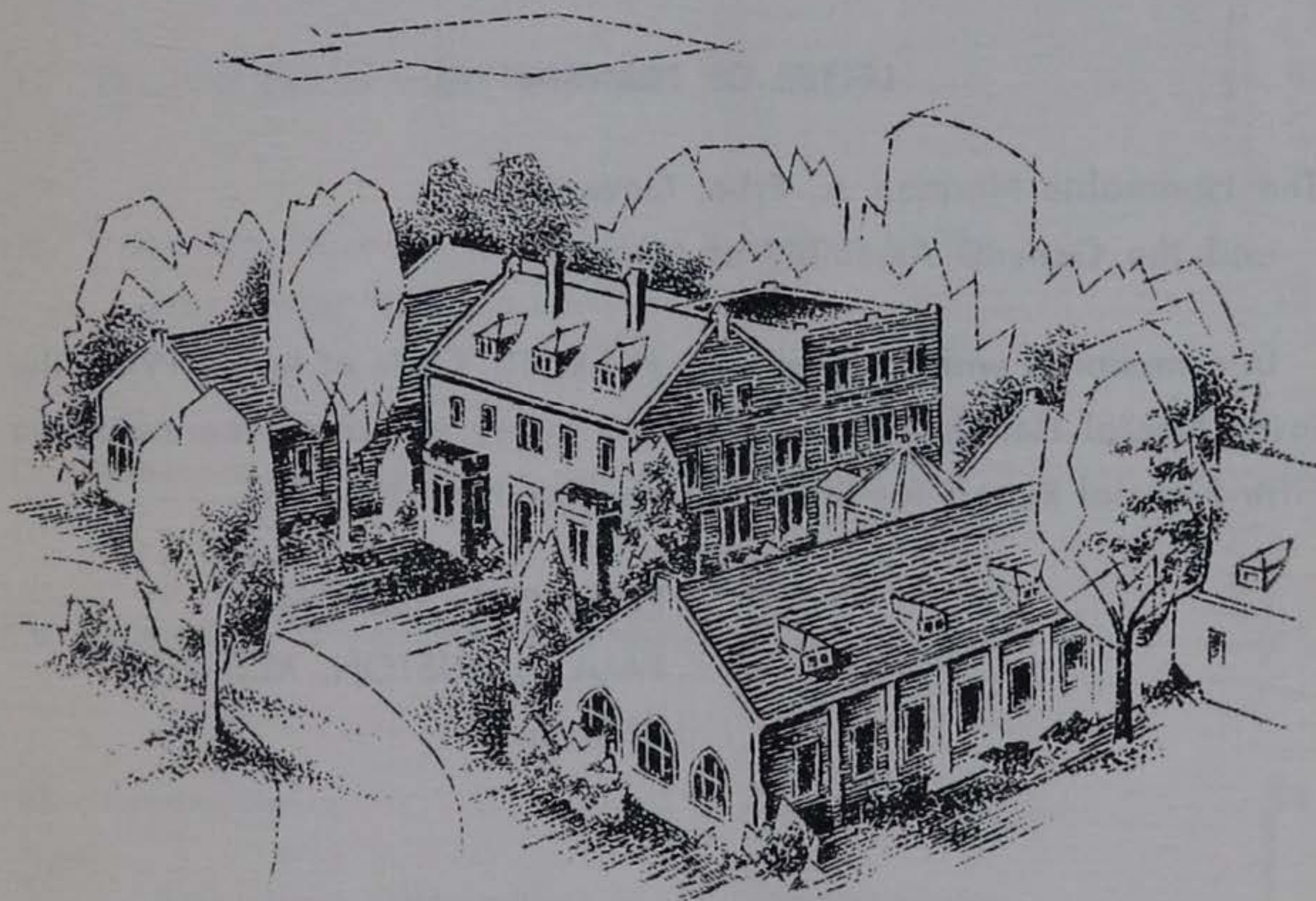
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State of Iowa
1961

HONORABLE NORMAN A. ERBE, Governor



*The Challenge Of
Mental Health In Iowa*



**Psychopathic Hospital
Iowa City, Iowa**

IOWA MENTAL HEALTH AUTHORITY

PAUL E. HUSTON, M.D.

DIRECTOR

Psychopathic Hospital

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LETTER OF TRANSMITTAL

The Honorable Norman A. Erbe, Governor,
and the General Assembly of Iowa

In compliance with Chapter 353, H.J.R. 10, Code of Iowa, 1947, the Iowa Mental Health Authority has the honor to present herewith the Fifth Biennial Report for the period ending June 30, 1961.

Respectfully submitted,
PAUL E. HUSTON, M.D.
Director

Table of Contents

	Page
Foreword	4
I. The Nation's Mental Health	5
II. The Iowa Mental Health Authority	7
III. Community Mental Health Centers Sponsored by the Iowa Mental Health Authority	12
IV. Financial Statement	48
V. Community Psychiatric Resources	49
VI. Appendices	54
Appendix A. Publications of the Joint Commission on Mental Illness and Health	54
Appendix B. National Institute of Mental Health, Bethesda, Maryland	55
Appendix C. Mental Health Pamphlet List	56
Appendix D. Mental Health Film List	59

Foreword

The Honorable Norman A. Erbe

Governor of Iowa

The Mental Health Movement in Iowa continues to show vigor. More treatment is available in the state mental hospitals under the Board of Control. The program for training and research at the Psychopathic Hospital has been revitalized and expanded. The number of psychiatrists in private practice has grown. The public is thinking more and more about community mental health clinics. Though these clinics are of special concern to the Iowa Mental Health Authority, since it helped sponsor them, they are also the joint concern of local communities and private psychiatrists. Their financial base is in the local community; they are locally managed and operated. The psychiatrist who is the director, is also in private practice part-time. In this way patients who are unable to pay for private care have mental health services available; those who desire or prefer private care can also receive it.

The Mental Health Authority also carries on public education through speakers, booklets, TV programs and films. In the past year, as an example, there were over 1,000 showings of films on mental health topics. Training of personnel and research projects are also promoted.

We hope those interested in mental health can acquire more information on the scope of the program from this report.

Cordially yours,

Paul E. Huston, M.D.

Director

Iowa Mental Health Authority

January, 1962

Chapter I

THE NATION'S MENTAL HEALTH

The challenge of mental health is proclaimed in the National Mental Health Act, "the improvement of the mental health of the people of the United States."

The challenge of mental health is made up of many challenges; one of which is to evaluate progress; to look back upon what has been done, to examine what is being done, and to look ahead and consider what should be done to improve the mental health of our citizens.

The National Mental Health Act

World War II served to stimulate a demand for more attention to mental illness after many young men were rejected for military service because they were "mentally unfit."

In 1946, the Federal government for the first time, recognized mental illness as a national problem when the United States Congress passed the National Mental Health Act.

(Public Law 487—79th Congress)
(Chapter 538—2d Session)
(H.R. 4512)

AN ACT

To amend the Public Health Service Act to provide for research relating to psychiatric disorders and to aid in the development of more effective methods of prevention, diagnosis, and treatment of such disorders, and for other purposes

Be it enacted by the Senate and House of Representatives of the United States of America in Congress assembled, That this Act may be cited as the "National Mental Health Act."

PURPOSE

Sec. 2. The purpose of this Act is the improvement of the mental health of the people of the United States through the conducting of researches, investigations, experiments, and demonstrations relating to the cause, diagnosis, and treatment of psychiatric disorders; assisting and fostering such research activities by public and private agencies, and promoting the coordination of all such researches and activities and the useful application of their results; training personnel in matters relating to mental health; and developing, and assisting States in the use of, the most effective methods of prevention, diagnosis, and treatment of psychiatric disorders.

The National Institute of Mental Health

The National Mental Health Act created the National Institute of Mental Health, as one of the National Health Institutes at Bethesda, Maryland. These Institutes are administered under the Department of Health, Education and Welfare, U. S. Public Health Service, and comprise with the U. S. Naval Hospital, the largest medical research center in the world. (For personnel see Appendix B.)



National Institutes of Health
Bethesda, Maryland

The National Mental Health Act also provided funds for research, for training of mental health personnel, and for helping states develop "the most effective methods of prevention, diagnosis, and treatment of psychiatric disorders." To qualify for these funds, the Iowa General Assembly in 1947 designated Psychopathic Hospital, through its director, as the Iowa Mental Health Authority. Thus, Iowa began the expansion of a program directed toward the early recognition and treatment of persons suffering from mental illness and emotional disturbances through Mental Health Centers in local communities.

The Joint Commission on Mental Illness and Health

Mental illness is a continuing problem to the Federal government. In 1955, Congress appropriated funds to the Joint Commission on Mental Illness and Health to make studies and recommendations concerning the nation's mental health. The Commission's reports (see Appendix A) are being discussed by many national organizations.

Chapter II

THE IOWA MENTAL HEALTH AUTHORITY

The Iowa Mental Health Authority is the State's official channel for developing community mental health services under the provisions of the National Mental Health Act. Established by legislation on April 8, 1947, the Iowa Mental Health Authority is under the direction of Paul E. Huston, M.D., Director of Psychopathic Hospital, Iowa City, Iowa. The legislature also created the Mental Health Hygiene Committee. ✓

Mental Health Hygiene Committee

The Mental Health Hygiene Committee is responsible "for formulating policies, directing projects and disbursement of funds." Its members are:

Paul E. Huston, M.D., Director, Psychopathic Hospital, Iowa City, Chairman
Edmund G. Zimmerer, M.D., Commissioner, Iowa State Department of Health,
Des Moines
James O. Cromwell, M.D., Director, Mental Institutions, Board of Control,
Des Moines
Jim O. Henry, Board of Control, Des Moines
H. C. Merillat, M.D., Medical Director, Hillcrest Hospital, Des Moines

When first established, the Central Office was located in Des Moines. On April 1, 1960, the office was moved to the campus of the State University of Iowa, Iowa City. On January 10, 1962, the office moved to 2nd floor, Psychopathic Hospital, Iowa City.

Considering the many services available through the Authority, the employed staff has remained comparatively small.

(Mrs.) M. Opal Fore, Executive Director
Verne R. Kelley, Psychiatric Social Work Consultant
Bill Mackey, Statistician
(Mrs.) Lorna McCord, Chief Secretary
(Mrs.) Kay Kober, Audio-Visual Secretary
Susan Cornick, Information Secretary

Although the State of Iowa makes no direct appropriation to the Iowa Mental Health Authority, through Psychopathic Hospital there are many state financed services provided. The office is located rent free in Psychopathic Hospital. Paul E. Huston, M.D., is the Director of the Program and Everett W. Colbert, Administrative Associate, is the Fiscal and Personnel Agent.

Support

Federal Funds:

The Iowa Mental Health Authority has continued to operate since it was established with support from federal funds administered by the United States Public Health Service, Department of Health, Education, and Welfare. Washington, D.C.

The following allocations of federal funds have been made:

Year Ending	Total
June 30, 1948	\$57,000.00
June 30, 1949	75,299.94
June 30, 1950	76,730.90
June 30, 1951	61,195.48
June 30, 1952	52,679.91
June 30, 1953	51,094.76
June 30, 1954	36,784.33
June 30, 1955	35,712.94
June 30, 1956	45,600.00
June 30, 1957	64,261.72
June 30, 1958	60,100.00
June 30, 1959	63,953.05
June 30, 1960	75,917.01
June 30, 1961	91,531.00
June 30, 1962	92,927.55
Totals	\$940,788.59

Thus far, from federal grants, Iowa has received nearly one million dollars (\$940,788.59) for Community Mental Health Services.

The Program of the Iowa Mental Health Authority

The community mental health program of the Iowa Mental Health Authority has emphasized early treatment through Community Mental Health Centers (See Chapter III), state office consultation, staff meetings, mental health education, school mental health (Preventive Psychiatry in Public Schools), training, and statistical services.

State Office Consultation

The Iowa Mental Health Authority staff provides consultation by visiting Centers, exchanging information and discussing plans and problems. The psychiatric social work consultant distributes his duties between the central office and the Centers. Medical directors of the Centers also confer with Paul Huston, M.D. In order to strengthen the total community mental health program, it is planned to appoint a psychiatrist as Director - Psychiatric Community Services.

Staff Meetings

Another function of the Iowa Mental Health Authority is to conduct meetings for the boards and staffs of the Community Mental Health Centers. The meetings develop policy on such issues of Finance, Legislation, and Center Services.

During 1960 and 1961, staff meetings were held to deal with the challenge of post-hospital care. First, the Centers' staffs and board members met to air problems in providing Center services for patients who had returned home from Iowa's state hospitals. The Centers felt that in many instances communication and coordination with the state hospitals needed strengthening; and that a meeting with the state hospitals' staffs would be constructive. The Iowa Mental Health Authority then sponsored a joint meeting of the Centers and state hospitals which clearly demonstrated a strong interest for improving coordination, and a need for individual Centers and hospitals to meet and deal with specific problems.

Each state hospital arranged to meet with the Centers in its area where specific proposals were adopted. Then another state-wide meeting was sponsored by the Iowa Mental Health Authority which served to crystalize the new patterns of coordination

and communication. These plans will improve the patient's chances for recovery, helping to ease his transition from home to hospital and back again to the local community.

It is planned to call these meetings annually so that the good progress can be continued and strengthened.

Mental Health Education

The objective of mental health education is to inform the public about the facts of mental illness so that financial resources can be provided to develop better facilities, hire more mental health personnel, and to support research.

Speakers

Speakers have been provided for many institutes and workshops for Federated Women's Clubs, Women's Division of the Farm Bureau, American Association of University Women, nurses, teachers, and other lay and professional groups.

Audio-Visual Media

Pamphlets and Library

The Authority distributes 17,000 pamphlets annually on such subjects as child development, mental retardation, life adjustment, and a wide variety of mental health subjects. (See Appendix C).

A library of mental health books and publications is available for the professional staff of the Mental Health Centers, and Central Office.

Films

Shown at more than 1,000 meetings annually are such films as "Angry Boy", "Breakdown", "Man in Shadow" and more technical teaching films. (See Appendix D.)

Television Series

The Iowa Mental Health Authority, in cooperation with the Iowa Congress of Parents and Teachers and the Iowa Association for Mental Health, sponsored a series of thirteen educational television programs on mental health. The first series "The Child's Mental Health" was shown over WHO-TV, Des Moines, KVTV-TV, Sioux City, WOI-TV, Ames, and WMT-TV, Cedar Rapids. The series, "The Family Mental Health", with 30 minute auditions, will be shown also.

Introducing these programs are Paul E. Huston, M.D., Director, Iowa Mental Health Authority, and Raph H. Ojemann, Ph.D., Child Welfare Research Station, State University of Iowa, both professionals in the field of mental health.

Films furnished by the Iowa Mental Health Authority cover such topics as child development, problems of adolescents, symptoms and fears of mental illness, and illustrate the value of community clinics in treatment of children.

Preventive Psychiatry in Public Schools

The Iowa Mental Health Authority has made annual grants to this program which is under the direction of Ralph H. Ojemann, Ph.D., Child Welfare Research Station, State University of Iowa, Iowa City, Iowa.

Regarding this program, Dr. Ojemann states, ". . . public school classroom teachers are trained in the application and teaching of mental health principles. The effects of equipping the child with a 'causal or mental health approach' to his social environment are studied. Relations have been developed with several public school systems for equipping classrooms with teachers trained in applying mental health principles in their daily work in the classroom and teaching the child to use such principles in his

relations with his social environment. Summer workshops are provided for training teachers and preparing teaching materials."

The grants from the Iowa Mental Health Authority have made it possible to provide a limited number of scholarships for teachers and school administrators from many states to attend the summer workshops and become familiar with the most recent developments in this area.

As evidence of this project's original and unique contribution to Psychiatry and Education, it was endorsed by the Group for the Advancement of Psychiatry of the American Psychiatric Association, National Institute of Mental Health, and National Education Association, with visitors from foreign countries. Support has come from the National Institute of Mental Health, Graduate School of the State University of Iowa, Iowa Mental Health Authority, and a substantial sum from the Grant Foundation.

"First Lessons" produced by the Mental Health Film Board, and financed by the Iowa Mental Health Authority, features life in the schoolroom where these principles are taught.

In the last few years, three "Institutes on Preventive Psychiatry" with speakers of international renown, have been held at the State University of Iowa. The Committee on Preventive Psychiatry and the Iowa Child Welfare Research Station have interested such sponsors as the Regional Research Conference of the American Psychiatric Association, the Iowa Mental Health Authority, the Grant Foundations, Inc., and the Maytag Foundation.

Accredited Training

One of the most serious handicaps in combating mental illness is the marked shortage of professionally trained personnel.

Since the passage of the National Mental Health Act (1946) the Division of Community Services of the National Institute of Mental Health has made grants to training institutions to pay salaries, hire additional instructors, and to purchase training equipment. In Iowa, such grants are being received at the State University of Iowa by the Department of Psychiatry, Graduate School of Social Work and the Graduate School of Psychology.

In addition to grants to training institutions, the National Institute of Mental Health provides a number of training stipends for graduate students in psychiatry, clinical psychology, psychiatric social work, and psychiatric nursing. These stipends are administered by the training institutions. Such stipends are available in Iowa.

The Iowa Mental Health Authority has a limited number of training stipends for graduate students in the mental health disciplines. Twenty-one stipends have been granted to two psychiatrists, fifteen psychiatric social workers, two psychiatric nurses, one psychologist, and one statistician.

Under the aegis of Preventive Psychiatry in Public Schools, it is estimated three thousand teachers have attended the annual workshops for which university credit is given.

Non-Accredited Training

Special Summer Institutes

For the past several years the Iowa Mental Health Authority has sponsored Special Institutes for the staff members of the various Mental Health Centers.

Annually a clinical psychologist from the staff of one of the Community Mental Health Centers is sent to the Conference of Chief Psychologists.

During the current year (1961) eight psychiatric social workers, two clinical psychologists, and one psychiatric nurse attended these institutes.

Statistical Services

Statistical services have been an important function of the Iowa Mental Health Authority since 1953, and a full-time statistician was employed during the past year. Patient information such as source of referral, diagnosis, and extent of improvement, is sent from each Center to the statistician. The data is transferred to IBM cards, tabulated and is prepared for publication. (See Chapter III on Statistical Reporting.) The data is also sent to the National Institute of Mental Health and is incorporated in the publication "Outpatient Psychiatric Clinics."

Chapter III

COMMUNITY MENTAL HEALTH CENTERS

Sponsored by

THE IOWA MENTAL HEALTH AUTHORITY

Iowa has twelve Community Mental Health Centers and there is interest in other localities. Since the first Center was established, 14,852 patients have come to the Centers. In the past three years there has been an increase of six psychiatrists, four psychologists, and seventeen qualified psychiatric social workers. These Centers are open full-time and are now staffed by nineteen psychiatrists, thirty psychiatric social workers, seventeen clinical psychologists, and 23 secretaries. Thus, skilled professional help, offering a variety of services, is readily available to nearly half of Iowa's population. More important, this help is just a few minutes away, and does not require an extended absence from home and employment.

Of every dollar spent for Community Mental Health Centers, 88c is from local sources. Thus, a community is able to make a demonstrable contribution to its own welfare. Community services are often able to treat mental illness in its formative stages and therefore prevent much of the expense of prolonged treatment away from home and the heartache of a disabling mental illness.

The map shows the location of each Center and area served. (See Chart I, page 17) Of Iowa's 2,757,537 residents, 43.8% live within the counties shown in color. From July 1, 1960, to June 30, 1961, 4,278 persons were seen in these Centers; almost half were under eighteen. It is impossible to estimate how many wives, husbands, or children were also benefited.

Boards of Directors

The Boards of Directors are the bulwarks for the mental health centers; staff may change but the Boards remain steadfast. They are the representative citizens of high integrity, consecrated to mental health. It is no accident that three of the presidents are ministers, one a physician, one a psychiatric nurse, the others come from industry, business or the professions. The treasurers are chiefly bankers. A member of the Board of Supervisors from each county always serves on the Board of Directors.

The Boards' chief functions are interpreting the program to the community, securing financial support and keeping the staff informed on community developments and resources.

Multi-County Units

Seven Centers service only one county each; but in the more recently organized Centers other counties affiliate. One Center covers two counties; two cover three counties, one five counties, and another eight counties. See Map of Iowa, page 17.

The County Council

As the Center expands, public relations become more complicated. Working with five or eight Boards of Supervisors and other community resources becomes a challenge to any staff. Each affiliating county should have a small Mental Health Council, selected by the Board of Directors and staff.

This Council is responsible for assessing the mental health needs and resources in their county and to act as liaison for the staff.

Consultation

Centers covering more than one county may designate a "Consultant" from any of the disciplines who will work with the County Mental Health Council. In one Center the Consultant visits each county once a week.

Support

Community Mental Health Centers, are, as the name implies, an integral part of the community they serve, and receive most of their support from local sources.

County Funds for Psychiatric Examination and Treatment:

Twice the Iowa General Assembly has recognized the value of community clinics. In 1951 permissive legislation (Code of Iowa 1954 Chapter 239, Sec. 230.24) was passed enabling Boards of Supervisors to appropriate money from the County Insane Fund for psychiatric examination and treatment. In 1957 this legislation was amended enabling supervisors to levy directly an additional tax of $\frac{3}{8}$ mill for psychiatric examination and treatment of persons in a Community Mental Health Center. The name of the Fund was changed from County Insane to County Mental Health Fund.

This appropriation of $\frac{3}{8}$ mill for Community Mental Health Centers has been fairly adequate. The attorney-general ruled that moneys once appropriated to a Community Mental Health Center could not be diverted to any other use. This further firms up the policy for county tax support of local Community Mental Health Centers.

Over half (52.6%) of the Centers' support comes from local tax sources; more than one-fifth (20.2%) is allocated from the Community Chest; and fees account for nearly one-tenth (9.2%). Including other gifts (5.1%), over seven-eighths, or 87.7% of all moneys received by the Centers is drawn from local sources. See Table II, page 14, for a complete listing of all sources of support.

Why Do People Come to These Centers?

All people, children as well as adults, have difficulties at times. The types of problems are many: children who are having difficulties in school, troubled adolescents, parents concerned about the development and behavior of their children, fearful and confused adults, depressed people, and individuals on convalescent leave from mental hospitals who need help and support in re-establishing themselves in their communities.

It is these people that the Community Mental Health Centers serve.

What Services are Provided?

An examination of the types of services offered by the Community Mental Health Centers indicates a varied pattern of mental health services. These services can be summarized as diagnostic, treatment and "other" services.

A diagnostic study precedes any treatment received by a patient. Many patients are referred by physicians, social workers, teachers and other professional services for diagnostic study only. In such instances, the referral source may continue to work with the person, using the new insights and understanding which the diagnostic service of the Center has provided.

Treatment of emotional and adjustment problems of both children and adults is available at the Centers. The type or choice of treatment methods and services is based on the individual needs of each patient. The amount of staff time devoted for treatment service varies somewhat among the Centers. Factors related to the nature of the professional community and their demands for different types of mental health services, the sources of referral, and the size, training and experience of the staff account for part of this variance.

TABLE II
ACTUAL EXPENDITURES*
TWELVE COMMUNITY MENTAL HEALTH CENTERS SPONSORED BY IOWA MENTAL HEALTH AUTHORITY
July 1, 1960, to June 30, 1961

CENTER	TOTAL	TAX FUNDS			COMMUNITY CHEST	OTHER GIFTS	FEES
		Fed. IMHA NIMH	City County Schools	Other State Depts.			
Black Hawk County Mental Health Center - Waterloo	78,720.20	3,250.00	53,648.75		13,168.00	26.50	8,626.95
Bremer County Child Guidance Center - Waverly	15,370.00	1,800.00	5,500.00	1,000.00**	2,500.00	4,220.00	350.00
Central Iowa Mental Health Center - Ames	50,000.00	2,600.00	35,500.00		6,900.00	1,000.00	4,000.00
Des Moines Child Guidance Center - Des Moines	132,122.00	44,957.00***	20,510.00		40,937.00	6,075.00	19,643.00
Des Moines County Mental Health Center - Burlington	31,274.00	3,250.00	17,250.00		7,500.00	774.00	2,500.00
Lee County Mental Health Center - Keokuk	24,689.00	2,600.00	14,089.00		6,000.00	1,200.00	800.00
Linn County Mental Health Center - Cedar Rapids	63,950.00	2,450.00	25,000.00		31,875.00	653.00	3,972.00
MHC of Marshall & Hardin Counties - Marshalltown	54,601.00	2,600.00	33,723.00			12,278.00	6,000.00
Mental Health Center of North Iowa - Mason City	61,388.18	3,000.00	52,929.68			991.00	4,467.50
Northeast Iowa Mental Health Center - Decorah	25,284.00	3,100.00	14,978.00		2,500.00	2,788.00	1,918.00
Northwest Iowa Mental Health Center - Spencer	29,408.00	2,448.00	24,513.00			1,120.00	1,327.00
Scott County Mental Health Center - Davenport	49,200.00	2,600.00	26,600.00		17,000.00		3,000.00
TOTAL	\$616,006.38	\$74,655.00	\$324,241.43	\$1,000.00	\$128,380.00	\$31,125.00	\$56,604.45

* Financial data compiled from USPHS 2145
 Report submitted by each Mental Health
 Center

** Services provided by Board of Social Welfare

*** Federal Funds - IMHA \$ 3,400
 NIMH 41,557
\$44,957

Support	Amount	% of Total
1. Tax Funds:		
Federal - IMHA, NIMH	74,655.00	12.1
City, County, Schools	324,241.43	52.6
Other State Depts.	1,000.00	.2
2. Community Chest	128,380.00	20.8
3. Other Gifts	31,125.00	5.1
4. Fees	56,604.45	9.2
	<u>\$616,006.38</u>	<u>100.0</u>
TOTAL		

TABLE I

IOWA COMMUNITY MENTAL HEALTH CENTERS

Date Established, Location, Population Area April 15, 1962

Date Established	Name of Center	Present Location	County Area	Population Served
1. Mar. 21, 1950	Black Hawk County Mental Health Ctr.	1028 Headford Ave., Waterloo	Black Hawk	122,482
2. Sept. 15, 1952	Bremer County Child Guidance Center	Lutheran Children's Home, Waverly	Bremer	21,108
3. July 1, 1959	Central Iowa Mental Health Center	223½ Main Street, Ames	Story Boone Hamilton	49,327 28,037 20,032 <hr/> 97,396
4. 1936	Des Moines Child Guidance Center	1206 Pleasant St., Des Moines	Polk	266,315
5. Mar. 17, 1949	Des Moines County Mental Health Ctr.	522 North Third, Burlington	Des Moines	44,605
6. Nov. 15, 1953	Lee County Mental Health Center	110 N. 8th St., Keokuk	Lee	44,207
7. Oct. 10, 1949	Linn County Mental Health Center	105 10th St., N.E., Cedar Rapids	Linn	136,899
8. Jan. 7, 1958	Mental Health Ctr. of Marshall & Hardin Counties	1 North Fourth Ave., Marshalltown	Marshall Hardin	37,984 22,533 <hr/> 60,517
9. Jan., 1956	Mental Health Ctr. of North Iowa	215 North Adams, Mason City	Cerro Gordo Floyd Franklin Hancock Mitchell Winnebago Worth Wright	49,894 21,102 15,472 14,604 14,043 13,099 10,259 19,447 <hr/> 157,920
10. May 1, 1956	Northeast Iowa Mental Health Ctr.	130½ W. Water St., Decorah	Winneshiek Allamakee Howard	21,651 15,982 12,734 <hr/> 50,367
11. Nov., 1959	Northwest Iowa Mental Health Ctr.	19 East 8th St., Spencer	Clay Buena Vista Emmet O'Brien Palo Alto	18,504 21,189 14,871 18,840 14,736 <hr/> 88,140
12. April, 1949	Scott County Mental Health Center	57 Schmidt Bldg., Davenport	Scott	119,067
			TOTAL	1,209,023

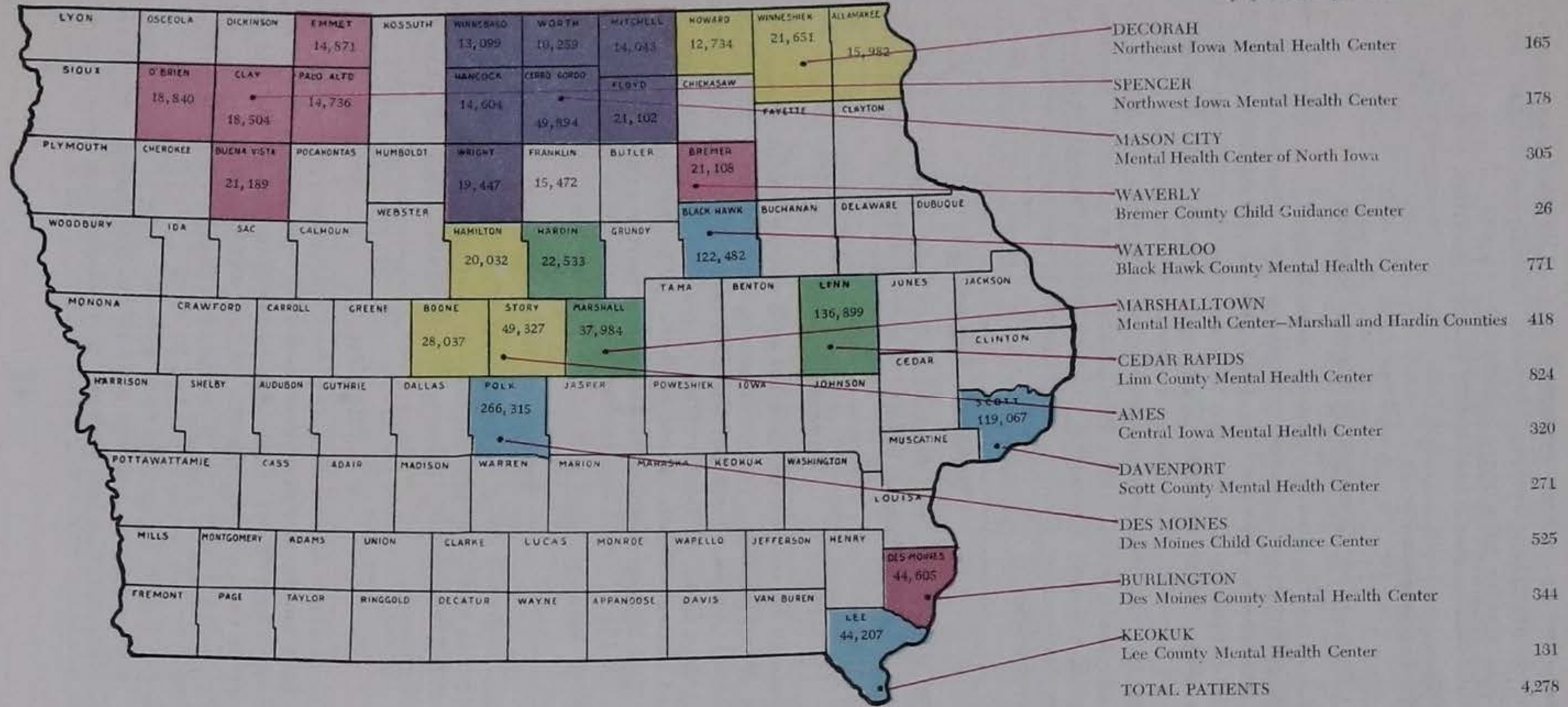
Official 1960 Census
State Total—2,757,537

Clinic Area 43.8%

IOWA COMMUNITY MENTAL HEALTH CENTERS

Location, Area, and Population Served
April 15, 1962

CHART I
PATIENTS
July 1, 1960 - June 30, 1961



State Total 2,757,537
Official Census, 1960
Colors indicate counties served by each Center

Population Served by Centers 1,209,023
Clinic Area 43.8%

Services classified as "other" include a variety of staff services which are not direct treatment or diagnostic service. Typical examples of "other" services are:

1. Referral service to a more appropriate agency.
2. Consultation to other health and welfare facilities, and to other professional persons.
3. Intake interview only.

Changes in Center Services

As Community Mental Health Centers become firmly established, their services broaden to strengthen more areas of community life. Earlier they were used predominately for problems of children. In 1954, 58% of the patients were children. But adults have been coming to the Centers in greater proportion and comprised 55% of the patients in 1961. Some of these adults are released state hospital patients who previously had no psychiatric service at home to which they could turn. Because of Centers' services and the increased number of psychiatrists in private practice, many have been able to remain home rather than return to the hospital. Services to the aged and to the alcoholic are also increasing. Consultation to non-psychiatric professions is expanding. One Center now provides consultation to physicians who serve the county home and nursing homes.

Statistical Reporting

As noted in Chapter II, the Centers collect and report statistical information about patients to the Iowa Mental Health Authority. The following data reveals the trends.

Patients Served

Table III, page 19 shows patient data for each Center during Fiscal Year 1960-1961. It is interesting to notice that in every category there was an increase over the preceding twelve month period. Perhaps the most nearly accurate index of the quantity of service is the Case Load, or total number of patients seen during the year. All the Centers combined showed a gain of 658 patients, or an increase of 18.2% over Fiscal Year 1959-1960. Des Moines County Mental Health Center gained 167 patients, a 94.4% increase. Since 1954-1955, when all Centers served a total of 1,811 patients, there has been an increase of 136%.

Sources of Referral

Table IV, page 20 gives a complete breakdown of sources of referral by Centers. The largest number (694 or 32.6%) of patients came to the Centers directly. Private physicians referred 588 or 27.6% and schools referred 307 or 14.4%. The rest came from various sources in the community.

Interviews

Table V, page 21 shows the number of patient-interviews (including collaterals) for each Center for each month in Fiscal Year 1960-1961. As some index of the volume of services, these Centers had 38,063 interviews during this period. Of this number, 1,314 interviews were group therapy sessions. The Centers which participated in group therapy were Black Hawk County Mental Health Center, Des Moines Child Guidance Center, and Scott County Mental Health Center.

The Centers see fewest patients in late summer, with a steady increase through fall and winter, showing their greatest activity in the spring. Total interviews in Fiscal Year 1960-1961 represent an increase of 16% over the preceding twelve-month period.

TABLE III
PATIENTS SERVED IN CLINICS SPONSORED BY IOWA MENTAL HEALTH AUTHORITY
July 1, 1960 to June 30, 1961

CENTERS	Continued			New			Re-opened*			Recurrent**			Closed			Continued			Case Load		
	Tot	Ch	Ad	Tot	Ch	Ad	Tot	Ch	Ad	Tot	Ch	Ad	Tot	Ch	Ad	Tot	Ch	Ad	Tot	Ch	Ad
Black Hawk Co. Mental Health Ctr.	426	131	295	314	93	221	31	8	23	4	1	3	233	78	155	542	155	387	771	232	539
Bremer Co. Child Guidance Center	18	3	15	5	5	0	3	2	1	0	0	0	12	6	6	14	4	10	26	10	16
Central Iowa Mental Health Ctr.	62	16	46	248	84	164	10	5	5	39	6	33	250	70	180	109	41	68	320	105	215
Des Moines Child Guidance Ctr.	233	230	3	254	254	0	38	38	0	2	2	0	240	237	3	287	287	0	525	522	3
Des Moines Co. Mental Health Ctr.	142	70	72	179	61	118	23	10	13	4	1	3	248	109	139	100	33	67	344	141	203
Lee Co. Mental Health Center	65	19	46	57	35	22	9	4	5	6	1	5	59	24	35	78	35	43	131	58	73
Linn County Mental Health Center	444	159	285	320	102	218	60	3	57	13	1	12	274	66	208	563	199	364	824	264	560
MHC of Marshall & Hardin Counties	173	72	101	214	74	140	31	9	22	6	1	5	284	102	182	140	54	86	418	155	263
Mental Health Ctr. of North Iowa	116	65	51	185	86	99	4	1	3	1	0	1	198	79	119	108	72	36	305	152	153
Northeast Iowa Mental Health Ctr.	78	18	60	81	17	64	6	0	6	6	1	5	92	18	74	79	18	61	165	35	130
Northwest Iowa Mental Health Ctr.	62	33	29	115	63	52	1	1	0	5	2	3	89	46	43	94	53	41	178	97	81
Scott Co. Mental Health Center	79	52	27	174	89	85	18	8	10	5	1	4	162	87	75	114	63	51	271	149	122
TOTALS	1898	868	1030	2146	963	1183	234	89	145	91	17	74	2141	922	1219	2228	1014	1214	4278	1920	2358

* Re-opened—Closed in prior fiscal year or years.
 ** Recurrent—Closed during this fiscal year.

TABLE IV
SOURCES OF REFERRAL FOR NEW PATIENTS
TWELVE IOWA COMMUNITY MENTAL HEALTH CENTERS
July 1, 1960, - June 30, 1961

SUPPORT	Black Hawk County MHC	Bremer County Child Guidance Center	Central Iowa MHC	Des Moines Child Guidance Center	Des Moines County MHC	Lee County MHC	Linn County MHC	MHC of Marshall and Hardin Counties	MHC of North Iowa	Northeast Iowa MHC	Northwest Iowa MHC	Scott County MHC	TOTALS
Schools	57	0	33	14	20	20	37	26	37	2	30	31	307
Clergy	6	0	11	0	7	0	9	15	5	1	7	6	67
Private Physician	96	0	86	38	48	11	79	83	63	36	24	24	588
Self, Family, etc.	41	0	73	154	60	17	118	58	40	21	33	79	694
Courts	34	0	9	12	10	2	20	4	6	0	4	9	110
Public Health Agency	3	0	1	1	5	0	8	0	1	0	3	5	27
Public Welfare Agency	30	5	29	11	4	0	14	5	2	3	11	4	118
Private Welfare Agency	36	0	5	12	1	1	1	2	3	1	0	5	67
Mental Hospital	7	0	1	2	5	4	15	7	13	4	3	8	69
Other	4	0	0	10	19	2	19	14	15	13	0	3	99
TOTALS	314	5	248	254	179	57	320	214	185	81	115	174	2146

TABLE V

**INTERVIEWS IN TWELVE COMMUNITY MENTAL HEALTH CENTERS
July 1, 1960, to June 30, 1961**

CENTER	July	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.	Apr.	May	June	Total
Black Hawk County MHC	394	459	395	419	516	480	538	524	562	571	635	577	6070
Bremer County Child Guidance Center	39	28	47	48	59	58	42	49	48	48	49	43	558
Central Iowa MHC	191	195	144	176	204	206	233	190	288	288	299	249	2663
Des Moines Child Guidance Center	194	52	537	536	666	691	696	668	634	712	715	793	6894
Des Moines County MHC	82	121	122	126	136	101	121	102	94	130	122	107	1364
Lee County MHC	70	70	48	68	70	71	80	82	104	66	88	95	912
Linn County MHC	533	507	532	503	526	535	569	577	618	524	628	479	6531
MHC of Marshall and Hardin Counties	215	346	220	260	284	306	302	283	319	324	287	305	3451
MHC of North Iowa	382	402	401	443	440	462	532	523	473	486	448	445	5437
Northeast Iowa MHC	59	57	73	86	97	107	116	100	99	115	118	89	1116
Northwest Iowa MHC	60	92	87	106	82	63	80	95	92	80	102	93	1032
Scott County MHC	159	201	127	179	121	171	169	199	209	145	168	187	2035
Total	2378	2530	2733	2950	3201	3251	3478	3392	3540	3489	3659	3462	38,063

TABLE VI
DIAGNOSTIC CLASSIFICATION OF DIAGNOSED PATIENTS
TERMINATED IN IOWA COMMUNITY
MENTAL HEALTH CENTERS BY YEAR

Percentage Distribution
 July 1, 1955, to June 30, 1961

DIAGNOSES	1955- 1956	1956- 1957	1957- 1958	1958- 1959	1959- 1960	1960- 1961
Brain Syndromes	4.6%	4.7%	4.2%	3.0%	3.7%	3.2%
Mental Deficiencies	5.7	4.7	5.8	4.1	4.3	3.4
Psychotic Disorders	7.3	8.4	7.6	7.5	9.9	10.7
Psychophysiologic auto- nomic and visceral Disorders	0.5	0.9	0.4	1.3	1.2	1.8
Psychoneurotic Disorders	20.1	20.8	17.8	18.9	19.5	20.1
Personality Disorders	23.3	22.9	26.9	29.3	31.7	27.8
Transient situational personality Disorders	34.2	34.5	33.9	31.6	26.8	29.1
Without Mental Disorder	4.3	3.1	3.4	4.3	2.9	3.9
TOTAL	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Diagnoses

Although personnel changes and Centers are established in new areas, the percentage distribution of diagnostic categories does not markedly change from year to year. (See Table VI.) Considering the small amount of change, two trends are seen in the table. From 1955 to 1961 there has been an increase in the diagnoses of psychosis of 3.4% of the diagnosed cases. These figures may reflect the increase of services for patients released from state mental hospitals. During the same period there has been a decline of 5.1% of transient situational personality disorders. This is the diagnosis most often noted for children and may reflect the decreasing proportion of children seen.

Condition on Termination

The Centers are providing treatment services to patients in increasing proportions. In 1955-1956, 40.5% received treatment; 1958-1959, 42.4%; and 1960-1961, 52.7%. The last available report shows that all outpatient services in the nation treated 33.7% of their patients in 1958-1959.

One measure of the effectiveness of treatment is the condition of the patient on termination of treatment. Iowa Community Mental Health Centers in 1955-1956 reported that 69.0% of those treated were improved; in 1958-1959, 74.9% were improved; and in 1960-1961, 74.6% were reported improved. Nationally, all outpatient clinics reported as improved 64.4%.

Iowa Community Mental Health Centers are treating more of their patients and improving more of them than is shown for all outpatient services across the nation.

BLACK HAWK COUNTY MENTAL HEALTH CENTER
1028 Headford Avenue, Waterloo, Iowa

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The Black Hawk County Mental Health Center, in operation since March 21, 1950, has entered a new phase of growth and maturity in its service to the community.

From an original staff of a part-time psychiatrist and one full-time psychiatric social worker, the Center has grown to a current staff of seven full-time professional persons, including a psychiatrist-medical director who assumed his full-time duties on July 1, 1961, a full-time psychologist and five psychiatric social workers. In addition, a part-time psychiatrist and a part-time psychologist round out the staff.

This growth has reflected the increasing demands for service by the community—making it possible to increase our diagnostic and treatment services approximately thirty percent over the preceding biennium. The group therapy program has doubled, but the bulk of treatment service is on an individual basis.

Treatment philosophy of the Center continues to be strongly oriented toward those patients, children and adults, who can use a dynamic, psychotherapeutic experience. In both professional and administrative standards the Clinic follows very closely the criteria indicated by the pertinent Group for the Advancement of Psychiatry report.

Since 1958, the Center has also served as field-work placement for advanced Psychiatric Social Work students from the Graduate School of Social Work, State University of Iowa. Educational activities of the staff, both for professional and lay community resources, has increased at an accelerated pace and reflects the excellent relationships which the Center enjoys in the community.



Black Hawk County Mental Health Center
Play Therapy with Child
Mr. Lawrence Rinder, M.A., Psychologist

BREMER COUNTY CHILD GUIDANCE CENTER
Lutheran Children's Home, Waverly, Iowa

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The Bremer County Child Guidance Center was opened September 15, 1952. It functions as an outpatient service of the Lutheran Children's Home Society, Waverly, Iowa. The Lutheran Children's Home is a treatment center for emotionally disturbed children. This is a privately owned institution that in recent years has been operating with a staff of well-trained social caseworkers who participate in treatment under the direction of a psychiatrist.

To make it possible for Bremer County to have a Child Guidance Center, the Lutheran Children's Home gives a part of the time of social caseworkers (equivalent to approximately 1½ full-time caseworkers), supplies, secretarial and administrative personnel, and provides the necessary space. The Iowa Mental Health Authority, the Bremer County Board of Supervisors, and the Waverly Community Chest have provided



Bremer County Child Guidance Center
W. A. Tice, M.D., Director-Psychiatrist,
with patient in therapy.

some of the funds required to cover costs of this service to outpatients from the area near Waverly. The Iowa Mental Health Authority has also supplied some needed office equipment.

The Child Guidance Center is in the process of attempting re-organization for better service to community and county.

Through this cooperation a limited number of children and adults in the Bremer County area are being served by a psychiatrist and social workers. Without the Center these individuals might have to forego the therapy they are now able to receive.

CENTRAL IOWA MENTAL HEALTH CENTER
223 1/2 Main Street, Ames, Iowa

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The Central Iowa Mental Health Center opened in July, 1959, after several years of planning and effort by many individuals and groups interested in providing outpatient psychiatric services for the Story County area. Story County Mental Health incorporated December, 1957, and held a successful county-wide fund raising drive in May, 1957. Ongoing financial support for the proposed Center was then assured by its inclusion on the budget of the Story County Board of Supervisors and the Community Chest funds of several cities in the county. The next year was spent in securing a suite of offices for the Center and recruiting the original professional staff, which consisted of a part-time psychiatrist-director and two psychiatric social workers.

The Center, originally designated as the Story County Mental Health Center, began operations on a one-county basis. After several months, the Center extended services to Boone and Hamilton counties, and was renamed the Central Iowa Mental Health Center. The additional tax support provided by the two new counties and further funds gained through the addition of other Community Chests throughout the area, has given it a fairly stable financial base.

Diagnostic and treatment services are provided for both children and adults. In addition, the staff has been active in providing mental health education to community groups throughout the area served by the Center. During the past year, a program of regular consultation with the Ames school system was begun.

The increase in area served by the Center and the growing use of the facility made it necessary for a third psychiatric social worker to be added to the staff in February, 1960. Despite this addition, the staff has found it difficult to keep pace with the steady rise in the demand for service. The recent resignation of one of the original staff members has made this situation even more acute.

In addition to current efforts to recruit either a clinical psychologist or psychiatric social worker to fill the recently vacated staff position, future plans call for the addition of another part-time psychiatrist to the staff. The Board of Directors is currently studying possible plans for the construction of new facilities for the Center. The

Center's present quarters do not permit program expansion into new areas such as, a group therapy program and use of the Center for training graduate social work students.

An interested committee is actively exploring the possibility for new additional office space which will enable the Center to expand their services to the three counties served.



Central Iowa Mental Health Center
Staff Conference

From left to right, William A. Bockoven, M.D., Director-Psychiatrist,
Russell V. Dvergsten, M.A., Chief Psychiatric Social Worker, Robert L. Rod, M.A.
Executive Secretary, and Mrs. Marianne Krafochvil, M.A. Psychiatric Social Worker

DES MOINES CHILD GUIDANCE CENTER
1206 Pleasant Street, Des Moines, Iowa

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The Des Moines Child Guidance Center, organized in 1936, provides psychiatric, psychological and social services to children with behavior difficulties or personality problems. Children from infancy to 18 years are referred for diagnosis and treatment by social agencies, schools, parents, physicians, or interested persons. The Center also devotes a portion of its facilities to the following functions:

Community services: The staff assists in the planning and organization of the mental health activities; provides leadership and speakers for parent groups and others in the study of psychological growth and development.

Professional training: The Center provides field work training each year for two advanced students at the University of Iowa, School of Social Work, Iowa City. Advanced students in Child Development at Iowa State University, Ames, are given a six weeks training period at the Center. A twelve month internship program is available for qualified doctoral students in psychology. Resident physicians at Blank Memorial Hospital serve a three month tour at the Center as a part of the training program in pediatrics.

Research: (See "Day-Hospital" project)

Progress: During the years since 1936, the Center has expanded in staff and clinic quarters. Personnel qualifications have been rewritten, raising standards for positions, and additional positions have been created. The Center now has the equivalent of twelve permanent full-time professional workers. Other pro-

essional staff includes a nurse, two teachers and a recreational worker. There is now a full-time child psychiatrist.

There are five training positions.

Financial support of the Center's program comes primarily from local contributions through the Community Chest. Income from fees, has increased with direct service. Additional support is provided by the Polk County Board of Supervisors, the Iowa Mental Health Authority, and special project grants from United States Public Health Service and the Junior League of Des Moines.

The "Day-Hospital" Project

Further expansion of the Center's facilities is under way. A "day-hospital" project was inaugurated which provides treatment for children suffering from severe mental, emotional, and behavior disorders and who cannot be cared for adequately on an outpatient basis. These include children in several diagnostic areas:

Severe neuroses and psychoses, brain damage or disease, extreme behavior disorders, mental deficiency, convulsive disorders, physical illness and handicaps (blindness, deafness, rheumatic heart disease, post-polio, etc.)

Some suffer from two or more of these conditions simultaneously.

The "day-hospital" plan became possible with the approval of a United States Public Health Service grant of \$195,018.00 by the advisory Mental Health Council, and the construction of the Center's Anna R. Blank Memorial Building.

It is estimated that the "day-hospital" will provide treatment for 16 patients at one time, or 80 to 100 children yearly, in addition to the approximately 450 children seen by the Center each year on an outpatient basis.



Des Moines Child Guidance Center
Ralph Anderson, M.S.W., Chief Psychiatric Social Worker,
trains volunteers using a four-camera, remote control,
closed-circuit television system, made possible by a
gift of the Des Moines Junior League.

It is expected that combined outpatient and "day-hospital" facilities will provide the greatest flexibility of service for mental disorders of childhood at the lowest community expense. Present outpatient service will be continued without change and no changes will be made in the Center's policies on referrals.

DES MOINES COUNTY MENTAL HEALTH CENTER
522 North Third Street, Burlington, Iowa

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This Center was established March 17, 1949, to replace a family service agency that had been in existence a number of years. The Center's financial condition has improved greatly since the hiring of the present Executive Secretary, who has had full cooperation of a progressive - minded and public - spirited Board of Directors, and improved public relations thereby with our County Board of Supervisors and other important contributing agencies.

Other evidence of progress includes revision of the Articles of Incorporation and By-laws to conform to more modern standards of operation. A written set of personnel



Des Moines County Mental Health Center
Staff Conference
From left to right, Harold B. Lee, M.S.W., Executive Secretary,
Naomi V. Thompson, Secretary, and Earl Parsons, M.D.,
Medical Director-Psychiatrist.

practices was adopted for the first time in the history of the Center in 1960, and contains liberal provisions conducive to a feeling of employee satisfaction and security.

The Center was fortunate to obtain the full-time services of Earl Parsons, M.D., in July 1960.

Presently the Center has a vacancy for a psychologist and it is hoped this will be filled in the not-too-distant future.

Undoubtedly, the Center is on a more firm footing, structurally and financially than at any time previously. This is certainly due in large part to the climate created by the mental health movement efforts of mental health associations and mental health authorities.

The Center services include the usual services of a mental health center, with emphasis on diagnosis and treatment of emotional problems of children and adults.

In our future educational and public relations efforts it is planned we will use films more extensively than in the past.

LEE COUNTY MENTAL HEALTH CENTER
110 North Eighth Street, Keokuk, Iowa

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This Mental Health Center was opened in November, 1953. A need for such a service was first felt by a committee attempting to combat delinquency and broad community support grew out of their efforts. School personnel made office space and psychological services available. Financial and moral support came from other interested people.

Much early effort was devoted to explaining the function and services of the Center to school, civic and industrial personnel and outlining types of problems that could be treated. Community acceptance was outstanding and facilities were immediately over-taxed, making efficient handling of the cases difficult. Referrals came from various sources but largely from the schools, partly due to the importance that was given to preventive treatment of problems that have not reached acute proportions where a breakdown is imminent.

During the first year, financial support came largely from special gifts, industry, schools, the Community Chest and the Iowa Mental Health Authority. There has been a consistent effort to give service, not only to Keokuk, but the entire county. In the second year, the County Board of Supervisors appropriated a substantial sum.

The scope of activities has increased. In the spring of 1957, a part-time office was opened in Fort Madison. This extended service was inaugurated at the request of interested people in that city and in cooperation with the Fort Madison Rotary Club, who was responsible for finding a location and providing telephone facilities, etc.

A second extension of the Center's sphere of influence in promoting mental health in this area is the program it has initiated to help rehabilitate the psychiatric patients in the Lee County Home. Patients at the Lee County Home, as well as patients on convalescent leave from there, are receiving treatment at the Center. In conjunction with this effort a committee from the Board of Directors interested a large group of citizens from all over the county to form an organization for the purpose of visiting the County Home, providing them with some recreational outlets and assuring them that

the people in Lee County were interestd in their welfare and were anxious to help them regain their rightful place in the community.

A third area of extension of services of the Center is now being planned in conjunction with the Outpatient Department of the Mental Health Institute at Mount Pleasant. Through arrangements with the Mental Health Institute it is hoped that a substantial number of their discharged patients (Lee County residents), as well as convalescent leave patients, will come to the Center for treatment.

With this intensified program, there is need for more full-time personnel.



Lee County Mental Health Center
Reception Room

LINN COUNTY MENTAL HEALTH CENTER
105 Tenth Street, N.E., Cedar Rapids, Iowa

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Early in 1959 the Linn County Mental Health Center moved into new quarters. This Center is supported by county tax funds, the United Fund of Cedar Rapids and Marion, fees and Federal moneys from the Iowa Mental Health Authority.

Since first organized, this Center has had an adequate, well-trained professional staff. The patient load has been growing at a very rapid pace and much greater emphasis has been successfully placed on work with the convalescent leave patients from the state hospitals. The Center now has a group therapy program.



Linn County Mental Health Center
Mrs. Martha Gibson, M.S.W., Psychiatric
Social Worker, with patient

MENTAL HEALTH CENTER - MARSHALL AND HARDIN COUNTIES
1 North Fourth Avenue, Marshalltown, Iowa

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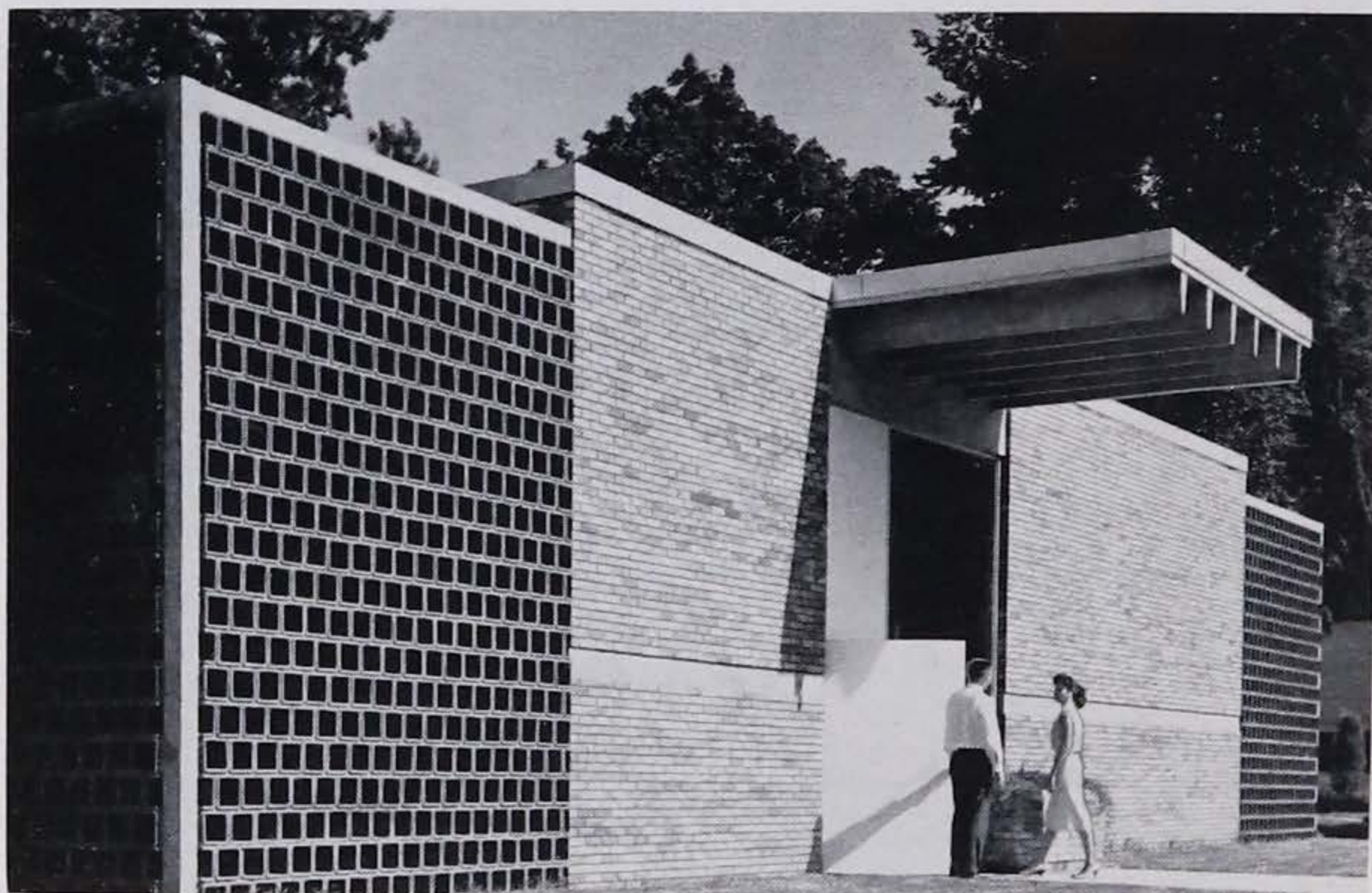
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This Center opened January 7, 1958, after much publicity on the need for psychiatric service in Marshall County. Leadership came from industry, physicians, and many professional groups. From the beginning the Marshall County Board of Supervisors promised support, and the Board of Education agreed to pay for services to children. Industry, the Assistance League and individuals also promised funds. The Marshall County Medical Society gave \$1,000.00.

An active board of directors diligently recruited staff, interested the community in furnishing and remodeling an office. They have finally realized the community goal—a psychiatrist in private practice in Marshalltown, who will be the director of the Mental Health Center.



Mental Health Center - Marshall and Hardin Counties

From the beginning the Board has planned the Mental Health Center be located in a building owned by the Corporation. The Board also stimulated interest in a psychiatric unit in a general hospital. The goal of establishing permanent quarters was realized in June, 1959, a brief eighteen months after the initial opening date. This move was facilitated by gifts from Mrs. E. Lester Williams and the Marshall County Health Association who donated \$17,000.00 and the site at 1 North Fourth Avenue. The establishment of a psychiatric unit at Mercy Hospital, which is soon to move into a newly constructed wing, has also been completed.

Since July, 1959, Hardin County has been affiliated with the Mental Health Center and now has three representatives on our Board of Directors. Services have been given residents of Hardin County and financed largely through support of the Hardin County Board of Supervisors, patient fees and an annual fund drive.

You might wish to note that in addition to regular therapeutic services for patients, we are now providing regular consultative services to the Marshalltown Schools both through staff meetings at the Center, and through regular workshop meetings for the secondary school counselors led by our educational psychologist. Our Medical Director maintains regular consultative contacts with the local physicians through his membership on the hospital staffs and participation in the County Medical Society. All staff members are available for speaking engagements locally and furnish consultative services to various professionals and community agencies. Two of our staff members have taught Psychology classes in Boone, Marshalltown, and Newton for Drake University's Community College.

Our future plans are not fully solidified; however, we have had evidence of interest in participating in the services of the Mental Health Center from two of our adjoining counties, Jasper and Poweshiek.

MENTAL HEALTH CENTER OF NORTH IOWA
215 North Adams, Mason City, Iowa

EXECUTIVE COMMITTEE (1961)

Rev. Alfred Malone, President
 Dr. J. S. Westly, Vice-president
 Mrs. Lein Snell, Secretary
 Bernard Miller, Treasurer
 Henry Hofbauer, Buffalo Center
 (Winnebago County Supervisor)
 Ed Malek, Garner
 (Hancock County Supervisor)
 Alan Andres, Charles City
 (Floyd County Supervisor)
 Morris Hendrickson, St. Ansgar
 (Mitchell County Supervisor)
 Otto Buechele, Northwood
 (Worth County Supervisor)
 A. W. Christopher, Eagle Grove
 (Wright County Supervisor)
 J. C. Dickinson, Mason City
 (Cerro Gordo County Supervisor)
 Elmer Luscomb, Clear Lake
 William Pappas
 P. O. Brunsvold
 Don Fitzgerald
 David Butler
 Mrs. George Platts
 Ray Robbins, Clear Lake
 Mrs. Carl E. Thorson, Eagle Grove
 Mrs. Phil Sheimo, Fertile
 Mrs. K. B. Kerr, Charles City
 Mrs. Manuel Brownstone, Clear Lake
 Ray Whorley
 Mrs. Louis Wolf
 Mrs. Eugene Sarno, Lake Mills
 Rev. John Woodin, Osage
 Mrs. James Dahlby, Joice
 Mrs. Ray Kunz, Jr.

STAFF

Director-Psychiatrist
 Robert M. Powell, M.D.
 Psychiatrist
 Robert W. Brindley, M.D.
 Psychiatric Social Worker
 Paul E. Anderson, M.S.W.,
 Executive Secretary
 Norman R. Johnson, M.S.W.
 Lorelei J. Keleske, M.S.W.
 Clinical Psychologist
 Miles D. Pothast, Ph.D.
 Ernest Ensign, M.A.
 Secretary
 Mrs. Bonnie Tagesen

The Council of Social Agencies in Mason City made a study of special problems in the community during 1952-53. The results of the study pointed to the lack of mental health facilities, readily available to the people in the community. The Council communicated this recognition of a need to other prominent and interested citizens and a special committee was formed, to work toward the establishment of a Mental Health Center. Individuals, Service Clubs, organizations, as well as the Cerro Gordo County Medical Society, responded to the appeal for funds.

The Center was opened in December of 1955 as the Cerro Gordo County Mental Health Center. As the program developed, neighboring counties became interested in the service. Subsequently Hancock, Winnebago, Worth, Mitchell, Floyd, Wright and Franklin counties were extended service, and these counties then contributed to the financial support of the Center. The name of the Center was changed to Mental Health Center of North Iowa.

As more requests for services have been received, the counties have responded to increase their financial support to provide for larger facilities and more staff. In addition to the money from the county mental health funds, some support is secured from the Iowa Mental Health Authority, fees and gifts. At the present time all fees and gifts are being set aside in a building fund, and a special committee is considering whether to erect a new building or purchase an existing structure.

The Mental Health Center of North Iowa is demonstrating, that through a multi-county center, the pooling of financial resources and professional staff provides more

adequate services than any one rural county could support alone. It is of particular interest to note the county that is at the greatest distance from the Center has the second largest case load in terms of number of patients.



Mental Health Center of North Iowa
Staff Conference

Left to right (front row) Paul E. Anderson, M.S.W., Executive Secretary, Robert M. Powell, M.D., Director-Psychiatrist, Miles D. Pothast, Ph.D., Clinical Psychologist, (back row) Norman R. Johnson, M.S.W., Psychiatric Social Worker, Ernest Ensign, M.A., Clinical Psychologist, and Robert W. Brindley, M.D., Psychiatrist

NORTHEAST IOWA MENTAL HEALTH CENTER
130 1/2 West Water Street, Decorah, Iowa

BOARD OF DIRECTORS (1961)

Rev. Alvon Nelson, President
Norman Paar, Vice-president, Waukon
Mrs. Robert Davies, Secretary, Cresco
Joseph F. Donlon, Treasurer
W. K. Dankle, M.D., Cresco
Mrs. Charlotte Grue
Mrs. Vera Harris
Lyle E. Kelley
Mrs. M. J. Miller, Ossian
Lynn W. Morrow, Waukon
Rev. Wm. P. Mullen
Nanfred Sand, Ossian
(Winneshiek County Supervisor)
Honorable Hillman H. Sersland
George Woods, Cresco
(Howard County Supervisor)
M. L. Yohe, Waterville
(Allamakee County Supervisor)
Mrs. Lucile B. Price

STAFF

Director-Psychiatrist
Carl A. Schwartz, M.D.
Psychiatric Social Workers
Richard O. Wanberg, M.S.W.,
Executive Secretary
Larrie D. Wanberg, M.S.W.*
Secretary
Mrs. Jean Eittreim

* Called in Military Service
October 20, 1961

This Center opened May 1, 1956. It now serves Howard, Winneshiek and Allamakee Counties. Originally there was a contract with Luther College for service to the college personnel, and also some teaching functions. Because the service was so widely used



Northeast Iowa Mental Health Center
Staff Conference

Reading from left to right, Mrs. Jean Eittreim, Secretary, Richard Wanberg, M.S.W., Executive Secretary, Carl A. Schwartz, M.D., Director-Psychiatrist, and Larrie Wanberg, Psychiatric Social Worker

the college now uses the full appropriation for direct service to students and contracts independently for the teaching service.

Diagnostically, the types of patients served in this area continues to be rather unique. A very high rate (22%) are diagnosed as psychotic or seriously disturbed and 28% are diagnosed as psychoneurotic. As was noted in the opening of the Center there is still a trend in the community to delay referrals of patients until there is quite evident need for their treatment and care. This is a reflection of the customs and mores of the community.

There is a very high increase in referrals from doctors (35%) in comparison to other Centers. With the present trend probably half of all the patients will be referred by physicians, which indicates good medical acceptance. The Board of Directors has always been interested in promoting this Center and is now working on some plan of re-organization for financial support.

There is a possibility that Chickasaw County may also affiliate with this Center.

NORTHWEST IOWA MENTAL HEALTH CENTER
19 East 8th Street, Spencer, Iowa

BOARD OF DIRECTORS (1961)

Milton O. Warner, President
Mrs. Eddie Quinn, 1st Vice-president
Lyle Frink, M.D., 2nd Vice-president
Rev. F. Hinshaw, 3rd Vice-president
Mrs. W. Woods, Secretary
Leslie Jacobsen, Treasurer

EXECUTIVE COMMITTEE

Melvin Straub
(Clay County Supervisor)
Elmer Iverson, Graettinger
(Emmet County Supervisor)
Rev. R. Larson, Spirit Lake
Harlan Place, Emmetsburg
A. R. Rehnstrom, Linn Grove
(Buena Vista County Supervisor)
Leland Bruegmann, Hartley
(O'Brien County Supervisor)

REPRESENTATIVE COUNCIL

George Johnson
G. Fieselmann, M.D.
D. E. Wolters, M.D., Estherville
Wilbur Fatka, Estherville
W. H. Bargman, West Bend
(Palo Alto County Supervisor)
J. L. Coffey, M.D., Emmetsburg
Guy E. Mack
T. R. Erickson
Mrs. W. A. Bintz
Mrs. Vernon Ingalls

STAFF

Director-Psychiatrist
John Chestnutt, M.D.
Psychiatric Social Worker
Calvin M. Ravenscroft, M.S.W.,
Executive Secretary
Clinical Psychologist
Henry Buchholz, M.A.
Secretary
Mrs. Judy Toft

The Northwest Iowa Mental Health Center opened in November, 1959, in response to considerable interest in Clay and surrounding counties. With the help and guidance of the Iowa Mental Health Authority, a program was established under the directorship



NORTHWEST IOWA MENTAL HEALTH CENTER
A patient finger painting

of Dr. Luis del Toro-Duncan. The Center now serves five counties: Clay, Emmet, Buena Vista, Palo Alto, and O'Brien counties.

After Dr. del Toro's resignation, Dr. Edgar Cleaver served as Medical Director for a brief period. The staff now consists of a resident psychiatrist, a full-time Executive Secretary (psychiatric social worker), and a clinical psychologist.

In the main, the financial support has been provided through the Boards of Supervisors of the five participating counties. Individual fees also contribute to the general fund as do gifts, bequests, and Community Chest programs.

The Center has been intimately associated with other community services. This has been principally with the Social Welfare Agencies, the Probation Officers and Courts, and the Schools. Regular contacts are had with school officials, such as, the school psychologists, nurses, and counselors.

The Center has been serving both children and adults in a variety of ways. Although the majority of staff time is spent in diagnostic and treatment efforts, there is also considerable time spent in terms of public information and consultative and advisory efforts on various committees, etc.

The Center has experienced good acceptance in the area it serves and was awarded the "Spencer Award" by the Spencer Chamber of Commerce in recognition of outstanding contributions to the welfare of the community in 1960.

SCOTT COUNTY MENTAL HEALTH CENTER
57 Schmidt Building, Davenport, Iowa

BOARD OF DIRECTORS (1961)

Attorney William T. Evans, President
Mrs. Philip Adler, Vice-president
Eugene Hollen, Secretary
Miss Dorothea C. Coleman, Treasurer
Louis Pickett
James Richard
Rabbi Martin Zion
Gerald Randall, Ph.D.
Dorothy Gildea, M.D.
Bernard Goldman, M.D., Ex-officio
Mrs. Bernard Goldman
Attorney Dudley C. Lowry
Mrs. Hazel Albrecht
Rev. Donald B. Blackstone
Anthony Pavkovic, M.D., Ex-officio,
Medical Director

STAFF

Director-Psychiatrist
Anthony Pavkovic, M.D.
Physician
Vera V. French, M.D.
Psychiatric Social Workers
Gerald W. Laschinski, M.S.W.,
Executive Secretary
Mary Flatley, M.A.
Mrs. Helen Hageboeck, M.S.S.
Clinical Psychologists
George Mally, M.S.
Henry Philips
Secretaries
Joanne Fahrenkrog
Sarah Boles

The Scott County Mental Health Center opened in April, 1949, being the second Mental Health Center in the State of Iowa. The Clinic has undergone many changes through its 11 years of service to the community. There have been some changes in the psychiatric personnel. The Center was fortunate in obtaining the services of Dr. Anthony Pavkovic in June of 1959. Dr. Pavkovic in addition to his training in general psychiatry is also a trained child psychiatrist.

Many changes have occurred during the past two years as several new services and procedures have been inaugurated. One of these changes has been the improved relationships in the community, particularly with physicians, schools, and social agencies. The senior clinical psychologist is in charge of maintaining a liaison relationship with the schools who cooperate with us by forwarding school reports on every child that we see at the Center. The physicians also cooperate in providing a medical report on the



Scott County Mental Health Center
George Mally, M.S., Clinical Psychologist
Group Therapy with Children

patients seen at the Center. In addition, the Mental Health Center has undertaken a group therapy program for returned mental patients from hospital settings. Another innovation has been the establishment of group therapy programs for disturbed children, for the parents of disturbed children, as well as individual and group marital counseling. The forming of groups is an attempt to meet increasing community demands for our services.

The Scott County Mental Health Center has always maintained an interest in facilitating and improving community relationships. As a result of this interest a manual was recently devised — "The Scott County Mental Health Center: Services to Individuals, Schools, and Organizations" — which gives in detail a description of our services, method and procedure, in addition to philosophy on how referrals are handled, etc., as a guide to professional people to better understand our service.

In order to meet the increased demand from the community for our services, the Board of Directors agreed to add a half-time professional staff member. The budgeted staff positions now consist of a half-time psychiatrist-director, three psychiatric social workers and one full-time psychologist. As extension of our services is needed in the community, this will, in all likelihood, continue to require additional professional staff.

Chapter IV

FINANCIAL STATEMENT

The following is a statement of expenditures from Federal Funds allocated to Iowa for the period July 1, 1958 to June 30, 1961 (inclusive).

	Total	July 1, 1958 - June 30, 1959	July 1, 1959 - June 30, 1960	July 1, 1960 - June 30, 1961
Central Administration*	\$112,383.57	\$27,648.19	\$36,640.20	\$48,095.18
Preventive Psychiatry in Public Schools	5,969.33	1,674.70	1,842.03	2,452.60
Black Hawk County Mental Health Center	6,850.00	1,800.00	2,450.00	2,600.00
Bremer County Child Guidance Center	4,449.90	1,416.63	1,399.97	1,633.30
Central Iowa Mental Health Center	5,400.00	350.00	2,450.00	2,600.00
Des Moines Child Guidance Center	10,299.76	2,999.92	3,899.92	3,399.92
Des Moines County Mental Health Center	7,100.00	2,050.00	2,450.00	2,600.00
Lee County Mental Health Center	7,400.00	2,350.00	2,450.00	2,600.00
Linn County Mental Health Center	6,550.00	1,650.00	2,450.00	2,450.00
Mental Health Center - Marshall & Hardin Counties	7,112.91	2,050.00	2,450.00	2,612.91
Mental Health Center of North Iowa	6,000.00	1,500.00	2,450.00	2,050.00
Northeast Iowa Mental Health Center	7,250.00	2,200.00	2,450.00	2,600.00
Northwest Iowa Mental Health Center	4,550.00		1,850.00	2,700.00
Scott County Mental Health Center	6,362.97	1,800.00	2,450.00	2,112.97
Merit System	299.38	80.02	97.94	121.42
Accredited Training	9,873.00	4,438.00	2,230.00	3,205.00
Non-accredited Training (In- stitutes & staff meetings)	6,283.66	2,141.18	2,028.70	2,113.78
TOTAL	\$214,134.48	\$56,148.64	\$72,038.76	\$85,947.08

*Central Administration includes expenditures for the Central Office and also some furniture, equipment and supplies for the Mental Health Centers.

E. W. Colbert
Administrative Associate

Chapter V

COMMUNITY PSYCHIATRIC RESOURCES

The community mental health program of the Iowa Mental Health Authority has aided many areas to establish their own mental health services under public auspices. This program has also assisted the development of private psychiatry. Mental Health Center psychiatrists usually maintain their private practice, thus providing services not only for those who cannot afford private fees, but also for those who can. As noted earlier, the Mental Health Centers serve 28 counties. Private work by Center psychiatrists is available in 24 of those counties, and is provided privately to citizens of other counties not affiliated with the Centers.

Private Psychiatry

In addition to the psychiatrists discussed above, there are about 30 psychiatrists in Iowa who are engaged in full-time private practice. Offices of full or part-time private psychiatrists are located in 17 of the most populated Iowa counties. They serve patients in other counties as well. Considering alone the counties where psychiatrists have private offices, 48% of the state population is included. Of course, not all of this population has sufficient income to pay private fees in case they would need treatment, which is one of the reasons that publicly supported Centers are necessary. However, it should be pointed out that private psychiatrists are estimated to be treating about 8,000 patients a year, which is the largest number of outpatients treated by any group of psychiatrists in the state. They also provide consultation to social agencies, which increases the number benefited.

General Hospitals with Psychiatric Units

Private psychiatrists are treating many inpatients in the psychiatric units of general hospitals and also in private mental hospitals. Psychiatric units in general hospitals may turn out to be the most useful of new devices to relieve state mental hospitals. The beds available in psychiatric units of Iowa general hospitals are being filled and emptied at a rapid rate, providing for quick and effective psychiatric treatment during acute crisis. The family can be near, and after being stabilized, the patient can return home and be followed-up in the psychiatrist's private office. With 2.5% of the psychiatric beds in Iowa, the general hospitals provided care for 19.2% of all psychiatric inpatients during 1960. It is estimated that these patients return to work inside of two weeks after leaving the hospital. See Table VII.

Private Mental Hospitals

With 4% of the psychiatric beds in Iowa, the private mental hospitals are providing care for about 10% of Iowa inpatients. These hospitals provide a valuable service for the patient who is not medically indigent, and for the patients who receive care under special arrangements with county boards of supervisors. (See Table VII).

State Resources to Communities

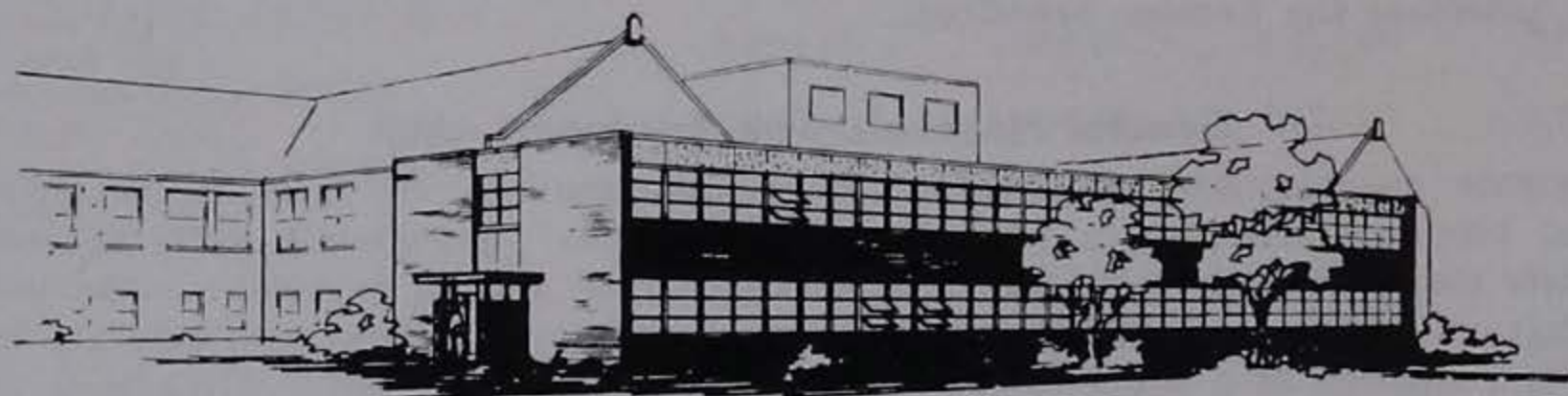
In earlier years when psychiatric treatment was carried on primarily in hospitals, only a state government had the financial resources for publicly supported psychiatric treatment. Iowa established four Mental Health Institutes, one located in each quadrant of the State. Each provides hospital care and treatment for about one-fourth of Iowa counties. Although these institutions were constructed many years ago, they still fill a vital need of the state.

Recently the Mental Health Institutes have been developing outpatient departments, primarily to provide aftercare for discharged patients. These services reduce the number of patients who need to return for inpatient care. They do not have the advantage of being a part of the community where the patient lives, but the added number of personnel and improved highway travel for patients to the hospitals have increased the value of state hospital outpatient departments to communities. These departments also provide consultation to communities about discharged patients and also about patients who have been transferred to county homes.

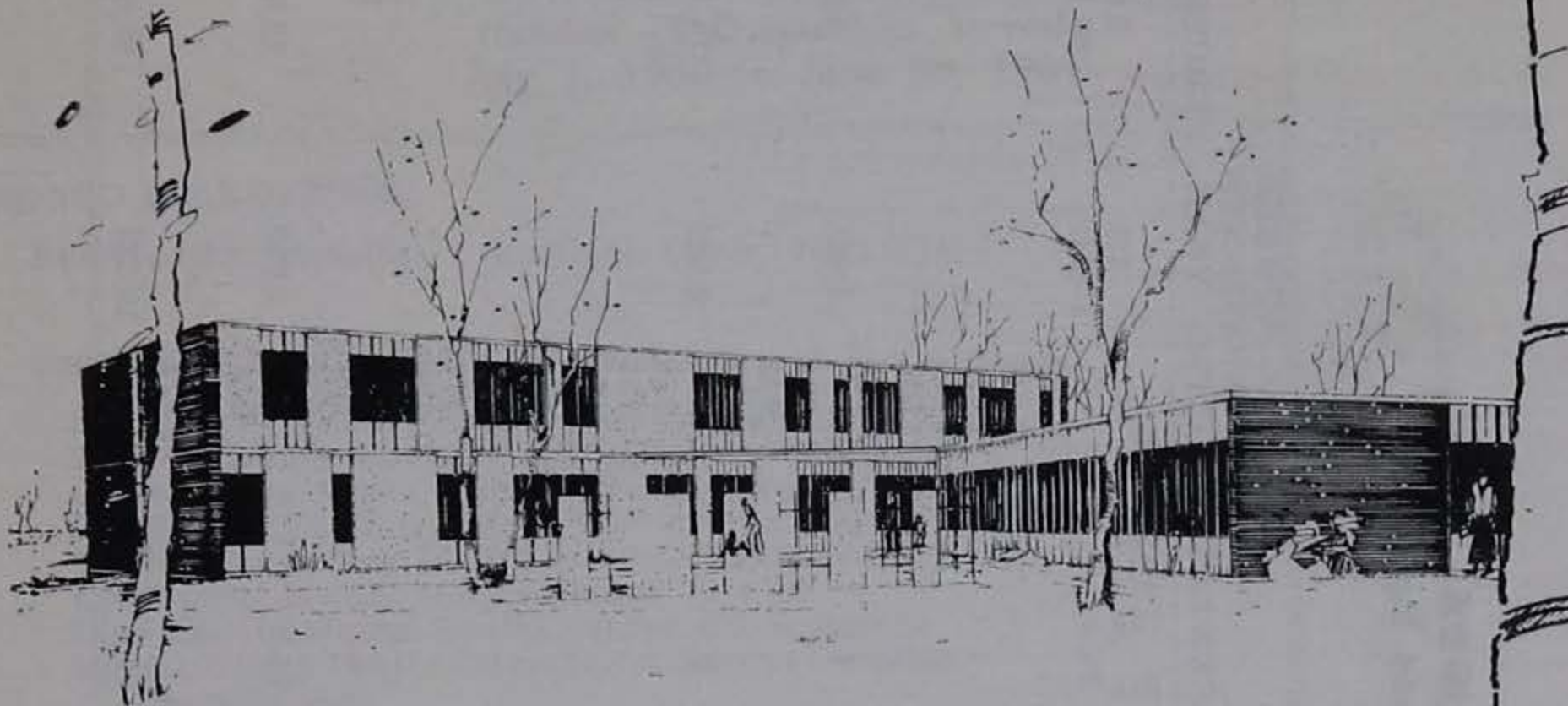
Psychopathic Hospital

Local communities seldom have the facilities for training mental health personnel nor the equipment and specialists to conduct research. To meet these vital needs, Psychopathic Hospital in 1920, was built at the State University of Iowa, Iowa City. In order to train personnel and conduct research, a high quality of service is provided to patients from all over the state. About 350 patients a year are admitted for hospital care and nearly 1500 patients a year are seen in the outpatient department. (See Table VIII) Nineteen residents in psychiatry are in training.

During 1961, there were 64 research projects under study. An alcoholism research clinic has been developed and studies are being made in follow-up of patients, neurophysiology, biochemistry, and psychology. During the Fiscal Year ending June 30, 1961, 27 articles were published in professional journals and 23 others were accepted for publication. Under construction is a Research Addition to Psychopathic Hospital which will expand facilities for research in the causes and treatment of mental illness.



**Research Addition to Psychopathic Hospital
Iowa City, Iowa**



Child Psychiatry Unit
Psychopathic Hospital
Iowa City, Iowa

A definitive program in child psychiatry has been organized at Psychopathic Hospital. Newly completed is a twenty-five bed unit for emotionally disturbed children. The department of child psychiatry provides inpatient and outpatient treatment for emotionally disturbed children from all parts of the state.

Other Outpatient Clinics

Outpatient services are also provided by the Veterans Administration (1,398 outpatients during the Fiscal Year ending June 30, 1960) and by the Broadlawns Polk County Hospital (285 outpatients during 1960-61).

More Community Mental Health Centers

The Joint Commission on Mental Illness and Health states that Centers are "a main line of defense in reducing the need of many persons with major mental illness for prolonged or repeated hospitalization."¹ The report recommends that one fully staffed Mental Health Center should be available to each 50,000 of population. While it appears in Iowa that a Center can adequately serve a larger population than 50,000, more Centers are needed in certain areas.

Combining the areas where Mental Health Centers provide services and the counties in which there is located a private psychiatrist (and the two outpatient clinics noted above in Polk County), a total of 38 counties is formed where there live 61% of the state population. While the outpatient departments of Psychopathic Hospital and the Mental Health Institutes fill some of the gap, more Mental Health Centers are needed. They are needed in rural areas where there are no local psychiatrists in private practice. Centers are especially needed in the southern and western part of the state. They are needed also in more populated areas where there are many people who need help but do not have incomes sufficient to pay private fees. New Centers can attract more psychiatrists to Iowa and increase the number available for private practice.

¹ *Action for Mental Health*, Basic Books, 1961. p. 291.

TABLE VII
PSYCHIATRIC HOSPITAL FACILITIES IN IOWA
Number and Percentage of Psychiatric Beds and Inpatients
1960

HOSPITALS	PSYCHIATRIC BED CAPACITY		TOTAL NUMBER OF INPATIENTS DURING YEAR	
		PERCENTAGE		PERCENTAGE
Psychopathic Hospital, State University of Iowa, Iowa City*	60	.6	372	2.0
Board of Control, Division of Mental Health	8,292	78.0	10,478	56.2
Mental Health Institute, Cherokee*	1,000		1,933	
Mental Health Institute, Clarinda*	1,088		2,017	
Mental Health Institute, Independence*	1,211		1,096	
Mental Health Institute, Mt. Pleasant*	1,210		1,741	
Glenwood State School, Glenwood*	1,877		1,625	
Woodward State Hospital & School, Woodward*	1,906		2,086	
Private Mental Hospitals	417	4.0	1,835	9.8
Hillcrest Hospital, Des Moines	50		316	
St. Bernard's Hospital, Council Bluffs	212		648	
St. Joseph's Sanitarium, Dubuque	155		871	
General Hospitals with Psychiatric Units	265	2.5	3,583	19.2
Allen Memorial Hospital, Waterloo	31		365	
Broadlawns Polk County Hospital, Des Moines	23		754	
Burlington Hospital, Burlington	2		78	
Iowa Methodist Hospital, Des Moines*	26		269	
Mercy Hospital, Davenport	30		545	
Mercy Hospital, Marshalltown	22		118	
Methodist Hospital, Sioux City	14		214	
Ottumwa Hospital, Ottumwa	26		135	
St. Luke's Methodist Hospital, Cedar Rapids	21		596	
St. Joseph Mercy Hospital, Mason City	14		173	
St. Joseph Mercy Hospital, Sioux City	56		336	
Veterans Administration Hospitals	1,590	14.9	2,393	12.8
Veterans Administration Hospital, Des Moines*	None	Allotted	178	
Veterans Administration Hospital, Iowa City*	75		191	
Veterans Administration Hospital, Knoxville*	1,515		2,024	
GRAND TOTAL	10,624	100.0	18,681	100.0

* Fiscal Year, July 1, 1959, to June 30, 1960

TABLE VIII
IOWA OUTPATIENT PSYCHIATRIC FACILITIES
Number of Outpatients Served
July 1, 1960 to June 30, 1961

BOARD OF REGENTS		
Psychopathic Hospital, Outpatient Clinic, Iowa City		1,491*
Community Mental Health Centers		4,278
Black Hawk County Mental Health Center, Waterloo	771	
Bremer County Mental Health Center, Waverly	26	
Central Iowa Mental Health Center, Ames	320	
Des Moines Child Guidance Center, Des Moines	525	
Des Moines County Mental Health Center, Burlington	344	
Lee County Mental Health Center, Keokuk	131	
Linn County Mental Health Center, Cedar Rapids	824	
Mental Health Center - Marshall & Hardin Counties Marshalltown	418	
Mental Health Center of North Iowa, Mason City	305	
Northeast Iowa Mental Health Center, Decorah	165	
Northwest Iowa Mental Health Center, Spencer	178	
Scott County Mental Health Center, Davenport	271	
BOARD OF CONTROL, DIVISION OF MENTAL HEALTH		
Mental Health Institutes		747**
Cherokee Mental Health Institute	175	
Clarinda Mental Health Institute	171***	
Independence Mental Health Institute	190	
Mt. Pleasant Mental Health Institute	211	
COUNTY FACILITIES		
Broadlawns Polk County Hospital, Outpatient Clinic, Des Moines		285
VETERANS ADMINISTRATION		
Veterans Administration Hospital, Outpatient Clinic, Des Moines		1,398****
TOTAL		8,199

- * First Visits. There were 5,420 return visits excluding social service, psychology, EEG, & Clinical laboratory tests which run at the level of 14,000 contacts annually.
- ** Number of admissions Jan. 1, 1961 to June 30, 1961, excluding County Home patients.
- *** Estimated
- **** July 1, 1959 to June 30, 1960

Chapter VI

APPENDIX A

Publications of the Joint Commission on Mental Illness and Health

1. *Current Concepts of Positive Mental Health*. Marie Jahoda, Ph.D., Basic Books, 1958. \$2.75.
2. *Economics of Mental Illness*. Rashi Fein, Ph.D., Basic Books, 1958. \$3.00.
3. *Mental Health Manpower Trends*. George W. Albee, Ph.D., Basic Books, 1959. \$6.75.
4. *Americans View Their Mental Health. A Nationwide Interview Survey*. Gerald Gurin, Ph.D., Joseph Veroff, Ph.D., and Sheila Feld, Ph.D., Survey Research Center, University of Michigan, Basic Books, 1960. \$7.50.
5. *Community Resources in Mental Health*. Reginald Robinson, Ph.D., David F. DeMarche, Ph.D., and Mildred K. Wagle, M.S.S.A., Basic Books, 1960. \$8.50.
6. *Epidemiology and Mental Illness*. Richard J. Plunkett, M.D., and John E. Gordon, M.D., Basic Books, 1960. \$2.75.
7. *Action for Mental Health*. The Final Report of the Joint Commission on Mental Illness and Health. Basic Books, 1961. \$6.75.

Other monographs include:

The Role of Schools in Mental Health
The Churches and Mental Health
New Perspectives on Mental Patient Care
Research Resources in Mental Health

APPENDIX B

National Institute of Mental Health Bethesda, Maryland Administration

The Director and Chiefs of the various branches of the National Institute of Mental Health are as follows:

Robert H. Felix, M.D., Director
Joseph M. Bobbitt, Ph.D., Associate Director for Program Development
Stanley F. Yolles, M.D., Associate Director for Extramural Programs
Robert A. Cohen, M.D., Acting Director of Intramural Research
Morton Kramer, Ph.D., Chief of Biometrics Branch
Curtis G. Southard, M.D., Chief, Community Services Branch
Richard H. Williams, Ph.D., Chief, Professional Services Branch
Mr. Philip Sapir, Chief, Research Grants and Fellowships Branch
Raymond Feldman, M.D., Chief, Training Branch

Community Services Branch

The Community Services Branch provides consultation to the Mental Health Authorities, state hospitals, and training and research facilities in each state through the Mental Health Section of the Regional Offices of the United States Public Health Services.

The staff of the Community Services Branch is as follows:

Curtis G. Southard, M.D., Chief, Community Services Branch
Robert T. Hewitt, M.D., Assistant Branch Chief
Rodney C. Mercker, Administrative Officer
Joseph H. Hoffman, Assistant Administrative Officer
Pearl R. Shalit, Chief Mental Health Nurse Consultant
Harold P. Halpert, Consultant on Communications
Jack Wiener, Chief, Program Analysis
Mrs. Georgia McCoy, Program Analyst
Warren Lamson, Chief, Professional Resources
Jerry W. Carter, Jr., Ph.D., Chief, Preventive Services
Harold M. Hildreth, Ph.D., Clinical Psychologist
Miss Mary Belle Roberts, Psychiatric Social Worker
Robert T. Hewitt, M.D., Chief, Clinical Services
Mrs. Ruth I. Knee, Psychiatric Social Worker
Miss Elsie Ho, Mental Health Nurse Consultant
Edward J. Flynn, Chief, Mental Health Project Grants
Herbert Fockler, Program Analyst
Mrs. Cornelia Walker, Grants Assistant
William G. Hollister, M.D., Chief, Demonstrations
Harold M. Skeels, Ph.D., Chief, Special Program Development
Carl L. Anderson, Ph.D., Consultant in Alcoholism
Thomas Gladwin, Ph.D., Social Science Consultant
Joseph B. Margolin, Ph.D., Clinical Psychologist

Service to Iowa, and six other states, is provided from Region VI, United States Public Health Service, Kansas City, Missouri. Personnel in the Mental Health Section of Region VI is as follows:

John M. Whitney, M.D., Regional Health Director
Lucy D. Ozarin, M.D., Chief, Mental Health Services
Samuel L. Buker, Ph.D., Clinical Psychologist
Mr. Virgil Shoop, Psychiatric Social Worker
Miss Hazel Kandler, Mental Health Nurse Consultant

APPENDIX C

IOWA MENTAL HEALTH AUTHORITY Psychopathic Hospital, Iowa City, Iowa

January 1, 1962

Pamphlet List

These Mental Health pamphlets are available in limited quantities. Please indicate the name and quantity of each pamphlet desired, the name, location, and date of meeting. They will be mailed to you if available.

Pre-School Children

- Some Special Problems of Children - Aged 2 to 5 years - State Charities Aid Association
- The Pre-school Years - Health Education Service
- Between 1 and 5 - John Hancock Mutual Life Insurance Company
- Your Child from 1 to 6 - U. S. Department of Health, Education and Welfare

School-Age Children

- How to Teach Your Child About Work - Public Affairs Committee
- Series on Child Training - Human Relations Aids
 - Destructiveness
 - Discipline
 - Lying and Stealing
 - Obedience
 - Preparing your child for the hospital
 - Preparing your child for school
 - Sex
 - Temper
- Toward Understanding Boys - R. E. Somme, Publisher
 - In Middle Childhood
 - In Late Childhood
 - In Early Adolescence
 - In Middle Adolescence
- Toward Understanding Girls - R. E. Somme, Publisher
 - In Middle Childhood
 - In Late Childhood
 - In Early Adolescence
 - In Adolescence
- 6 to 8 - Years of Discovery - Metropolitan Life Insurance Company
- Mankind's Children - the Story of UNICEF - Public Affairs Committee
- When Parents Get Together - Child Study Association

Adolescence

- Back to What Woodshed? - Public Affairs Committee
- Pre-adolescents - What Makes Them Tick? - Child Study Association

Child's Emotional Health

- A Better Chance for Mental Health for Children in Smaller Communities - U. S. Department of Health, Education and Welfare
- Can You Help the Fearful Child? - U. S. Department of Health, Education and Welfare
- How a Community Mental Health Center Can Help the Troubled Child - National Association for Mental Health

- What Every Child Needs - National Association for Mental Health
- Behavior - the Unspoken Language of Children - Child Study Association
- The One-Parent Family - Public Affairs Committee
- A Healthy Personality for Your Child - U. S. Department of Health, Education and Welfare

Mental Retardation

- Forgotten Children - National Association for Mental Health
- How to Help Your Handicapped Child - Public Affairs Committee
- New Hope for the Retarded Child - Public Affairs Committee
- The Backward Child - Department of Health and Welfare, Ottawa, Canada

Teacher - Child Relationship

- Teacher Listen . . . Children Speak - State Charities Aid Association
- The Children We Teach - Mental Health Materials Center, Inc.
- The Why and How of Discipline - Child Study Association
- Self-Understanding for Teachers - National Association for Mental Health

Mental Health

- Emotions and Physical Health - Metropolitan Life Insurance Company
- For Good Mental Health in Your Community - National Association for Mental Health
- Mental Health is a Family Affair - National Association for Mental Health
- Mental Health is . . . 1 . . . 2 . . . 3 - National Association for Mental Health
- There is Something You Can Do About Mental Health - National Association for Mental Health
- Your Community and Mental Health - Public Affairs Committee
- It's Good Business to Know Your Men - U. S. Department of Health, Education and Welfare
- How to Deal With Your Tensions - National Association for Mental Health
- The Worry-Go-Round - How to Understand Your Everyday Tensions - Connecticut Mutual Life Insurance Company

Mental Illness

- Alcoholism - Metropolitan Life Insurance Company
- Alcoholism - U. S. Department of Health, Education and Welfare
- The Mind - In Sickness and Health - John Hancock Mutual Life Insurance Company
- Ministering to Families of the Mentally Ill - National Association for Mental Health
- Twelve Facts About Mental Illness - National Association for Mental Health
- When Mental Illness Strikes Your Family - Public Affairs Committee
- When a Parent is Mentally Ill - What to Say to Your Child - Child Study Association
- When You Lose a Loved One - Public Affairs Committee
- The Child with Epilepsy - U. S. Department of Health, Education and Welfare
- Next - Let's Conquer Mental Illness - National Association for Mental Health
- With Your Help, the Mentally Ill Can Come Back - National Association for Mental Health
- A New Chapter - Mental Health Education Unit, Smith, Kline & French Laboratories
- Basic Facts About Mental Illness - Scientific Aids Publications
- Stress - Metropolitan Life Insurance Company
- Facts on Mental Health and Mental Illness - U. S. Department of Health, Education and Welfare

Careers

- Better Human Relations - the Challenge of Social Work - Public Affairs Committee
- Is This Your Line? - National Association of Social Workers
- Jobs and Futures in Mental Health Work - Public Affairs Committee

Aging

- Looking Forward to the Later Years - U. S. Department of Health, Education and Welfare
- Growth and Aging - Devereux Schools
- When Our Parents Get Old - Metropolitan Life Insurance Company
- When You Grow Older - Public Affairs Committee

Iowa Mental Health Authority Publications

- The Challenge of Mental Health in Iowa, Fifth Biennial Report
- Fifth Directory of Psychiatric Facilities in Iowa
- Mental Health Films and Pamphlets
- Films and Pamphlets on Post Hospital Care

APPENDIX D

IOWA MENTAL HEALTH AUTHORITY
Psychopathic Hospital, Iowa City, Iowa

January 1, 1962

Mental Health Film List Instructions

These films may be used only on a 16mm sound projector. They are available without cost, except for return postage, from the Iowa Mental Health Authority, Psychopathic Hospital, Iowa City, Iowa, telephone 337-9654.

One agency or individual should not order films for another person. All correspondence and shipment of the films should be direct to the person who uses the film as he is responsible for its correct use and return. Films scheduled for schools must be requested by teachers or the superintendent. Orders should be placed one month in advance, giving first and second choices. Due to the many requests, only *TWO FILMS* a month can be scheduled for one agency. Films cannot be scheduled for longer than six months in advance. The films must be returned on the day following the audition. Neglect to do so may mean disappointment to the next borrower.

It is necessary that the projector used be in good condition and the operator be experienced. As films are expensive, it will be necessary to discontinue this service to anyone who damages or ruins a film. Borrowers are asked to return films on original reels, and in the container in which they are sent.

MENTAL HEALTH FILMS

Personality Growth and Development

INFANCY

A BABY'S DAY AT TWELVE WEEKS (20 min., sound)

Portrays daily routine and care of an infant at twelve weeks for one entire day. Interprets significance of various infant reactions. Demonstrates bathing, feeding, playing, daytime sleeping, with interpretation of behavior. A Gesell film.

Use: Teaching film for home economics, child care, child psychology, pediatricians, home study.

BABY MEETS HIS PARENTS (11 min., sound)

Shows how difference in personalities can be accounted for, not only by heredity, but also by the environmental factors during the first years of life.

Use: Professional groups, parents and lay public.

GRIEF - A PERIL IN INFANCY (30 min., silent)

This film shows the effect upon infants induced by prolonged absence of the mother. A number of babies in a foundling home are shown. It is indicated among infants of less than a year that, if the mother returns after an interval of less than 3 months, their recovery is rapid. If the absence is prolonged beyond this period, it becomes impossible to achieve contact with them and they become passive and apathetic and begin to suffer damage to the personality. The film suggests that it is the emotional climate provided by the mother which allows the child's mind to develop normally. (Ribble - *The Rights of Infants* available from Iowa Mental Health Authority.)

Use: General public and professional groups.

HOW BEHAVIOR GROWS (20 min., silent)

Stages of development of child from one week to eighteen months. Details of activity, kneeling, creeping, stepping, toddling. A delightful study of activity. A Gesell film.

Use: Psychologists, pediatricians, social workers and parents.

LEARNING AND GROWTH (20 min., sound)

Reveals normal infant ability by showing possibilities and limitations in training of infants 24 to 48 weeks of age. Describes relationships between age, growth and learning.

Use: Psychologists, nurses, child welfare workers and parents.

LIFE BEGINS (60 min., sound)

An overall view of Dr. Arnold Gesell's work at Yale Clinic of Child Development. The film is a photographic record of the patterns of normal development of infants from birth to 18 months. Although staged 20 years ago, it is still psychologically valid.

Use: Psychologists, teachers, physicians, nurses - a teaching film, can be used for parents with lecture.

A STUDY IN HUMAN DEVELOPMENT - PART I (20 min., silent)

Illustrates development from 6 to 36 weeks.

Use: Parents, teachers, psychologists, pediatricians.

A STUDY IN HUMAN DEVELOPMENT - PART II (20 min., silent)

Illustrates development from 42 weeks to 15 months.

Use: Parents, teachers, psychologists, pediatricians.

A STUDY IN HUMAN DEVELOPMENT - PART III (20 min., silent)

Development from 19 months to 2 years and 8 months.

Use: Parents, teachers, psychologists, pediatricians. (The above group is almost a duplicate of "Life Begins" and requires interpretation.)

Personality Growth and Development

PRE-SCHOOL CHILD

ANSWERING THE CHILD'S WHY (14 min., sound)

Describes important aspects of the period when the child begins to ask questions. Dramatizes true-to-life situations in which youngsters meet with positive or negative attitudes toward their questions and suggests the resulting effects on their personalities. A valuable film for helping children make a harmonious adjustment to the world about them.

Use: Colleges, lay and professional people.

A CHILD WENT FORTH (20 min., sound)

A delightful picture of a pre-school group, two to seven years of age, in a summer camp. It stresses the need of all children for freedom to explore and enjoy their environment with a minimum of adult interference. Shows the warmth of relationship between adults and children. Rural setting.

Use: Groups interested in nursery school education, child welfare workers, college students.

FRUSTRATING FOURS AND FASCINATING FIVES (22 min., sound)

Roddy, the four-year-old, although he has learned to do many things for himself, will often "forget" and fall back into his baby ways. Full of energy and abandon, his attention span is short. Painstaking craftsmanship and sudden destructiveness go hand in hand at this age. At five, Roddy can do many more things and loves to do little tasks around the house. Games are fun, and Roddy can both sing and dance. Imaginative play imitates adult activities and helps him to understand the adult world better. Fives are cooperative and fun to be with, repaying parents and teachers well for their patience with the frustrating fours.

Use: Parents, professional groups, and general public.

FRUSTRATION PLAY TECHNIQUE (35 min., sound)

First part of film shows blocking games, the second part is on frustration and hostility games. Both parts demonstrate techniques developed by Dr. Lerner of Sarah Lawrence College for study of ego developed and demarcation of self in young children.

Use: Teachers, psychologists, pediatricians, psychiatrists, social workers and nurses. (Not intended for lay groups.)

A PSYCHONEUROSIS WITH COMPULSIVE TRENDS IN THE MAKING
(30 min., silent) 4 reels

Life history of Mary from birth to seven years. Mary, a child of superior biological capacity and active congenital type, develops a neurosis through the interaction in her home life. It depicts ego development, shows how so-called average children in so-called normal families may lack psychiatric treatment. Mary never realized potential development although she conforms to normal standards.

Use: Psychiatrists, psychologists, pediatricians, social workers and nurses.

THE TERRIBLE TWOS AND TRUSTING THREES (20 min., sound)

The film opens in the play yard of a nursery school where we observe behavior of two-year-olds, typified by insatiable curiosity, boundless energy and unceasing activity. Many situations are described in which adults may help in the channeling of activities. The three-year-old's world is much larger, and he is interested in those around him. Social approval is important, also the practice of newly acquired skills. Each child may not pass through all the stages described, but most children tend to follow this general pattern.

Use: Parents, professional groups, general public.

THIS IS ROBERT (80 min., sound)

Produced in cooperation with Sarah Lawrence College Nursery School. The film traces the development of Robert, an aggressive, difficult child, through nursery school and two years of public school. Shows aggression, hostility, frustration at various levels.

Use: Caseworkers, college students, nurses. This is a study film to be used only with interpretation by a psychologist or psychiatrist.

Personality Growth and Development

SCHOOL CHILD

AND SO THEY GROW (28 min., sound)

A group of nine-year-olds lived their days happily with an understanding teacher. The film highlights the essential role of leadership - the variety of approaches in meeting children's ever widening interests - how children grow and learn through play.

Use: Teacher training, children's agencies, P.T.A. groups and civic organizations.

CHILDREN OF CHANGE (31 min., sound)

This film dramatizes one of America's most pressing human problems, the special stresses and strains placed on children whose mothers work outside the home and on the mothers who must adjust to two full-time jobs. Their children are caught in a whirlpool of change. We are faced with the responsibility to see that the change is for the better.

Use: Lay and professional groups.

CHILDREN'S EMOTIONS (22 min., sound)

This analysis of the major emotions of childhood guides parents in the proper handling of each emotion. The narrator points out the major causes of fear, anger, jealousy, curiosity, and joy. Happiness can be the child's natural element, for it is the result of physical well-being added to reasonable discipline and loving understanding.

Use: General public.

THE FACE OF YOUTH (28 min., sound)

Two boys, Alex and Ralph, have difficulties in school. The former is over aggressive; the latter is fearful and retarded. The teacher and nurse study the behavior of each boy and find acceptable ways for Alex to gain recognition, while Ralph is referred to a Child Guidance Center. Here Ralph gains in confidence, in play he can act out his fears and suppressed anger and is on the road to happiness.

Use: Parents, teachers, and general public.

FEARS OF CHILDREN (27 min., sound)

This shows the origin of fears stemming from a seven-year-old boy's hostility toward his father. It illustrates how a friend, who understood child psychology, helped the mother to recognize the cause of his fears. The father finally recognized the hostility as a normal reaction to authority.

Use: Parent-teacher groups, child study, mental health groups, social workers, nurses, and schools.

FIRST AS A CHILD (20 min., sound)

This is the story of Alexander, a crippled child, and his treatment in a public clinic in Virginia. It stresses the point that each patient benefits most when he is treated first as a child, next as a handicapped child, and finally as a child with some crippling conditions.

Use: Professional groups and lay public.

FIRST LESSONS (20 min., sound)

Produced by the National Film Board for Iowa. This is a typical school room, children with normal strivings for acceptance and leadership. It illustrates how a teacher's lack of understanding of behavior causes conflicts, regression and discord, as compared with an adequately trained teacher who leads the children to understand their own behavior and interpersonal relationships. It is democracy in the lower grades.

Use: Parent-teacher groups, social workers, nurses, mental health groups, and the general public.

FRIGHTENED CHILD (19 min., sound)

A sensitive film about an 11-year-old girl, Janie Kirk, troubled, confused and frightened, who is eventually placed in a foster home. Shows also the role of social casework in helping the child accept the realities of daily living.

Use: Professional groups, general public.

FROM SOCIABLE SIX TO NOISY NINE (22 min., sound)

Illustrating the behavior that may normally be expected in children from six to nine, this film introduces a family with three children in this age group. The parents handle such characteristic problems as jealousy, occasional dishonesty, destructiveness and varying interests and abilities.

Use: General public, P.T.A. groups, nurses, social workers.

THE GIFTED ONES (22 min., sound)

Explorations into outer space, international problems and responsibilities discussed by 11 and 12-year-olds with a lucidity and sense of logic that would do credit to many adults. The gifted child, whose advanced mind distinguishes him from others of his age, is being recognized as a most valuable asset to society. This film shows you such children. It also shows the responsibility which society has toward them, for from these will come the intellectual resources of tomorrow.

Use: Teachers and professional groups.

GOOD SPEECH FOR GARY (22 min., sound)

Deals with a second-grade boy who suffers from a speech defect - its effect on his personality and his improvement through modern remedial teaching. It contributes much to the understanding of children's speech difficulties and what schools can do to help children speak clearly and well.

Use: College classes in education, groups concerned with handicapped or disturbed children.

HARD BROUGHT UP (43 min., sound)

Deals with the dramatic situation of two young boys who get into trouble. James comes from a comfortable, economically secure home, but there are misunderstandings within the family, and Walter lives with his grandmother who works and has little time for him. A Child Welfare Worker brings about a better understanding of James'

problems and emotional needs and places Walter in a foster home where he receives the love and understanding he has never had.

Use: Social Welfare Workers, professional groups, and general public.

MEETING EMOTIONAL NEEDS OF CHILDHOOD (30 min., sound)

A good film for understanding children. It focuses on the seven to ten-year-old child in school and at home, but is concerned with the kind of attitude toward people and sense of responsibility the child develops as he grows up. In the family relationship and at school, security and independence needs are met. Although it is somewhat confusing in sequence, it is psychiatrically sound.

Use: Parents, teachers, staffs of institutions.

SHYNESS (23 min., sound)

This film concerns shyness in children. From the lonely existence of a typically shy adult, the film turns to a study of three friendless children, Anna, Jimmy, and Robert. It reveals how confidence-destroying demands of parents predisposed the children to shyness, and how the children are guided in making better social adjustment.

Use: Teachers, parents, nurses, social workers, and other professionals.

Mental Retardation

A CLASS FOR TOMMY (22 min., sound)

This film shows Tommy, a boy of six, mentally retarded, isolated at home, but later participating in school activities. The film illustrates the essentials of a school program to meet the child's needs, through teacher preparations, school schedules and services, such as nutrition, nursing, dental and recreational activities.

Use: Schools, professional groups, lay public.

AND CROWN THY GOOD (35 min., sound, colored)

A comprehensive report, covering one community's accomplishment in providing for their severely retarded children over a period of six years. Training procedure and teaching techniques used in the Orchard School, Skokie, Illinois, are demonstrated, including well-trained volunteers.

Use: Parent groups, general public, all professional and welfare groups.

NO LESS PRECIOUS (14 min., sound)

This film has to do with the problems of mental retardation and recent accomplishments made through the efforts of interested organizations throughout the United States to help mentally retarded children.

Use: Parents, other interested adult groups.

ONE SMALL CANDLE (18 min., sound, colored, cleared for TV)

This film covers procedures in a clinic and private school for the severely retarded and multiple handicapped. It shows types of examination a parent might expect in such a clinic, lays stress on correct guidance of the child by the parent. Teachers demonstrate occupational therapy, recreational activity, psychological testing and job training for the retarded child.

Use: Parents and lay groups, general public.

PKU - PREVENTABLE MENTAL RETARDATION (15 min., color, sound)

This film shows how mental retardation due to Phenylketonuria, commonly called PKU, can be prevented by early examination and diagnosis of infants 4 to 6 weeks after birth. In a series of case histories, the film portrays how, with proper treatment and nutrition, the child may achieve higher intellectual capacity.

Use: Professional groups and general public.

THE PUBLIC HEALTH NURSE AND THE RETARDED CHILD (24 min., color, sound)

The aid which a public health nurse can provide to parents with retarded children is vividly portrayed as we observe the problems of a distraught mother greatly alleviated by the emotional support and counsel of a public health nurse, who detects that her child is retarded and marshals community facilities to provide help. The problem of

raising a retarded child with normal children in a family, the question of custodial care and social aspects of the situation are considered.

Use: Nurses, social welfare workers, public schools and others who work with retarded children and their families.

TUESDAY'S CHILD (14 min., sound)

This film concerns the problems of retarded children and their parents, how community efforts are organized to assist in the care, education and training of retarded children, depicted and described.

Use: Parents, other interested adult groups.

Personality Growth and Development

ADOLESCENCE

ACT YOUR AGE (13½ min., sound)

A young adolescent shows infantile behavior - temper tantrums, weeping, inability to take a joke. Through guidance of a teacher, he acquires more emotional maturity.

Use: High schools, colleges, adults.

A BOY IN COURT (20 min., sound)

A delightful film showing the pre-delinquent tendency (theft) of a 15-year-old boy, Johnnie Martin. Instead of a court sentence, Johnnie has the guidance of a probation officer, routine tests, and services of a juvenile court. Building on his interests in airplanes, his probational period ends happily.

Use: Teachers, courts, all agencies in social welfare, high schools, colleges and lay public.

BOY WITH A KNIFE (19 min., sound)

This film is a re-enactment of a case story from the files of a Los Angeles Youth Service Agency, showing how a Group Worker reaches a gang of boys who are headed for delinquency. The audience sees how the Group Worker functions; what he does and what obstacles he encounters as well as the limitations he must accept.

Use: General public, mental health associations, P.T.A., social welfare agencies and non-professionals who work with children.

CHALLENGE TO CRIME (20 min., sound)

"The Moline Plan" originated by Ruth Clifton, Moline, Illinois, is fully described. Warden Lawes of Sing Sing tells what the plan will do for your community in eliminating juvenile delinquency.

Use: Parents, teachers, churches, schools, general public.

CHILDREN OF THE CITY (30 min., sound)

The problem of juvenile delinquency in a Scottish city is approached through the child's home environment. Three boys from three different types of homes are caught robbing a shop. Film describes how each is dealt with according to his own needs - probation, reformatory, child guidance clinic. A plea for better city planning.

Use: Teachers, ministers, parents, court workers, general public.

CHILDREN ON TRAIL (62 min., sound)

A study of juvenile delinquency and the methods of the approved schools in England. A very interesting, instructive film, showing society's method to prevent further delinquency through competent government personnel. Shows excellent institutional staff for training schools.

Use: All professional groups and citizens interested in prevention of crime, general public.

CONTROL YOUR EMOTIONS (13½ min., sound)

Through infantile behavior - anger - a youth disrupts the party, cannot drive the car, brings discord into the home. Through understanding of psychology, film portrays that emotions can be controlled.

Use: High schools, colleges, and adults.

EMOTIONAL HEALTH (20 min., sound)

A college freshman, who has a rapid pulse and chest pains with no organic basis, is referred by his physician to a psychiatrist. The psychiatrist through psychotherapy, brings into consciousness the early frustrating experiences in the home and school. After four months of treatment, the patient is beginning to achieve emotional health.

Use: High schools, colleges, and parents.

FAREWELL TO CHILDHOOD (20 min., sound)

Produced by the National Film Board. This illustrates the conflict between parental standards and the normal desire of an adolescent for independence. It points out the lack of understanding on both sides. A teacher-counselor helps to give both the adolescent girl and her parents some insight into the nature of the problem and how tensions may be eased.

Use: Parents, teachers, group and recreational leaders, social agencies, nurses, general public.

FEELING LEFT OUT (13 min., sound)

Mike wants to be part of the gang, but he is "left out". His concentration on this group isolates him from his other classmates. When he awakens to the many opportunities for friendships around him, and escapes the pitfall of forming his own clique, Mike is on his way to social maturity.

Use: High schools, colleges, and parents.

GETTING ALONG WITH PARENTS (15 min., sound)

Six high school students decide to visit a night club after the Junior Prom. Their parents oppose the project for different reasons, disclosing varied family backgrounds and attitudes. The film points out that here, as with all problems, there are two sides and that both sides have a right to be heard.

Use: Students, teachers, colleges, and P.T.A.

HABIT PATTERNS (12 min., sound)

The story of Barbara, who is never prepared, never on time, whose clothes are disorderly and who is unable to adjust socially with her school friends. Throughout the film, Barbara is contrasted to Helen, a girl who has learned to plan her tomorrows the day before. She decides to replace her sloppy habits with more acceptable ones by tidying her appearance and cleaning her room, thus achieving her goal of more orderly living.

Use: Teachers, social workers, parents, and general public.

HANDICAPPED GO CAMPING (11 min., sound)

A group of physically handicapped children on a camping trip find that they can experience, enjoy and profit from many activities of camp life along with normal children.

Use: Recreation, camping and child welfare groups. Parent groups who are planning campaign programs for their mentally retarded children may very well use this film as a guide.

KID BROTHER (25 min., sound)

This film is the story of sixteen-year-old Phil Martin and how he mishandles the difficult problem that faces virtually all teen-agers. It deals with the basic emotional adjustments to growing up as well as some of the hidden emotional forces that lie behind excessive drinking. "Kid Brother" was planned and produced under the supervision of specialists in the field of psychiatry, psychology and alcoholism.

Use: High schools, teachers, parents, church groups, general public.

LEARNING TO UNDERSTAND CHILDREN, A DIAGNOSTIC APPROACH

(12 min., sound)

This film records the efforts of an English teacher to help Ada Adams, an emotionally and socially maladjusted girl of 15. The teacher observes the child's behavior

and studies her previous records. Through personal interview and home visits, she formulates a hypothesis for remedial measures. (Part I of a series of two.)

Use: Teachers, parents, and other professional and lay groups.

LEARNING TO UNDERSTAND CHILDREN, A REMEDIAL PROGRAM (23 min., sound)

The teacher, using Ada's interest in art, helps the girl improve her self-confidence and interest in school work, and win recognition and acceptance by her schoolmates. (Part II of a series of two.)

MENTAL HEALTH (13 min., sound)

Defines good mental health, describes its attributes, and emphasizes four steps in acquiring, maintaining, and improving mental health: express emotions naturally, respect others, respect yourself, and solve problems as they arise. Stresses the importance of discussing problems with someone, and briefly shows symptoms of mental ill-health.

Use: Junior and senior high school and adult groups.

OVERCOMING FEAR (13½ min., sound)

A young man is so fearful of water, he cannot compete with his classmates. Through recognizing his bravery in other areas, the lifeguard helps the student to learn self-control.

Use: High schools, colleges, adults, and parents.

SHY GUY (13½ min., sound, color)

A dramatic prescription for overcoming shyness. Our hero, lonely and diffident, in a new school, guided by his father's counsel and sociable classmates, becomes a likeable, friendly leader.

Use: High schools, parent-teacher groups.

THAT BOY JOE (21 min., sound)

A story of juvenile delinquency, its causes and preventive means, analyzed from a long-range viewpoint. Joe, involved in robbery, comes to the attention of the Juvenile Court. Through the Court's counsel, the parents change the home life, recreational activities, and Joe becomes socially adjusted.

Use: Parents, teachers, group and recreational leaders.

WHO IS SYLVIA? (27 min., sound)

Here is a sensitive study of the dreams, fears, hopes of a 14-year-old girl - "half child, half woman" - and of her relationships with her family, school, and school friends. Using as a catalyst the impromptu and unchaperoned get-together of "the gang" after school, this film captures and spotlights a too often characteristic lack of communication and understanding between parents and their adolescent children, and results of the impasse. An excellent opportunity to observe adolescent behavior plus the 'image' the girl would like to present to her mother.

Use: Junior and senior high school, lay and professional groups.

Family Living

THE BRIGHT SIDE (23 min., sound)

Depicts the Dunn family at home, during work and play, both shared with the children. It shows them at a family picnic where everyone has a chance to help, to be needed, to do something new, to be part of an exciting outing. From these simple but happy incidents the audience can experience the feeling of satisfaction that can be gained from being relaxed enough to have fun with your children. "The Bright Side" shows the less tangible but more heartening positive aspect, not the problems and pitfalls of parents. Sets a positive goal for creative living patterns.

Use: High school and college students, parents, lay and professional groups.

BROKEN APPOINTMENT (30 min., sound)

This film relates the story of a public health nurse in a mining town. She finds one of her patients, a young expectant mother, in an emotional situation that creates

great unhappiness. How the nurse assists her patient by applying sound human relations techniques is the high point of the film.

Use: Schools, professional groups, general public.

CHOOSING FOR HAPPINESS (14 min., sound)

Eve's critical analysis of all her boy friends leads to disillusionment and frustration. Her friend, Mary, suggests that Eve analyze her own interest, recognize that no one is perfect, and be prepared to change her own attitudes without demanding complete change in other's personality.

Use: High schools, colleges, and general public.

THE FAMILY (20 min., sound)

This film was first made for the United States Army for showing in occupied areas. It is primarily a film for interpretation of American family living at its best, shows one day in the life of the grandmother, father, mother, teen-age daughter and pre-adolescent son. It illustrates the turmoil of teen-age emotions.

Use: P.T.A., all professional groups, the lay public.

A FAMILY AFFAIR (31 min., sound)

This is the story of the Cooper family, who like many other families live through the years in constant conflict and bitterness or end in separation or divorce. This family has adequate material comforts, and they are not poor, either, in their feelings of affection and concern for each other. It is shown how this typical family found a happier pathway through interviews in a family service agency.

Use: High schools, parent-teacher groups, general public.

HEAD OF THE HOUSE (37 min., sound)

A story of community action in mental health showing how a social worker, a policeman, and a minister join forces to help a young boy and his parents through troubles of adolescence. Mr. Moody, an authoritative perfectionist, makes unrealistic demands on his young son, Paul. The son feels frustrated, fearful, and alone. In his anxiety he runs away from home in the night to the river front, only to find other fearful experiences. He reaches adolescence outwardly docile and quiet, and is led into delinquency by older boys.

Use: Teachers, parents, professional groups, and general public.

HOME AGAIN (36 min., sound)

A portrayal of a woman, victim of a heart disease, who has a greater fear of failing her children than she does of death. It reveals the efforts of the father to hold the family together when the mother is taken away. It also dramatizes the role of professionally supervised Homemaker Service.

Use: Health and welfare agencies, and general public.

IN TIME OF TROUBLE (14 min., sound)

Mrs. Denkman, who feels her husband's drinking is threatening their marriage, calls on her minister, Dr. Burns. Dr. Burns suggests that she let her husband share more in family activities so he will not want to escape his loneliness through drinking. She does this, and the couple seem much happier.

Use: High schools, colleges, parents, and general public.

LET US GROW IN HUMAN UNDERSTANDING (20 min., silent, color)

This is a production of the Vassar Summer Institute, very attractive in color. It shows parent-child relationships of various cultures, races and groups, and the results in happy relationships after groups live together and "grow in understanding."

Use: Parents, group workers, teachers, social agencies.

MARRIAGE TODAY (22 min., sound)

The stress and strain of our civilization today make an impact on marriage and require new adjustments and changes. The ideals and goals adult love require are illustrated by two couples, who in very different ways achieve happiness.

Use: High schools, colleges, general public.

PALMOUR STREET (23 min., sound)

This film shows the influence that parents have on the mental and emotional development of their children. The simple incidents of the picture are not much different from the day-to-day experience of the leading actors, a Negro family: father, mother, and four young children. It presents the problems that are common in the daily lives of families everywhere.

Use: Parents, professional groups, and general public.

PREFACE TO LIFE (30 min., sound)

Depicts the development from birth to adulthood of Michael Thompson, a typical American youngster. It shows how all people, his parents, friends, neighbors, leave an imprint on his personality. It emphasizes the importance of a chance to develop in his own pattern. An excellent film produced for the National Institute of Mental Health, Bethesda, Maryland.

Use: High schools, colleges, teachers, parents, and all professions.

ROOTS OF HAPPINESS (25 min., sound)

This film staged in Puerto Rico, about family life and relationships, show how the feelings parents have for each other affect the emotional health of their children. The film stresses the importance of the father in the home.

Use: Students, parents, social agencies, and general public.

THE SON (27 min., sound)

Dramatizes one of the important agricultural problems of today - how to make a career on the farm attractive to young people. Uses the story of a farm boy's rebellion against the insensitive domination of his father to show that in some situations dissatisfaction with farm life stems from interpersonal conflict.

Use: Junior and senior high schools, colleges, lay and professional groups.

WHO'S BOSS (16 min., sound)

The competitive strivings of a husband and wife engaged in similar occupations lead to misunderstanding and temporary separation. Later they realize their responsibilities for a home and family.

Use: High schools, colleges, and general public.

Life Adjustment

THE CAGE (27 min., sound)

This film examines the career of Hugh Martin, a capable business executive caught on the treadmill of our competitive society. It suggests that each man needs to find his own way out of the cage that modern living imposes on everyone.

Use: General public.

PERSONALITY AND EMOTIONS (13 min., sound)

Designed for high school and college audiences studying personality development and mental health. Gives an overview of the development of emotions from infancy through early childhood and implies that emotional maturity is a desirable goal in the development of personality.

Use: Junior and senior high schools, colleges, and adults.

OUR INVISIBLE COMMITTEE (30 min., sound)

Made at the Training Center in Group Dynamics, Bethel, Maine. This film portrays events of a committee meeting of community leaders on a problem of juvenile delinquency. The theme, presented in a unique manner, relates to the fact that committee people bring to meetings the prejudices, pressures, conflicts and anxieties of past events and past relationships which affect their manner of functioning, as well as points-of-view. These people and events from their past then become "invisible members" of the committee.

Use: Professional groups such as teachers, psychiatrists, psychologists, and social workers.

ROLE PLAYING IN HUMAN RELATIONS TRAINING (30 min., sound)

A film produced by the National Education Association in the Training Laboratory of Group Dynamics. This film demonstrates some of the basic philosophy and techniques of role playing in a variety of situations.

Use: Professional groups such as teachers, psychiatrists, psychologists, and social workers.

ULCER AT WORK (30 min., sound)

A film illustrating the emotional origins of physical disorders. Shows a man in his office and home. He is hard-working, driving himself and those he supervises; antagonistic and disagreeable to all. The doctor points out he should change his attitudes and way of living as well as medication. He develops better relations with family and co-workers. This film has broader implications in the whole field of psychosomatic illness, how emotions can affect bodily processes.

Use: Business groups, women's clubs, P.T.A., lay and professional groups.

YOU AND YOUR FRIENDS (20 min., sound)

Shows a teen-age party - friendly co-operation, shows what builds friendship - loyalty, courtesy, dependability. Dialogue and music.

Use: School children, parents, teachers, lay and professional groups.

Aging

A PLACE TO LIVE (24 min., sound)

This film begins with the dramatic enactment of the conflicts and tensions created in a young family's home where the grandfather needs special care. Through a counseling service the couple learn of community resources available where the grandfather may be cared for and become happy in living with other people of his age with physical and mental infirmities. This film raises the question of how communities can prepare for the care of the aging population.

Use: High schools, clubs, P.T.A., and general public.

PROUD YEARS (28 min., sound)

This film shows in detail the practical steps that can be taken to help the aged lead active, useful lives. It provides an eloquent means by which their families can explore together the day to day problems that accompany old age, to a mutual understanding of the emotional problems which spring from a needlessly helpless, dependent existence.

Use: General public.

RETIRE TO LIFE (16 min., sound)

Ed Harrison leaves the plant where he has worked for many years, hoping to take a long hard-earned vacation. He is soon disillusioned, loses his savings, becomes confused and discouraged in his inability to find employment. A friend helps him to realize he has something to contribute to life and there are still rewards for his efforts.

Use: General public, professional groups, and churches.

THE STEPS OF AGE (25 min., sound)

A production of the National Film Board. The story of Mr. and Mrs. Potter faced with retirement and adjustments of later life. This film is designed so that all people will understand that they must begin early in life to adjust to the problems which all human beings must face when they grow old. "The Steps of Age" will be of particular interest to those who live with older people and who by understanding them, can make life happier and more rewarding. Film should be previewed for sound adjustment.

Use: General public, professional groups, and churches.

Alcoholism

ALCOHOL AND THE HUMAN BODY (14 min., sound)

Explains the specific effects of ethyl alcohol on the human body. Describes how alcohol is made and its characteristics. Traces the course of alcohol through the body

until it either oxidizes or escapes. Shows the effects of alcohol on the brain. Dramatizes the case of a problem drinker, including treatment.

Use: Junior and senior high schools, colleges, and adults.

DAVID - THE PROFILE OF A PROBLEM DRINKER (27 min., sound)

An absorbing portrayal of the causes and effects of liquor in the life of a young architect, this film analyzes some of the reasons which may lead a person into problem drinking.

Use: College and adult groups.

PROBLEM DRINKERS (20 min., sound)

Depicts man's change from moderate drinking to uncontrolled excess. Shows contribution of courts, Yale Medical School research, and psychiatric study in courses of alcoholism. Through Alcoholics Anonymous, the patient (a sick man) regains his health and position. There is some mention of community responsibility for treatment.

Use: Junior and senior high schools, colleges, lay and professional groups, Alcoholics Anonymous, and state institutions.

TEACHING TEEN-AGERS ABOUT ALCOHOL (16 min., sound)

An effective film produced by the Yale University Laboratory of Applied Biodynamics and designed to give teachers a better understanding of the problem of teaching their students about alcohol. The film attempts to remove the fears most teachers have of teaching about alcohol. It treats the prevailing attitudes toward teaching the subject and highlights one teacher's highly successful approach to the problem.

Use: Teachers, other professional and lay groups.

Mental Illness

ACTIVITY FOR SCHIZOPHRENIA (20 min., sound)

Film portrays the symptoms of schizophrenia in a young man, his life in a state hospital and finally his improvement and release. It shows not only the value of psychotherapy but also how all ancillary personnel share in the treatment process. Attendants, nurses, therapists contribute to recovery.

Use: Public and private mental institutions, colleges, nurses, and social workers.

ANGRY BOY (33 min., sound)

A production of the National Film Board. "Angry Boy" is a dramatization of the story of Tommy Randall, who, having been caught stealing in the school, is sent to a child-guidance clinic, instead of being treated as a criminal. His understanding teachers recognize the emotional problem. At the psychiatric clinic, the basic causes of the child's hostility are revealed. How his mother is helped to understand Tommy and how Tommy, himself, learns to accept and handle his feelings through the process of psychotherapy, provides the main drama of the picture. At the end of the film, Tommy is on his way to recovery and the audience has been given some understanding of how unconscious motivation affects the behavior of both children and adults. It is the story of a troubled child who is helped by the love, understanding and respect that parents and teachers can provide in everyday situations.

Use: General public, civic and welfare organizations, professional groups, parent-teacher groups, child care organizations, churches, mental health societies, and nurses.

APPRAISAL OF COMPETENCY (20 min., sound)

This film was produced by the Nebraska Psychiatric Institute, Omaha, Nebraska. The narrator, a psychiatrist, explains the court ruling in the M'Naghten's case (England, 1843) when a person was acquitted by a jury on the grounds of insanity. In court procedure, decisions were made regarding competency on "nature and quality" and "right and wrong" tests. The "right and wrong" test is a sole criterion for criminal responsibilities in 29 states of the Union as it is in England. In 17 additional states it is one of the rules followed. The "irresistibility impulse" tests originated in America, 1834. These and other court decisions are explained by the psychiatrist.

Use: Professional groups.

BACK INTO THE SUN (27 min., sound)

Through the story of a woman who lost confidence in her ability to cope with daily life, we see how a Canadian medical center, through day care, uses drugs, individual interviews, occupational therapy, sociodrama and group talks to help patients regain mental health.

Use: Colleges and adults groups, and general public.

BACK TO LIFE (30 min., sound)

This is the story of Bud Lambert, factory worker, who suffers from a feeling of being "picked on". After a personal altercation with a fellow worker he is promptly discharged. He returns to his home and quarrels with his wife. She calls the family physician and Bud is admitted to a mental hospital. After psychiatric treatment and occupational therapy, the hospital staff agree he is mentally improved and he is released for a trial period. The rehabilitation worker convinces Bud's employer that he is capable of handling his old job.

Use: Staffs of mental hospitals, foremen and supervisors in industrial and business firms, rehabilitation workers, employment counselors, general public.

BITTER WELCOME (35 min., sound)

A film about the struggle of a discharged mental hospital patient. It shows his efforts at readjustment when he is rejected by the men on the job. It exposes his feelings of conflict and dramatizes his courage and perseverance as he battles to keep his job, his home, and his own confidence.

Use: Professional groups and general public.

BREAKDOWN (40 min., sound)

Ann has developed from a model child into a charming responsible young business woman. At the age of twenty-three years she suffers a nervous breakdown - at first not clearly understood by her parents and employer. A brother, through his army service, realizes her need for treatment. After a period of treatment in a mental hospital, she is able to return to her home and community.

Use: General public and professional groups.

CITY OF THE SICK (20 min., sound)

A documentary film showing life and treatment in a mental hospital. It illustrates the recent advancement in hospital treatment through psychotherapy, recreation, occupational therapy, other activities, and trained attendants.

Use: General public.

COMMUNITY MENTAL HEALTH (33 min., sound)

This film portrays the preliminary planning, development, and services of a Community Mental Health Center - which is typical of Iowa.

With professional consultation, the P.T.A. surveyed the needs and resources of the community. With interest and support from the medical profession, press, lay groups, and county officials, a Community Mental Health Center was organized, a building donated, and staff recruited. Public interest was further aroused by case histories, a series of Lessons in Living, and direct services to community problems. The film closes with the dramatic story of a teen-age boy helped by the Center.

Use: General public.

FEELING OF DEPRESSION (30 min., sound)

A dramatization of an actual case history, tracing the genetic development of a neurotic depression by examining the content and emotional significance of a series of experiences in the life of one man from infancy to adulthood.

Use: Psychiatrists, psychologists, social service, and teachers.

FEELING OF HOSTILITY (35 min., sound)

The case history of Claire, from early childhood when her father dies suddenly, to her development into an outwardly successful "career woman". A trailer added

to the film reviews and emphasizes the episodes in the girl's life which contribute to her emotional maladjustment. Second of "Mental Mechanism" series.

Use: Psychiatrists, psychologists, social service, and teachers. Also useful in therapy with patients.

FEELING OF REJECTION (35 min., sound)

This is the case history of Margaret who learned in childhood not to risk disapproval by taking independent action. The film shows the harmful effects of her inability to engage in normal competition and analyzes the causes of her trouble. We see her childhood relationship with her parents and the factors which contributed to her later development. Shows therapy which helps the girl to face and examine her problems and finally to break away from the habit of blind obedience established in early life.

Use: Parent-teacher groups and professional groups.

THE KEY (31 min., sound)

In actual scenes from mental hospitals, "The Key" counterposes the tragedy of untreated mental illness against the dramatic recovery of patients brought back to their homes and families by the latest psychiatric treatment. It describes in warm human tones the role played by doctors, social workers, psychologists, nurses, and aides in bringing health to the mentally ill.

Use: General public and professional groups.

THE LONELY NIGHT (65 min., sound)

This film dramatizes modern psychiatric treatment and prevailing concepts of preventive mental health. The childhood of Caroline, an emotionally disturbed young woman, is contrasted with the wholesome growing-up of Cathy, Steve, and Tommy in a happy family relationship. "The Lonely Night" refers to six hours of intense misery and mental confusion in the life of Caroline Cram, which she recalls through psychiatric therapy. Caroline's experience is symbolical of the dark hours in the life of all emotionally disturbed patients.

Use: Recommended chiefly for psychiatric teaching and other professional groups, not appropriate for the lay audience.

MAN IN SHADOW (55 min., sound)

A dramatic presentation of the experiences of Paul Foster and his relatives as he becomes mentally ill, requires state hospital care and treatment. The patient is never seen, only his voice discloses his secret thoughts and great fears. Dr. John Porterfield, Director of Ohio's Department of Mental Hygiene and Corrections, briefly sums up the significance of the film. Loaned by Smith, Kline and French Laboratories to Iowa Mental Health Authority.

Use: For adults only, County Mental Health Chapters.

MAN TO MAN (30 min., sound)

The story of a psychiatric aide who takes a temporary job in a state hospital, and decides to stay permanently when he realizes there is much satisfaction to be gained from playing an important role in the treatment that brings mentally ill patients back to health.

Use: State hospital personnel, professional groups, and general public.

THE MENTAL HEALTH YEAR (59 min., sound)

This documentary international film is a production of the Mental Health Film Board, sponsored by the Readers Digest Foundation. A world premiere was held at the Sixth International Congress on Mental Health in Paris, August, 1961. With scenes from many foreign countries, the film dramatizes the latest techniques, methods of treatment, and services for the mentally ill.

Use: General public, professional and lay groups.

NATIONS MENTAL HEALTH (18 min., sound)

An over-all picture of the mental health problems in America, the passage of the National Mental Health Act to implement training, research, and community services.

Standards of personnel, various types of treatment, and the services of a community clinic are discussed and illustrated.

Use: General public and professional groups.

OPEN DOOR HOSPITAL (29 min., sound)

Dr. Herman Snow, Superintendent of the St. Lawrence State Hospital, New York, describes the philosophy behind the "open door" concept, showing the various changes that have taken place in this hospital as a result of this innovation. This change helps to restore dignity and pride to the mental patient and is an effective adjunct to other kinds of therapy.

Use: General public and professionals.

OUT OF THE SHADOWS (18 min., sound)

This is one of the rare films where a patient, Harry Gordon, (fictitious name), and other patients give their permission to use their early history, the symptoms of mental illness, treatment and recovery, hoping this contribution would help others walk "out of the shadows". The film portrays various types of treatment, the patient's gradual recovery and return to community life. It is an excellent film for illustrating the psychiatrist's role in psychotherapy.

Use: Professional groups, clubs, churches; best adapted for adults.

OVERDEPENDENCY (30 min., sound)

Story of a young married man whose inability to face the ordinary problems of life stems from a childhood too dependent on his mother and sister. He develops multiple, vague physical complaints in addition to an inability to maintain a consistently adequate vocational adjustment. Through psychiatric treatment, patient loses his somatic complaints.

Use: Professional groups and lay public.

PSYCHIATRY IN ACTION (40 min., sound)

Illustrates treatment of functional neuroses, shock therapy, psychotherapy, and other methods in hospitals of England during World War II. A British film. While informative, sound is not clear.

Use: Students of psychology, psychiatry, mental hygiene and public health, and general public.

PSYCHIATRIC NURSING: THE NURSE-PATIENT RELATIONSHIP (34 min., sound)

This film emphasizes the importance of a therapeutic nurse-patient relationship in the care and treatment of hospitalized mental patients. In following the developing relationship between a psychiatric nurse and one of the many patients in her care, in a typical state hospital setting, it shows the frustrations as well as the achievements. The film reviews many of the basic techniques in psychiatric nursing.

Use: All levels of the nursing profession.

A PSYCHOPATH (30 min., sound)

Presents the case history of an anti-social personality, a psychopath, whose criminal tendencies constitute a threat to his community. A convicted burglar of high intelligence is the patient in this case. His eventful career on the fringes of "respectable" society reveals a complete absence of moral responsibility.

Use: Professionals, general public and teaching personnel.

SOMEONE WHO CARES (22 min., sound)

Shows the ways in which individuals can participate in a mental hospital volunteer program, and some of the social and recreational needs of mental hospital patients. It suggests the extent of mental illness in our country today and encourages lay people to offer their services as mental hospital volunteers.

Use: Staffs of mental hospitals, social agencies, community groups, and general public.

TO SERVE THE MIND (25 min., sound)

This film shows Dr. Andrew McLeod, overtaxed and severely depressed, who becomes mentally ill and requires hospital care. This film not only shows treatment but also

how the wife is helped through a community resource, such as a psychiatric clinic, to face the problems of mental illness. It illustrates the wide range of facilities available today.

Use: Colleges, professional groups, as a teaching film.

WE, THE MENTALLY ILL (30 min., sound)

The first public program ever enacted and narrated by mental patients. Filmed at St. Elizabeth's Hospital, Washington, D. C., a historic drama from the life of Dorothea Lynde Dix, documenting progressive methods of treatment. Loaned by Smith, Kline, and French Laboratories to Iowa Mental Health Authority.

Use: General public and professional groups.

WORKING AND PLAYING TO HEALTH (35 min., sound)

A dramatization of recreational, occupational and industrial therapies in a mental hospital; actually photographed in a state institution, this picture is a behind-the-scenes record of how these techniques are used effectively to help the patient back to health.

Use: Especially recommended for all employees of hospitals for the mentally ill.

Teaching Films for Professionals Only

ACTIVITY GROUP THERAPY (50 min., sound)

This film illustrates the progress of group therapy covering a period of 65 lessons with a group of hyperactive, seriously disturbed boys, destructive with acting out in behavior. Originally the therapist sets few limits, allowing the group to gradually agree upon social active behavior. As the group becomes more cohesive increased freedom is possible. Although the group is composed of about a dozen children specifically only the progress of a limited number of the boys is followed.

Use: Professionals only, not for lay public.

CLINICAL ASPECTS OF CHILDHOOD PSYCHOSIS (55 min., silent)

Basic to this film is the belief that childhood psychosis is a syndrome with different underlying causes but a common symptom pattern. The opening scenes are largely an elaboration of this theme. The first patient described demonstrates a genetic history reaching back several generations. The heterogeneous nature of childhood psychosis is rapidly made obvious. Examples are given of the Bergman-Escalona hypersensitive child, of the Kanner autistic child, and the Mahler symbiotic child. A section of the film describes the "natural history" of childhood psychosis through four stages of development. The wide range of symptomatology that occurs is visualized with various examples of autism in its passive and active forms. Finally, the film follows a psychotic child under treatment for three years and shows the improvement achieved through application of therapeutic techniques.

Use: Professionals only, not for lay public.

DIAGNOSIS OF CHILDHOOD SCHIZOPHRENIA (35 min., sound)

This film, made at the Brooklyn Juvenile Guidance Center with actual diagnostic and treatment sessions with the staff, several patients, and their families, depicts the procedures and techniques utilized in arriving at a diagnosis of the inherent difficulties of a disturbed child. Emphasizes the necessity for sound diagnosis, developing a constructive treatment plan, but also an open minded attitude, permitting change in treatment as assessment progresses. The film focuses on differential diagnosis of childhood schizophrenia, mental retardation, which may present similar symptoms.

Use: Professional groups.

MENTAL SYMPTOMS SERIES ARE LISTED BELOW:

These films are not suitable for the general public and their distribution is restricted to professional audiences such as physicians, nurses, social workers, psychologists and as a teaching aid for such students. These films present the characteristic picture of symptoms manifested in the following diagnoses:

Schizophrenia: Simple-Type Deteriorated	(11 min., sound)
Schizophrenia: Catatonic Type	(12 min., sound)
Schizophrenia: Hebephrenic Type	(13 min., sound)
Paranoid Condition	(13 min., sound)
Organic Reaction Type: Senile	(10 min., sound)
Depressive States - Part I	
A mild depression with pronounced motor agitation.	(12 min., sound)
Depressive States - Part II	
A more severe depression with marked retardation.	(11 min., sound)
Manic State	(15 min., sound)
Folie A. Deux	(15 min., sound)

NATURAL HISTORY OF PSYCHOTIC ILLNESS IN CHILDHOOD (19 min., sound)

The film opens with a short introduction on the incidence of a child psychosis followed by a description of the patient's family background. We then hear extracts from the diary, supported by stills from the family album. Next there is a filmed record, covering an age span of one to nine years, portraying the psychotic change. Further stills from the family album depict the catastrophic event. The camera then follows the patient into the children's ward of Maudsley Hospital where she remains an inpatient for two years. The final shots leave her as a young adolescent in a mental hospital ward for chronic adult psychotic patients. A plea is made for greater consideration and more adequate treatment of the childhood psychotic during the adolescent phase.

Use: Professionals only, not for lay public.

PSYCHOTHERAPEUTIC INTERVIEWING: INTRODUCTION (11 min., sound)

Explains basic principles of the doctor-patient relationship, and the structure and goals of the psychotherapeutic interview.

Use: Professionals only, not for lay public.

PSYCHOTHERAPEUTIC INTERVIEWING: METHOD OF PROCEDURE (32 min., sound)

Depicts an interview between a patient and a psychiatrist; analyzes the principles and methods employed in the interview; and emphasizes the importance of the doctor-patient relationship, planning in terms of goals, focusing upon relevant topics, and minimal activity on the part of the doctor.

Use: Professionals only, not for lay public.

UNDERSTANDING AGGRESSION (23 min., sound)

This interesting film, set in a small English mental hospital, centers entirely on psychiatric nurses and aides and their problems in handling aggressive patients. The psychiatrist lectures to a class of nurses and aides about the nature of aggression. After two aggressive patient episodes, the psychiatrist reconstructs the histories and offers possible explanations of why the attacks occurred.

Use: Teaching and professional groups.

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