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STATE OF MARYLAND

DEPARTMENT OF MENTAL HYGIENE

ANNUAL REPORT

1965

DEPARTMENTAL STAFF

December 31, 1965

Isadore Tuerk, M.D.	Commissioner
James E. Carson, M.D.	Assistant Commissioner Mentally Ill
T. Glyne Williams, M.D.	Assistant Commissioner Mentally Retarded
Charles L. France	Chief, Division of Administration and Finance
George McK. Phillips, M.D.	Superintendent Crownsville State Hospital
Harold M. English, M.D.	Superintendent Eastern Shore State Hospital
Edgars M. Maculans, M.D.	Superintendent Henryton State Hospital
George Brown, M.D.	Acting Director Institute for Children
John M. Hamilton, M.D.	Superintendent Clifton T. Perkins State Hospital
Jess V. Cohn, M.D.	Superintendent Springfield State Hospital
Bruno Radauskas, M.D.	Superintendent Spring Grove State Hospital

HIGHLIGHTS OF YEAR

Important revisions in the concept of care for the mentally ill is contemplated in Maryland as the result of a two-year study financed by the Federal Government culminated by the issuance of the Maryland State Comprehensive Plan for Community Mental Health Services which was presented to the State Board of Health and Mental Hygiene.

Mental health care as envisioned in this report, which was prepared by a staff headed by Dr. Alice B. Tobler, would place additional emphasis on community mental health services which will be financed by Federal, State and local funds. It is anticipated that implementation of some of the study's major recommendations will be on a long range basis. Issuance of the plan, however, for the first time gives Maryland an overall series of goals for which to aim. The report states "Maryland has made great strides in developing the understanding which must be the basis for community mental health services."

The State must anticipate additional costs involved in implementation of the proposed program but this will be balanced by the increase in availability of services to the mentally ill and a lessening of human misery. It is reasonable to expect that the long range cost for programs in the community will not be higher than the cost for maintaining and operating large State mental institutions at levels of adequate care.

The plan is merely a set of guidelines for many projects whose ultimate dividend will be improved mental health for our people. From recent studies, the need for a community mental health services act for Maryland has been indicated by many persons and agencies. Twenty-five other states already have such legislation and it behooves Maryland to do likewise.

ACCOMPLISHMENTS AND PROBLEMS

Patient Load

The problem of mental illness is a continuing one with no short term solutions nor a single shot panacea. For fiscal year 1965, Maryland's hospitals for the mentally ill treated a record number of patients. A total of 23,353 patients was treated in the State mental hospitals and the two State institutions for the mentally retarded. This growing case load does not necessarily reflect a growing incidence of mental illnesses but indicates an increased understanding of mental health and a greater awareness of the need for treatment and the increasing Maryland population. Along with growing admissions is an upswing in patient discharges which indicates proper performance of the functions of the Maryland Department of Mental Hygiene.

Research

A climate conducive to medical research and practice in a proper atmosphere is vital if Maryland is to recruit and retain top-level professional personnel including psychiatrists, psychologists, social workers and nursing staffs. Two major achievements during this year indicate progress in this area.

First was the awarding to Maryland of a \$514,000 Federal grant to be matched by the State for the construction of a Department of Mental Hygiene Psychiatric Research Institute on the property of Spring Grove State Hospital.

Second the completion of the Clinical Services and Research Building at Rosewood State Hospital is permitting a further expansion of research opportunities at that institution in addition to improved medical attention for its patients.

Construction

In addition to the Clinical Services and Research Building completed at Rosewood, a new food service and staff cafeteria was completed during 1965 and dedicated on November 23 by Governor Tawes. On April 14, 1965 Governor Tawes dedicated The Judge Charles E. Moylan Building at Spring Grove State Hospital. In this building intensive care for a small group of adolescent patients is being provided.

Community Service

A historic advance in psychiatric treatment for Marylanders has taken place during the year with the inauguration of a low cost Community Psychotherapy Service for persons who cannot afford to pay standard fees to private practicing psychiatrists. True thus far, only a modest beginning has been made in this project in the Baltimore area. The demand, however, for such therapy indicates a need for the expansion of this type of service. This generous contribution of time by psychiatrists, psychologists and social workers in private practice can greatly augment the publicly supported comprehensive community mental health program.

Planning

Further progress in extension of services of the Department of Mental Hygiene has been planning and appointment of architects for two major projects..a community mental health service center in Baltimore adjacent to the campus of the University of Maryland and the Washington Metropolitan Center for the Mentally Retarded in Prince George's County near the Montgomery County line in the area of Silver Spring. Detailed construction plans are underway for the Washington center. First stage of the project will be a 230 bed unit for the severely retarded to be followed by another building complex of 270 beds and a 30 bed unit for emotionally disturbed youngsters. Site acquisition for the Baltimore Center is progressing with urban renewal.

Volunteer Aid

It is interesting to note that members of the hospital auxiliaries and other volunteers spent more than 140,000 man hours in State hospitals for the mentally ill and retarded. This plus their financial gifts amounted to a contribution to the State conservatively valued at \$800,000.

Vocational Rehabilitation

Further advancement of the aims of the Department to train its residents and patients for return to the community was achieved by a Federal aid program, administered jointly by the Department and the State Department of Education, for an accelerated program of vocational rehabilitation. Under this program, individuals are receiving practical voca-

tional instruction so that they can be self sufficient as to occupation when they leave the State facilities. For those who are unable to achieve this full goal, other aids in the community can permit them to be at least partially independent of continued financial assistance. New vocational rehabilitation units are now operable at Rosewood and Crownsville and funding is available for a Spring Grove program.

Personnel

A number of significant staff additions and promotions have been made during the year. One of which merits special attention is the appointment of an Assistant Commissioner for Mental Retardation, T. Glyne Williams, M.D., who also serves as Superintendent of the Rosewood State Hospital. This revision in staffing will permit even greater emphasis on the problems, care and training of the mentally retarded. Other staff appointments include: an appointment on a half-time basis of an educational consultant for Crownsville, Rosewood, Springfield and Spring Grove hospitals; a full-time child psychiatrist as Director of Community Services for Emotionally Disturbed Children and Adolescents; Alice B. Tobler, M.D. as Director of the Office of Mental Health Planning as a transfer of duties from the Office of Mental Health Planning of the Board of Health and Mental Hygiene; a psychiatric consultant to the Offices of Community Services and Operations; and a Coordinator of the Services to the Aged.

Federal Aid

The Department has made productive use of Federal funds available in a variety of programs. In addition to the grants for the new Psychiatric Research Institute, other mental health Federal grants to Maryland, including hospital improvement projects, in-service training and vocational rehabilitation programs will total \$727,000 for the coming year.

A major potential Federal matching fund program for community mental health centers moved forward in Maryland with the approval of the Maryland State Construction Plan for Community Mental Health Centers. This State was the first to gain such approval in this area. It is the first step in a building program of far reaching consequences.

Maryland is proud to have the world's finest statistical program for tabulating psychiatric cases, through which are recorded all cases of psychiatric treatment of the State in private and publicly supported hospitals and in mental health clinics. This project termed the Psychiatric Case Register is providing valuable clues to the most effective methods of treatment of persons with mental illnesses. It is financed partially by grants from the National Institute of Mental Health.

Hospital Anniversaries

Two of the State institutions observed anniversary observances in 1965. The Eastern Shore State Hospital celebrated its 50th Anniversary in May and Rosewood State Hospital marked its 75th Anniversary in November. One of the highlights of the Rosewood observance was a day-long scientific seminar which brought together leaders in mental retardation care from all portions of the nation.

Recruitment

As an encouragement to students to engage in careers in the field of mental health, summer programs have been launched. These programs have been instituted for both high school and college students providing them with employment in State institutions and the results are becoming evident by a number of persons who are showing interest in full-time employment after graduation. The high school program is a joint venture of the Department of Mental Hygiene and the Maryland Association for Mental Health.

THE HOSPITALS

Crownsville

The hospital treatment philosophy is geared to identifying, isolating or managing target problems as may be presented by the patients, by relatives, or the community in which they live.

Programs for implementing these objectives during 1965 included expansion of the Vocational Rehabilitation Training Program. In 1964 the program had received matching funds from the Federal Government, and in 1965 eleven shops for vocational training were established. A vocational director and eight shop instructors were hired. A clerical staff for follow-up and statistical work was also hired, and two additional counselors were allowed for 1966.

The newly developed concept of the community oriented comprehensive treatment centers was implemented by development of a Comprehensive Psychiatric Center for Anne Arundel County residents of the hospital's "C" Building. Specialized treatment programs for patients with "special" psychiatric problems were dealt with by developing special facilities for rehabilitation therapies for chronic long-term patients.

The alcoholic program was integrated to provide comprehensive treatment for women alcoholics as well as men.

The school program for adolescents was expanded by coordinating with community schools, arranging to exchange students, according to the progress they make.

A Forensic Department was established, and the Volunteer Activities Program was expanded, as was the joint committee of Anne Arundel County Health Department and the Crownsville hospital staff. A number of improvements to the physical plant of the hospital were accomplished during 1965.

Patient Population - December 1965	1,747
Authorized Positions - December 1965	918

Eastern Shore

The Eastern Shore State Hospital celebrated its Golden Anniversary in 1965 and held an open house in commemoration in May. The occasion was marked by the appearance of the Honorable J. Millard Tawes, Governor of Maryland, who opened a special conference. Theme of the conference was "Eastern Shore State Hospital...Hub of Regional Psychiatric Services."

This past year the Shore hospital developed a new approach in caring for the mentally ill, the B.P.U. (basic psychiatric unit). The unit is made up of a team comprising a psychiatrist, nurse, social worker, and rehabilitation worker. One such team is assigned to each of the eight counties served by the hospital. The team travels weekly to its assigned county health office where it holds a clinic. Mental cases are then detected early and treated, if possible, at the clinic. Many patients need never go to the hospital nor break ties with their families.

Those who are hospitalized are cared for by the same team they met at the clinic, and are followed-up by the same team after they leave. So the development of teams for the regional program in community psychiatry this year has provided pre-hospitalization evaluation and post-hospitalization follow-up.

A Nurse's Aides Training Program was begun this year, and trains approximately 90 nurse's aides a year. The program is being continued.

Approval was received for the Hospital Improvements Program.... Operation "ENCORE" - Effecting New Concepts of Rehabilitating the Elderly. Renovations have been initiated in Unit I where geriatric patients are housed, the beginning of an intensive treatment program for geriatric patients.

The administrative services of the hospital were strengthened this year with the appointment of an assistant superintendent.

Patient Population	- December 1965	577
Authorized Positions	- December 1965	418

Henryton

Henryton State Hospital continued its third year under the jurisdiction of the Department of Mental Hygiene in the training and rehabilitation of the moderately and severely retarded adults. The resident population increased up to 300 at the end of the 1965 year.

The training program underwent further development with the idea to develop the maximum potential of each individual by providing scheduled, structured activities for each resident. The program was refined to include four developmental levels of programs for the residents, namely: 1) daily living, 2) skill and habit development, 3) job training skills and 4) special skills. Each resident of the hospital participated daily in one level of the program.

The results of these activities were manifested in improved personal appearance and personal hygiene, improved social ability and for most, a higher functioning capacity. Sixteen residents were returned to the community by placing them into foster care.

A supervisory management course was held for selected employees of the hospital by the Commissioner of Personnel's office.

Construction of a new maintenance shop was authorized in the 1965 fiscal year capital budget. The appropriation for this construction was \$64,000. Actual construction on this building began in October 1965. It is expected that construction will be completed and that the building can be occupied in April 1966. The construction of this new building will free approximately 2,900 sq. feet of space for activity areas that can be utilized for resident use.

Patient Population - December 1965 319
Authorized Positions - December 1965 187

Institute for Children

During the past two years, Dr. Mariano Veiga, Director of the Institute, has made dramatic progress in the program for disturbed children. Almost all staff vacancies have been filled, and restrictive admissions policies have been relaxed. All emotionally disturbed children under 12 were removed from other State hospitals, and all these children are now admitted directly.

Of course, increased demands for admission may cause the Institute to reach a saturation point, so increased facilities for out-patient care in the community are being explored.

Patient Population - December 1965 58
Authorized Positions - December 1965 93

Rosewood

Construction and renovations of the physical plant were noteworthy at Rosewood during 1965. This included a Clinical-Research Building, employee housing units, renovation of the laundry building and conversion of the old kitchen into a warehouse. Anticipated construction includes two new buildings for the severely retarded and a new nursery building for pre-school children. A new patient's cafeteria is also planned. Grounds have been beautified and a paging system has been installed. A music system donated by the Auxiliary supplies music through this system.

Efforts have been made to improve employee-morale, such as honoring an Employee-of-the-Month. Nevertheless, certain categories of employees are difficult to obtain, such as physical therapists and dental hygienist, as well as social workers, registered nurses, speech therapists and psychologists.

In-service training includes a twelve-month psychiatric aide course for all employees who are not licensed practical nurses in order to obtain promotion; however, the course is not now producing a sufficient number of graduates to fill open positions.

A training program for non-professional personnel was initiated, and an excellent educational program for patients was established with the assistance and support of the State Department of Education.

Among a number of training programs, the summer program for college students is one of the most successful. It has operated for two summers, and more than 100 students participate in the eight-week program.

The Vocational Rehabilitation Unit, established in 1965, was successful in rehabilitating 47 clients, who have obtained employment in the community. Patients have been placed in banks, country clubs, restaurants, etc. Some live in their own homes; others live in foster homes, boarding houses, or living-in situations.

Social Services completed a Handbook for Parents during the past year, and has placed an increasing emphasis on work with parents and guardians.

The Special Services Department has three main divisions: public relations, volunteer services, and religious activities. The department serves as a liaison between the general public and the hospital community and between volunteer organizations and patients. Tours for individuals and groups are arranged, and approximately 6,000 people have toured our facilities during the past two years, reflecting an open-door policy.

The new laboratories in the Clinical-Research Building provide facilities for varied studies including the effects of drugs on learning ability, as well as studies in phenylketonuria and other amino acid disorders.

Patient Population - December 1965	2,468
Authorized Positions - December 1965	1,254

Springfield

During the year, Springfield State Hospital began a number of renovations as well as completing previously started alterations. Among these are revamping of the fire protection system, which has been started, completion of a rehabilitation area in the Geriatrics Building, and completion of alterations of the second floor.

A geriatrics program has been in the making, and the planning was timely now that Medicare legislation has been passed. The program will be developed along lines that meet the provisions of Medicare.

A day hospital is in progress as a Hospital Improvement Program Grant activity, but it is too early yet for its evaluation. Another recently begun activity is the alcoholism program, which is expanding; alcoholics are being directly admitted to the Alcoholism Unit.

Five in-service training programs are now well underway:

- 1) Older employed R.N.'s are training in the principles and philosophy of nursing, and in clarifying the role of supervisor as a teacher and overseer. They are also participating in patient-centered conferences.

2) There is an orientation program for newly employed R.N.'s, consisting of Springfield hospital history, philosophy, nursing program, American Nursing Association standards, and therapeutic milieu.

3) Aide-trainees take a program in psychiatric material which helps them to understand mental illness, training requirements, and they have continuing counselling.

4) Education programs have been set up for the non-professional workers below the Licensed Practical Nurse level.

5) A group therapy program has also been instituted.

Patient-centered seminars continue weekly, as administrator-led exercises, as are the weekly medical staff conferences, and the interdepartmental conferences and the monthly Journal Club. Residency training in psychiatry for three years continues, as do psychology internships, social worker field work placements from schools of social work, affiliate nursing programs, rehabilitation therapy traineeships, etc.

Patient Population	-	December 1965	2,903
Authorized Positions	-	December 1965	1,256

Spring Grove

One of the highlights of the year at Spring Grove State Hospital was the remodeling of the basement of the auditorium to house the Chaplaincy Service and the development of the Sam Rosen and Harry Mandel Synagogue. The synagogue was a gift of the Woman's Auxiliary and the Freida Rosen Memorial Association; it was dedicated June 13 and was the first such synagogue to be dedicated in a mental hospital in the country.

In February the Moylan Building, a new building for the treatment of 30 male and female adolescents, was opened. It was dedicated April 14, 1965.

Also begun in February was a 13 week training course for training patients as nurses aides in the Geriatric Division of the hospital. The program was a cooperative venture by the State Department of Education and the Department of Rehabilitation of Spring Grove State Hospital.

The Mental Health Summer Careers Program for senior high school students was expanded to include students from several counties, in addition to students from Baltimore City.

A large passenger bus was purchased during the year by the Woman's Auxiliary; it is used to transport patients to community activities.

Patient Population	-	December 1965	2,406
Authorized Positions	-	December 1965	1,170

Clifton T. Perkins

The Clifton T. Perkins State Hospital underwent a change of administration during the present year, and the entrance of an entirely new administration made it possible to begin developing new approaches to patient care.

John M. Hamilton, M.D. was appointed Superintendent in April and Mr. Edward Barnett was appointed Business Manager in September. Construction was begun during 1965 on Dormitory-Apartment III, and approval was received for two Federal grants, "Rehabilitation Through A Psychodynamic Work Program" and "Patient Pre-admissions, Discharge-Aftercare Service."

A housekeeping supervisor has been appointed, which helps with the problems of patient clothing and hospital cleanliness, and plans were formulated for in-service training of security attendants. As a result of security renovations, greater freedom within the institution has been possible.

An open house and family day was held in June and Mrs. Clifton T. Perkins, widow of the former Commissioner of Mental Hygiene for whom the hospital was named, was present. A portrait of the late Dr. Perkins was dedicated.

The rehabilitation program was re-organized, with an over-all increase in personnel and services to patients, and social services has also extended its participation in rehabilitation, particularly in involvement with the Department of Vocational Rehabilitation with the State Department of Education, to initiate release programs for patients and increased educational involvement.

Wards have been encouraged to develop self-government administrative principles, more patients were involved in therapeutic group experiences and non-medical ward administrators were used. The goal here is to maintain a therapeutic atmosphere with minimum reliance on formal individual and group therapy, and minimal use of psychotropic drugs. The result is a therapeutic community concept fostering ward cohesiveness and concern of the patients for each other.

Patient Population	-	December 1965	211
Authorized Positions	-	December 1965	252

STATISTICAL SUMMARY - DEPARTMENT WIDE

Calendar Year 1965

All D.M.H. Hospitals

Average number of patients.....	11,002
Total patients treated.....	24,116
Admissions	9,326
Discharges.....	7,790

Fiscal Year 1965

Total Expenditure	\$30,547,207
Federal Funds Included.....	\$ 260,246
Special Funds Included.....	\$ 30,832
Capital Funds Appropriation.....	\$ 2,481,700
Total Authorized Positions.....	5,512