1982

Barren River Mental Health Mental Retardation Board Newsletter

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HELPING PEOPLE OF ALL AGES HAVE A BETTER LIFE!
Notes From The Executive Director

Objectives for 1982 are:
1. Maintain a balanced (organizational) budget.
2. Increase income from:
   A. Self-pay clients
   B. Contracts, schools and industry
   C. Contributions and donations;
   D. Grants.
3. Experience ‘90’ deficiencies in licensing standards for the 1982 site visit.
4. Have a management information system operational by April, 1982 that will provide client services evaluation data, productivity by provider, cost per unit per service, etc.
5. Develop a strong relationship with local media in order to keep agency activities in the public eye for positive impact on the community. This would not exclude paid advertising (increase by 10% over 1980-81).
6. Maintain standard of excellence in all medical records, preventing any significant third party payor settlements due to serving ineligible clients or errors in billing documents (1% or less).
7. Maintain cost per unit of service within 99% of actual cost at June 30, 1981.
8. Reduce readmissions to Western State Hospital and State MR facilities by 10%.
9. Show an increase in the “level of functioning” for 75% of outpatient clients who have had at least three visits at time of termination.
10. Maximize productive hours of direct service providers to equal or exceed an agency average of 70% of hours worked.
11. Expand the incentive-pay plan.

Funding Cuts Hurt! However...

By Warren Stowell

The Barren River Mental Health-Mental Retardation Board, Inc. as your local mental health and mental retardation agency, provides many social and rehabilitative services. Through years, federal and state funds have played an important part in the continuity of these programs and services.

Recently, several budget cuts have had devastating results in other areas with programs similar to ours. These budget cuts could have seriously decreased services also in this region.

However, through creative programming, selective use of staff and modifications of daily programs, we were able to reduce costs significantly, without lowering the quality of care.

One of the most dramatic changes made was to reduce some of our 5 day-a-week programs to a Monday thru Thursday schedule. While this change was a major departure from standard operations state-wide, it proved to be very successful for our ten-county area. This action allowed us to continue to provide quality services without closing facilities or programs. After six months under this plan, our Work and Adult Activity Centers for the mentally retarded have reduced operating costs by almost twenty percent.

Another near disaster occurred when our Sheltered Workshop in Glasgow (Cave-Lake Opportunity Workshop) lost $180,000 in State and Federal funding for services to the mentally and physically handicapped. Once again our Board and staff recognized the challenge to maintain services in the Barren County area. While it was necessary to close our residential component of the workshop, we are still providing on-the-job training to fifteen handicapped individuals. The Cave-Lake Workshop continues to be alive and healthy.

A beautiful example of community spirit was evident in May, 1981, when officials and citizens of Butler and Monroe Counties raised $20,000 ($10,000 each) to keep their mental health and mental retardation programs active and effective for another year.

At this point, staff and Board of Barren River MH - MR have managed to effectively survive Reagonomics (Phase I). The Board intends to provide the highest quality mental health and mental retardation programs to the Barren River District in a cost-effective manner for years to come.

(Mr. Stowell is Director of Administrative Affairs for Barren River Mental Health.)

Helping out during troubled times was Monroe County citizens who contributed $4,000 to be used at the Adult Activity Center in Tompkinsville. Accepting the check are Mike Holian, Developmental Disabilities Director (left) and Mrs. Sandy Ford, Director of the Monroe County WAC, (right) from Mrs. Murlene Carlock, (left-center) representing Modern Woodman of America and Mrs. Neva Walden, (right-center) representing the Monroe County Association for Retarded Citizens. Both groups worked together to raise the money from area residents.

Tax Breaks Can Foster Mental Health Program

By Mike Giorgio

Did you know that the 1981 Tax Law allows numerous provisions to permit tax savings for donors or businesses who want to support those institutions?

Income tax return preparation is at its peak about now, and the Board at Barren River Mental Health would like to pass on to citizens in this community some tax tips that may be helpful to both Barren River Mental Health and you.

When preparing your taxes, please remember some of the following:

1. Taxpayers who itemize deductions can reduce their tax liability by making contributions to the Barren River MH-MR Board. Next year the above will also apply and tax payers who do not itemize will get credit for a portion of their contribution. This allowance was previously available only to those who filed the “long form.” REMEMBER THE BARREN RIVER MH-MR BOARD IS OFFICIALLY REGISTERED WITH THE IRS AS AN ELIGIBLE CORPORATION TO RECEIVE DONATIONS.

2. Federal income tax rate reductions will allow more take-home pay.

(Mr. Giorgio is Public Relations Director for Barren River Mental Health.)
Marijuana Use Now On The Decline

By Joel Taylor

Since 1978, it is estimated that well over 43 million Americans have tried marijuana. In the 1970’s, the use had been increasing most rapidly among teenagers. In 1978, 10 percent of high school seniors claimed to be daily users.

However, according to recent information made available by the National Institute of Drug Abuse, marijuana use by high school seniors in the United States is now on the decline.

Researchers believe the decline can be attributed to young people’s concern for individual health and less peer group acceptance of the drug.

Further examination suggests that concerned parent groups may have played the biggest role in the declined use.

Research conducted over the past ten years suggests the following for parents who wish to discourage their children’s use of marijuana.

- The best time to prevent drug abuse is between the ages of 8 and 20.
- Limiting access to marijuana and other drugs is essential. If a school or other area becomes identified as a source of supply, parents can take steps to change matters.
- Peers are the major influence on youngsters’ use of any drug; encouraging friendships with non-using companions may help to reduce incentives and opportunities to use drugs.
- Attempting to delay a child’s experience with marijuana is very worthwhile. The later someone begins to use a drug, the less likely he or she is to become involved.
- Prevention can be as easy as helping your child find a satisfying alternative to drugs. Studies have shown that nothing is more important in preventing your child’s experience with drugs, than spending time with that child.

- It is always good policy for parents to consider their own approach to alcohol and drugs. The children of parents with a relatively casual attitude towards drugs, are more likely to become involved with drugs.

Parents interested in finding out more about drug prevention should contact the Comprehensive Care Center at 842-6344.

Day Treatment: A Family Affair

By Larry Martin

The Bowling Green Day Treatment Center for Adolescents is now expanding its services to provide more help to families of youngsters attending the Center.

In keeping with the commitment to improve family stability, the Center now offers family counseling and parent group meetings.

According to Larry Martin, Center Director, “counseling services include all significant family members and frequently are conducted in the home. Family counseling may complement the “Positive Peer Culture,” practiced by the Center. The family can be strengthened if support, guidance and communication skills are made available.”

Parent meetings are held for all interested parents and guardians once a month. The meetings are both supportive and informational in nature. Recent meetings have included parent-child communication, positive peer culture philosophy, and problem-solving techniques.

An important aspect of the meetings is the support that the parents are able to offer to each other. They can share problems, challenges, successes, advice and encouragement, Martin said “for many, it is a relief to hear another parent say: I understand. That happened to us. Parents who feel uncomfortable talking to friends about their problems discover that parent meetings offer a supportive, non-threatening situation for relating their thoughts and feelings. This has been another reward to come out of our program.”

Why You Are So Tired

By Chuck Webb

If you find that you haven’t quite had all the energy that you once used to have—the therapists at the Bowling Green Comprehensive Care Center may have the answer.

Therapists at the Center combining their skills and years of case experience, have determined what they think is the cause of what makes you so tired at the end of the day.

- You carry your business troubles home at night rather than leaving them at the office.
- You think you are the only person who can do the job and therefore fail to take a real vacation to help relieve your pressures.
- You use exhaustive exercise as a cure-all once a week, rather than develop a daily or frequent hobby.
- You go out to lunch and end up doing more talking than eating or thinking about office work than relaxing during the lunch break.
- You do not know the real meaning of the word “moderation” either in work or play. Learn to slow down and go at both a little easier.
- If this basic information fits you, like it does many people, then you need to look for ways to modify your lifestyle. You may then find you aren’t tired after all and you might even like yourself a little better and so will those who are around you.

Young men and women in the Day Treatment Program meet daily to participate in school activities which include daily lessons, physical education and social skills. The Day Treatment Program is located at 822 Woodway Drive in Bowling Green.

(Mr. Taylor is Consultation and Education Director for Barren River Mental Health.)

(Mr. Martin is Director of the Day Treatment Program.)

BARREN RIVER MENTAL HEALTH recently participated in the United Cerebral Palsy Telethon held at the Capital Arts Theatre and broadcast over WDBK-TV and Super Cable Television. Here, host Jerry Wallace talks with vice-chairman of the Board, Donald Doyle, who is also Edmonson County Judge Executive.
Barren River MH-MR Board Whips Cutbacks

By Richard Walker

-Efficient Service Delivery Prevails-

The year of 1981 was basically a good one for our organization. However, it was a year that was without problems of major significance.

One of the most difficult periods was the retrenchment that had to occur in April.

At that time the State Department for Human Resources notified our Board of a major cut-back in funds regarding Medicaid payments for mentally ill patients served by our clinical staff in Intermediate Care Facilities. The revenue loss from Medicaid amounted to $9,973 per month effective April 1, 1981. Our staff was providing an average of 270 events of service each month in the Intermediate Care Facilities. Unfortunately we are no longer able to provide those facilities with psychiatric coverage. The loss of the Medicaid revenue resulted in the termination of several professional employees of the Board.

Another financial blow occurred in July when we learned that Title XX funds would be reduced by $9,430 a month. Not only did this action curtail services, it caused another series of lay-offs affecting many fine employees. Despite the losses of revenue and staff, our organization was able to efficiently deliver 46,921 mental health service events in 1981.

Mental retardation services are very important features of the Barren River MH-MR Board’s mission. Even though Title XX funds were reduced in July, our Board’s facilities and programs provided 28,917 events of services for mentally retarded youngsters and adults as follows:

- Work Activity Centers: Title XX Events
  - Bowling Green 5007
  - Brownsville 2356
  - Russellville 4865
  - Scottsville 4288

- Adult Activity Centers:
  - Franklin 1835
  - Morgantown 1221
  - Munfordville 1936
  - Tompkinsville 1637

- Sheltered Employees:
  - Exceptional Industries 4682
  - Cave-Lake Workshop 1088
  - TOTAL: 28,917

Current Board Members Are:

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<th>ALLEN</th>
<th>HART</th>
<th>SIMPSON</th>
<th>WARREN</th>
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<tr>
<td>W. J. Cannon</td>
<td>Richard Shelley</td>
<td>Robert A. Pritchett</td>
<td>Barclay Riley</td>
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<tr>
<td>Lucille Bradley</td>
<td>Betty Jo Bunnell</td>
<td>Kay Carr</td>
<td>Sharon R. Smith</td>
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<tr>
<td>Sarah A. Whitney</td>
<td>Kenneth Bunnell</td>
<td>David H. Hanson</td>
<td>Sue Bennett</td>
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<td>Jo-Ann Tolle</td>
<td>Faye Clark</td>
<td>Charles B. Gary</td>
<td>Marvin Moody</td>
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<td>Darlene Wells</td>
<td>Jack Carver</td>
<td>(Vacancy)</td>
<td>Donald Doyle</td>
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<tr>
<td>Jim Redford</td>
<td>(Vacancy)</td>
<td>(Chairperson)</td>
<td>(Vice-chairman)</td>
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<tr>
<td>Esta Mowery</td>
<td>Brenda Harris</td>
<td>Richard Hammontree</td>
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<tr>
<td>LouAnn Brown</td>
<td>(Chairperson)</td>
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Want To Be A Board Member?

IF YOUR ANSWER IS “YES”, WE OFFER A PAINLESS APPLICATION PROCESS, SIMPLY WRITE OR CALL FOR AN APPLICATION AND/OR INFORMATION. THE BOARD’S ADDRESS IS 822 WOODWAY DRIVE, P.O. BOX 6999, BOWLING GREEN, OR CALL THE BOARD’S EXECUTIVE SECRETARY, PAT RICH AT 843-4382.

THE BOARD MEETS MONTHLY AND ADVISES ITS VACANCIES, ANY CITIZEN IN THE TEN COUNTY SERVICE AREA IS ELIGIBLE FOR MEMBERSHIP, REGARDLESS OF AGE, RACE, CREED OR NATIONAL ORIGIN.

THE BOARD’S NOMINATING COMMITTEE FUNCTIONS AS THE CLEARING HOUSE FOR NEW APPLICATIONS. IF INTERESTED, LET US HEAR FROM YOU!

A $4,000,000 Business

Helping People and Communities

Where the Money Comes From:

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<thead>
<tr>
<th>Description</th>
<th>Amount</th>
<th>Percent</th>
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<tr>
<td>Net Patient Revenue</td>
<td>$1,612,617</td>
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<tr>
<td>Sheltered Workshop Sales</td>
<td>533,976</td>
<td>13%</td>
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<tr>
<td>State Contracts &amp; Grants</td>
<td>1,031,022</td>
<td>25%</td>
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<td>Local Contracts &amp; Grants</td>
<td>187,719</td>
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<td>Federal Grants</td>
<td>241,908</td>
<td>6%</td>
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<tr>
<td>Donated Facilities, Supplies &amp; Services</td>
<td>371,288</td>
<td>9%</td>
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<tr>
<td>Interest Income</td>
<td>51,795</td>
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<tr>
<td><strong>Total:</strong></td>
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<td>100%</td>
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What the Money Goes For:

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<th>Amount</th>
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<td>Payroll &amp; Employee Benefits</td>
<td>$2,344,260</td>
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<td>Supplies</td>
<td>331,352</td>
<td>8%</td>
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<tr>
<td>Transportation of Clients &amp; Staff</td>
<td>108,080</td>
<td>3%</td>
</tr>
<tr>
<td>Rent &amp; Maintenance</td>
<td>109,602</td>
<td>3%</td>
</tr>
<tr>
<td>Depreciation &amp; Amortization</td>
<td>83,301</td>
<td>3%</td>
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<tr>
<td>Purchased Services</td>
<td>119,370</td>
<td>3%</td>
</tr>
<tr>
<td>Communications &amp; Utilities</td>
<td>173,552</td>
<td>4%</td>
</tr>
<tr>
<td>Other Administrative &amp; General</td>
<td>135,048</td>
<td>3%</td>
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<tr>
<td>In-Kind Expenses</td>
<td>356,792</td>
<td>9%</td>
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<tr>
<td>Income Applied to Fund Balance</td>
<td>268,948</td>
<td>7%</td>
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<tr>
<td><strong>Total:</strong></td>
<td>$4,030,305</td>
<td>100%</td>
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Comp Care and Court Give Drunk Drivers Choice

By Larry Sensing

In the late 1980's, staff members of Comprehensive Care, who were involved in drug and alcohol problems, became increasingly aware of the Driving Under the Influence (DUI) program in the 10-county area, particularly Warren County.

During the last few years, Warren County has ranked second in the state in arrests for driving under the influence, topped only by Jefferson County.

After consultation with several judges, alcohol experts and law enforcement personnel, the Center decided to embark on a program to deal with this problem in Warren County.

The new program, Consider Alternative Behavior (CAB), established in August, 1981 was achieved through a cooperative agreement with the County Attorney's Office and the two Warren District Court Judges.

At the discretion of the County Attorney and the judge involved in the case, certain first offender DUI's are referred for a screening by the Comprehensive Care staff to determine if they are suitable for the program. Offenders first screened in the courtroom are informed about CAB. After the individual charged with DUI arrives at the Center, he or she pays $150.00 and signs an agreement to participate in the program. The fee provides for ten hours of treatment and education for the offender.

Upon completion of treatment, an evaluation is completed by the therapist, who forwards it to the District Judge. The Judge reviews the evaluation from the Center and final disposition is made on the offender. Some of the evaluations include recommendations for further treatment. Most recommendations include a probationary period.

The benefits of choosing this special treatment program over conventional court punishment are:

- Provides an opportunity for quality treatment program for all individuals arrested for DUI.
- Supports this special Comprehensive Care program, since the judge in most cases, allows the fee to take the place of a fine.
- Offers the possibility of saving the individual points on his or her license and the expense of increased insurance rates.
- Decreases the amount of time judges would have to spend dealing with DUI's.
- Assures individual convicted of DUI that he may have the option of attending this special treatment program.

Since the onset of the program, over 75 offenders have completed the treatment program. Thus far only two CAB participants have had further DUI charges. Plans are currently being developed to institute a on-going evaluation of repeaters after they have completed the program at the Comprehensive Care Center.

Both Judges Gordon Johnson and Henry Potter, Division I and II, Warren District Court have had praise for the potential of the program and expressed their pleasure with the results so far.

(Mr. Sensing is Quality Assurance Coordinator for Barren River Mental Health.)

50,000 AMERICANS DIE IN TRAFFIC ACCIDENTS EVERY YEAR. HALF OF THESE, ABOUT 25,000, DIE IN ACCIDENTS INVOLVING DRUNK DRIVERS. THAT MAKES ABOUT A QUARTER OF A MILLION DEATHS OVER THE PAST DECADE. NEARLY 70 PEOPLE ARE KILLED EACH DAY BY DRUNK DRIVERS, OR ABOUT ONE EVERY 23 MINUTES. THE FEDERAL BUREAU OF INVESTIGATION SAYS 1.3 MILLION DUI ARRESTS WERE MADE LAST YEAR. MORE THAN TWO EVERY MINUTE. THE COST TO SOCIETY ASSOCIATED WITH DRUNK DRIVING IS OVER $5 BILLION A YEAR.

Decisions — Drug Abuse Team Helps Students Make Them

By Rick Newton

By the drug education team, the children learn a method of making decisions that first helps them to define the potential problem. The, the sixth graders are taught to consider each alternative in light of the consequences, degree of risk, and finally, their own values.

Through learning and using this method of making decisions, children participating in the "Decisions" program can continue to gain the necessary confidence in themselves and their abilities to make rational choices.

The youngsters are then able to resist negative peer pressure for the use of drugs.

(Mr. Newton is Substance Abuse Supervisor for Comprehensive Care).

CETA: A Training Resource

By Mike Holian

Government programs to help the unemployed may be on the wane, but what is left of the Comprehensive Employment Training Act (CETA) continues to be a powerful, contributing force to Barren River Mental Health programs.

Twenty people are currently being trained to work in community mental retardation programs, thanks to a $112,000 grant from the Federal government.

These employees work at sheltered workshops operated by the BRMH-Board.

The CETA participants are providing valuable para-professional services to the various mental retardation programs within the region and are receiving reciprocal benefits as they learn job skills which will help them find permanent employment.

Training for the CETA participants includes personal career counseling, nutrition, driver safety training, and first aid.

In addition to the job training provided, the participants will receive assistance in job placement and permanent employment in cooperation with the Bureau for manpower services.

Out of the 20 participants who began work in August, three people have already obtained employment in the private sector.

(Mr. Holian is Developmental Disabilities Director for Barren River Mental Health.)

Dr. Charles Daniel, (right) of Western Kentucky University received an award recently for his participation in the "Three Year Plan." The work was called for by Dr. Grady Stumbo, Secretary of the Kentucky Department for Human Resources, to provide a comprehensive three year plan to develop community mental retardation services throughout the state. Daniel was chosen for the award for his outstanding work as Chairman for Region IV. The award was presented by Richard Walker, Executive Director of the Barren River Mental Health-Mental Retardation.

Dr. James Hamilton, Psychiatrist and Medical Director for the Barren River Comprehensive Care Centers, joined the staff in April. He formerly served as psychiatrist with Vanderbilt University Student Health. "Dr. Hamilton is a native Kentuckian and a real asset to our clinical staff," according to Richard Walker, Executive Director.
Exceptional Industries Provides Work Opportunities for Handicapped...

By Steve Wood

Exceptional Industries in Bowling Green provides vocational evaluation, work adjustment, training, and other services to handically adults. The program offers local industries the opportunity to utilize quality sub-contract services at competitive prices. Currently, E.I. is fulfilling job contracts for 15 industrial customers in South Central Kentucky and Northern Tennessee.

During 1981 Exceptional Industries procured several industrial contracts and added a major new customer, General Motors, Corvette Division in Bowling Green. The Board's Workshops (Exceptional Industries and Cave-Lake in Glasgow) had one-half million dollars of subcontract earnings last year.

Many of the handically adults at E.I. would never have the opportunity to perform meaningful work if it were not for the existence of this program administered through the Barren River MH-MR Board. Each individual attending the work adjustment program at E.I. has hopes of reaching their maximum vocational potential.

Many times employees of E.I. take their new skills and obtain jobs in the open market. They then experience the greatest reward of all: being happy and productive, tax-paying citizens.

Because of funding cuts from both Federal and State sources, programs such as E.I. are now more dependent on sub-contracting and viable community support. Goals for 1982 include the increase of sub-contracting services as well as a possibility of prime manufacturing.

Since its establishment in 1968, Exceptional Industries has provided service to more than 1,000 handically adults. Tours of the facility at 2420 Russellville Road, Bowling Green, are available to those interested and more information can be obtained by calling 842-8813 or 842-1600.

(Mr. Wood is Director of the Exceptional Industries facility in Bowling Green.)

...But Safety First!

By Ronnie Cooke

While it is the objective of the Exceptional Industries staff and trainees to produce quality workmanship and to teach and learn skills, an underlying philosophy is SAFETY FIRST!

Safety at the facility is maintained by a rigid safety plan which includes:
1) Regular performance of a fire and emergency drill & implementa-
2) Periodic inspection of all facilities and correction of any violations;
3) Safety orientation to all new trainees.

There have never been any serious or disabling accidents in the entire history of the Exceptional Industries program which has saved thousands of dollars in insurance premiums.

(Mr. Cooke is Safety Director and Assistant Plant Manager at Exceptional Industries in Bowling Green.)

Infant Stimulation

—A Program for Early Childhood Development

By Peggy Goad

The Infant Stimulation Program began in January, 1981, to serve handically or developmentally delayed children 5 years and under. According to Mike Holian, Developmental Disabilities Director for Barren River Mental Health, the chief objective of the program is to help children with handicaps such as cerebral palsy, mental retardation, epilepsy, spina-bifida, neurological impairments, sight and hearing impairments, and various other conditions, reach their highest functioning level.

Since its onset last year, the program has grown from serving 10 children to 25. "The Glasgow community has been very supportive of this unique program, including pediatricians, the Association for Retarded Children, Health department, Bureau for Social Services, school systems, churches, civic groups, and physical therapists. They are all working cooperatively to help make the program successfully," said Holian.

The Infant Stimulation Program includes group counseling for parents, clinical support services for individuals, and parent training. The parent training is to help the parent achieve skills in proper feeding and positioning techniques for the infant plus speech stimulation, physical therapy activities, behavior management and toilet training.

When a child first enters the program, his needs are reassessed through various evaluation activities. Individual objectives and activities are developed to help the child reach specific goals based on needs.

The staff of the Glasgow Infant Stimulation Program has received dynamic training through the Peoria 03 Outreach Project, Chapel Hill Outreach Program and Technical assistance from child development specialists from the Kentucky Division of Community Mental Retardation Services.

Volunteers from the Community along with the CETA-MR program employees in Barren County, have proven to be valuable assets to the program.

The Infant Stimulation Program is located at 901 Columbia Avenue, in front of the Comprehensive Care Center. The program has a capacity to serve 30 children on a weekly basis.

For further information, contact Elsie Berry at 651-8378 or stop by the Glasgow Comprehensive Care Center.

(Mrs. Goad is Assistant Developmental Disabilities Director for Barren River Mental Health.)

Exceptional Industries Trainees work daily performing various work tasks for local industry. Here, paper cones are rolled for the General Motors Corvette Plant in Bowling Green. Employees at the plant use the cones to apply a bonding compound to the Corvette Body.
Eagles “Fly High” For Mental Health

By Emma Henderson

The Fraternal Order of the Eagles Auxiliary of Bowling Green gave a Christmas party this year for the Day Treatment program, which is a service of Barren River Mental Health. All students were given jackets and the Women’s Auxiliary Club gave fruit baskets to each of the students. The Club and Auxiliary also gave fruit baskets to the Work Activity Center in Bowling Green.

(Mrs. Henderson is Title XX Coordinator for Barren River Mental Health.)

Volunteer?

By Laura Beville

Volunteerism is alive and well in these United States, and recent efforts by the Barren River Mental Health—Mental Retardation Board, Inc. is helping keep some local programs fiscally fit.

Scores of volunteers are working for Barren River Mental Health and it seems the local populace is not afraid to lend a helping hand.

This is encouraging because volunteers are needed now more than ever by the non-profit human service organizations.

Volunteers are an important part of our heritage and they are vital to our future.

Who are the volunteers in our community? They are no typical volunteers. Volunteers at Barren River Mental Health come from all walks of life, from college students to retirees, the employed and the unemployed, the educated and the more educated. They have brought us a variety of skills and experiences.

Volunteers choose to volunteer for many reasons. Some do it to gain work experience; some because they do not have a paid job and others because they find their paid work isolating. Many volunteer just because they enjoy it and enjoy helping others. They only reap the reward of the spirit of community giving.

The local Volunteer Services Program began in August of 1980. For the first year, volunteers were recruited and trained to work exclusively in the drug abuse programs operated by the Board. Thirty volunteers were trained to screen alcohol and drug law offenders during hearings and pre-court conferences; transport clients to treatment facilities and present programs on alcohol and drug abuse to groups in the community.

In August of 1981, the program expanded to recruit and place volunteers to ALL of the programs administered by the Board, including geriatrics, Exceptional Industries, Work Activity Centers, Infant Stimulation, outpatient services, substance abuse programs and Consultation & Education services.

Placing volunteers in positions that most effectively utilize their skills, knowledge and experience is the greatest objective of the service along with working to meet the needs of the client.

If you need information on how you, too, may become a volunteer, call Laura Beville at 842-6344.

(Mrs. Beville is Volunteer Coordinator for Barren River Mental Health.)

STEP Offers Help in Raising Kids

By Mike Giorgio

If you have a new parent or a seasoned veteran you may want to sharpen up your parenting skills with the Systematic Training for Effective Parenting classes (STEP) taught by professionals at the Barren River Comprehensive Care Centers may be just for you.

The course usually lasts nine weeks and is designed to help parents understand family relationships, responsibilities in the home and improve general parenting skills.

If you would like more information about the course on the next start-up date for STEP then call your local Comprehensive Care Center.

In the meantime, you may want to keep these helpful hints in mind while in the process of raising your children:

1. Love abundantly. The love for a child and who he is must be constant and unconditional.
2. Discipline constructively. Be clear, firm, flexible, and fair.
3. Spend time together. Remember, it’s the quality of time not the quantity that counts.
4. Tend to personal and marital needs. Personal happiness and contentment is contagious, especially to children.
5. Teach right from wrong.
6. Work on developing mutual respect.
7. Really listen! Not only to words, but also to feelings and actions.
8. Offer guidance.
10. Be realistic. Remember that the child is like the adult. He’s only a human being, after all.

(Mike Giorgio is Public Relations Director for Barren River Mental Health.)

Storer Communications and Barren River Mental Health presented a program about Exceptional Industries December 17. Public Relations Staff from BR-MH produced the program with Storer’s portable video equipment and the playback was on Channel 2, the Public Access Channel. Shown here is Mike Morgan, from Storer, adjusting the graphics (title) for the opening of the program.

Volunteers, Bill Hall and Faye Clark, are good examples of concerned citizens giving of their time. Hall works daily at Exceptional Industries of Bowling Green helping with bookkeeping. Mrs. Clark, of Russellville, works with the Russellville Exceptional Industries helping with the various job contracts there.
Help: It's Always There

By Dean Nason

Operating 24 hours a day, seven days a week, the HELP Line has become a vital piece of the service package of Barren River Mental Health.

Over 16,000 people call the HELP line each year, needing information concerning minor problems such as the inability to sleep; grief, anxiety and loneliness, and major problems such as marriage troubles, unwanted pregnancy; emergency shelter, and suicidal tendencies.

The HELP Line gives emotional support, feedback and assistance with crisis to those who are often involved in panic situations. Other agencies also call on the HELP Line staff for assistance, such as the police, hospital emergency rooms and doctors.

Previous users of the HELP line were familiar with a toll-free number that was available to anyone living in the ten-county region serviced by the Board. With severe funding cutbacks, the Board was forced to eliminate the toll-free number this past August to save money. But service is still provided as usual and the only difference is callers must dial the Bowling Green number if living outside Warren County.

Asking for and Getting Help

— What Happens When You Visit the Comprehensive Care Center

By Roger Laird Ed.D.

What happens when you walk in the door of the Comprehensive Care Center in your town? This question is probably the foremost thought in a person's mind when they first start to consider seeking professional therapy. And that thought is the stumbling block which may deter the person's mind when they first start difficulties, so that you, with the counselor's guidance, can work out your own reasonable solutions.

The only solution that will be of use to you must arise out of your own thoughts, feelings and actions. You then change your life by getting support and assistance from your counselor by setting goals and reaching them. You determine what you want to get out of counseling and your counselor is there at the Comprehensive Care Center to work with you.

If you need more information concerning counseling programs, then call your local Comprehensive Care Center.

(Dr. Laird is a Senior Therapist at the Bowling Green Comprehensive Care Center.)

A Word About Confidentiality

At all Barren River Mental Health-Mental Retardation facilities, we take great care to provide private and confidential services. No information about you or the services you receive at our centers will be shared with any individual or organization without your specific written approval.

The Barren River Comprehensive Care Center programs and the area clinics are administered by the Barren River Mental Health-Mental Retardation Board, Inc., a private non-profit corporation, composed of citizen representatives from each of the 10 counties served.

WARREN COUNTY
707 East Main St., Bowling Green, Ky. 42101 (842-6344)

ALLEN COUNTY
City County Bldg., Scottsville Ky. 42164 (537-4481)

BUTLER COUNTY
120 West Ohio St., Morgantown, Ky. 42261 (526-3671)

EDMONSON COUNTY
Main & Washington St., Brownsville, Ky. 42210 (597-3479)

HART COUNTY
National Turnpike Bldg., P.O. Box 221, Munfordville, Ky. 42765 (524-8873)

LOGAN COUNTY
300 W. 4th Russellville, Ky. 42276 (726-3629)

Metcalf County
Suburban Bldg., P.O. Box 142, Edmonton Ky. 42219 (432-1053)

MONROE COUNTY
800 North Main St., Tompkinsville, Ky. 42167 (487-5655)

SIMPSON COUNTY
202 South Main St., P.O. Box 142, Franklin, Ky. 42334 (566-6826)

Proof! It Works:

The following letters are unsolicited comments from satisfied users of Comprehensive Care services:

Dear Sirs:

I was in the hospital 12 days in January this year with peptic ulcer and depression/anxiety. Within one week my Dr. changes nerve medication 3 times. For 3 days and nights I could not sleep. He sent me to Comp Care here in Glasgow. I had never had any dealings with them and didn't know what to expect. I am just writing to tell you that my counselor (Shari Mooney) made me feel completely at ease and able to talk about some problems I thought I had. She has helped me tremendously and I have had only 2 sessions with her. The first time I went I hadn't slept for 4 nights. She let me listen to a relaxation tape and gave me some reading material on Rational Behavior Training. Also she told me about an album by Mister Moods. Well, I read the material and got the environment album. Now I fall asleep before the album plays. I am calm and have a more rational behavior and am having some success on controlling my emotions. I feel 100% better. There is never enough thanks in this world, so I just want to say thank you for having such competent people who care. I hope you give Shari a good word for this. She didn't know I was going to write you.

Thank you.

Sincerely,

[Signature]

Dear Sirs:

I wanted to write and say how much I appreciated the help I received from Mrs. Lois Moore. She is a very good therapist because she is very understanding and tries hard to find solutions to your problems. I just wanted to say thanks and tell you how fortunate Bowling Green is to have someone like her on your staff.

Sincerely,

[Signature]
Instructor Debbie Robinson and students at the Day Treatment Center — See story on Page 2.

DAY TREATMENT CENTER
Bowling Green, KY
DAY TREATMENT:  
A New approach to Juvenile Rehabilitation

By MIKE GIORGIO

What do you do with a teenager who commits an infraction against the law or who is unmanageable at home? Before 1960 in Kentucky it was a choice of either severe punishment in a juvenile detention center, periods of supervision and probation by the old County Court, or simply returning the offender to the mercy of his or her parents or vice-versa!

But in 1972 a new approach to handling the juvenile offender came into being. Instead of severe punitive measures, the Department of Human Resources and others decided that treatment was more important than punishment. Therefore, the Day Treatment Centers were expanded across the state. Today, there are fourteen of them, with one being in Bowling Green.

The Warren County center operated by the Barren River MH-MR Board, opened with seven students and the staff positions in April 1977. Today, nearly nine years later, the local Day Treatment Center for adolescents has over 35 students and eight staff members.

The procedure for admitting a teenager to the school begins with a Day Treatment staff member checking the Warren District Court docket each month for pre-hearing investigations on youngsters cited for offenses. Evaluations include age, kinds of charges, number of charges, family situation, family income, school behavior and attendance, and police and social worker impressions.

From this data a form is completed so that the Day Treatment screening committee can consider the candidate. The committee is composed of a person from each of the counties involved with the Day Treatment Center. They include the Barren River Mental Health-Mental Retardation Board, Inc., Warren Fiscal Court, Cabinet for Human Resources and the Warren County Board of Education. Candidates meeting admission criterion are then presented to the District Judge assigned to the case for disposition.

The criteria for admission includes: adjudicated either status or delinquent by District Court with a probation order to attend the Day Treatment Center; be between 13 and 17 years of age; no significant history of violent behavior; no history of severe emotional disturbance and IQ average of at least 70.

According to Larry Martin, Director of the program, “We have had over 200 youngsters attend the Day Treatment Center. Seventy-five percent have completed treatment and only thirty percent are repeat offenders after release from our program.”

The Warren County Day Treatment Center has been successful and Martin is just relating part of the story. The Center is considered a model for other centers across the Commonwealth. The components of the program have been highly praised. Beginning with the program goal, which is to provide a daily community-based treatment program for juvenile offenders as an alternative to institutionalization, a thorough and comprehensive treatment plan is followed.

The plan includes daily study toward Certified High School Credits under the direction of high school teachers from the Warren County High School System; individual and group therapy; physical education with an emphasis placed on attitude; sportsmanship over achievement and counseling designed to strengthen the total family.

Several graduates have become success stories in college or business school; the armed services; have been employed in productive jobs, according to Martin.

For a full listing of all requirements and services of the Day Treatment Center for Adolescents, contact Larry Martin at the center located at 822 Woodway Drive, or call 842-0161.

CATHARINE MCKENZIE, Day Treatment Center staff member works daily with students, primarily in group counselling. The students set their own goals and monitor one another’s progress. Emphasis is placed on giving and getting help for their problems, with responsibility of one’s own behavior the focus.

The Following Article Is Reprinted By Permission Of The Franklin Favorite

FRANKLIN FAVORITE
Thursday, Jan. 17, 1985

Work Activity Center is part of the progress within community

Commentary by Charlie Portmann managing editor

At this early stage of my new job, I have noticed something that I never noticed before. This community is getting better every day.

Maybe not from the standpoint of unemployment or crime, but from the standpoint of people caring about other people.

Not too long ago, mentally and physically handicapped people were treated as misfits in the American system. They didn’t receive the special care they needed, they couldn’t get jobs and they were looked down on.

But, this has changed along with the handicap

In Simpson County, the handful of handicapped people had nothing to do until a work activity center was started there about seven years ago.

At first, the center stuck with the basics of academics and arts and crafts. However, on Monday, Nov. 12, 1984, these people got a paying job.

A job! That doesn’t sound like much until you consider the fact that many of the handicapped had never had a chance to work for money before and had to rely totally on government checks.

Representatives of the Barren River Mental Health and Mental Retardation Board, along with board member Bob Pritchett of Franklin, set out to find a relatively simple job for the local handicapped.

They found one --- folding shop towels for Dustex.

Now this may not be a glamorous job and it may not pay well, but it is a chance to do something far more important.

The clients get a certain amount of satisfaction, they feel a little bit more self-sufficient and they enjoy the responsibility,” said Cheryl DiBella, the director of the program.

They found one --- folding shop towels for Dustex.

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Now this may not be a glamorous job and it may not pay well, but it is a chance to do something far more important.

The clients get a certain amount of satisfaction, they feel a little bit more self-sufficient and they enjoy the responsibility,” said Cheryl DiBella, the director of the program.

“Everybody is welcome to come in and visit.”

The director said the workers are reliable and do enjoy the work. If someone has a job for them, they would be glad to do it, she said.

Ms. DiBella credits the success of the program to the workers, to Ferguson for giving them a chance and to supervisors Vicki Loney, Nora Schultze and Tommy Ladd.

Keep up the good work.
A Message From The Chairman

DONALD DOYEL
One of the most significant outcomes of the past 12 months has been our organization’s thrust with innovative prevention programs in the sixth and ninth grades regarding alcohol and drugs. This educational focus reached 1,180 ninth graders and 1,760 sixth graders located in the 10-county service area, from October thru December, 1984. Our Board’s Program Planning and Evaluation Committee has recently approved two major projects that will offer dynamic programs for the mentally retarded beginning in September, called Alternative Intermediate Services (AIS), catering to 40 individuals in the District; secondly, a demonstration project catering to the chronically mentally ill in a five-county area towards reducing re-admissions to mental hospitals. This project would serve 140 patients and employ 14 college students on both a fulltime and part time basis over a 12-month period.

Board members are very involved in maintaining a viable service delivery system for the 10-county area. We are blessed with excellent staff and local support from county, state, and city governments.

Clients Respond Favorably To MH-MR Programs
What They Say About Us...

Transitional Living Center
Glasgow, KY

"I would like to express my appreciation for the care that my son is receiving at the Cave Lake Transition Home in Glasgow. Everyone is great. "Mr. Baker, Mr. Shore, and Dr. Hamilton have been especially helpful. With their help my son continues to improve. It

Joseph T. Claravino
Lexington, KY
(client’s father)

Key Informant Survey-Comp Care Centers
April, 1984 (146 responses)

"The most notable comments had to do with talking with a therapist who really listens and cares, and an indication that many now have a better understanding of themselves and what is best for themselves. A significant number indicated they would not change anything about the services or the staff at the centers."

Cave Lake Workshop
Glasgow, KY

"...I was very much impressed with the ‘can do’ attitude, enthusiasm and cooperative spirit of all of your people. Your supervisors were all very helpful ... you made us feel very much at home and it was a good experience. Please express our thanks to all of your people. You are all great and I hope to see you again someday ... thanks again. Cave Lake Workshop is No. 1 with me!"

Loran Sims
Lancaster Service Center
Donnelly Printing co.
Lancaster, PA

Client Satisfaction Survey-Comp Care Centers
March, 1984 (338 client responses)

...responses appear to be overwhelmingly positive ... coming from areas having to do with comfort and understanding their therapist’s explanations. Clients were agreeable that their time was considered when setting appointments ... if they needed help again, they would come back to Comprehensive Care."

Partial Hospital Program
Bowling Green, KY

"Ms. Keith, our nurse, is very good to us, along with the rest of the staff at Partial. It feels good to be treated like a real adult ... and get help with our problems. We take a lot of trips and do lots of things together."

Lindell Edwards
Bowling Green, KY
(client)

Some Early Warning Signs of Mental Illness

While everyone may exhibit abnormal behavior at one time or another, professional concern may be needed if any combination of the following persist or recur:
- Prolonged or severe depression
- Frequent extreme changes in emotion
- Undue, continuing anxiety and worry
- Tension-caused physical problems
- Social withdrawal, isolation
- Obsessions or compulsions
- Rape or violence
- Thoughts or talk of suicide
- Substantial, rapid changes in weight
- Dramatic negative personality changes
- Excessive feelings of isolation
- Unjustified fears
- Excessive self-centeredness
- Negative self-image and outlook
- General inability to cope with life

QUALITY CONTROL THROUGH CONSCIENTIOUS MANAGEMENT—New ideas, information, quality assurance, staff and client methods and procedures are discussed by the Management Team every Monday morning. (left to right) Danny Johnson, Area Supervisor; Joel Taylor, Consultation and Education Director; Russ Mercer, Financial Administrator; Richard Walker, Executive Director; Mike Holian, Associate Administrator; Larry Sensing, Quality Assurance Coordinator; Frank Baker, Area Supervisor and Lynda Smith, Medical Records Coordinator.
Where the Money Comes From:

<table>
<thead>
<tr>
<th>Source</th>
<th>Amount</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Net Patient Revenues</td>
<td>$1,977,760</td>
<td>46%</td>
</tr>
<tr>
<td>Sheltered Workshop Sales</td>
<td>1,000,000</td>
<td>23%</td>
</tr>
<tr>
<td>State Contracts &amp; Grants</td>
<td>874,036</td>
<td>20%</td>
</tr>
<tr>
<td>Donated Facilities, Supplies &amp; Services</td>
<td>300,000</td>
<td>7%</td>
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<tr>
<td>Local Contracts, Grants &amp; Donations</td>
<td>114,500</td>
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<tr>
<td>Investment Income</td>
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<tr>
<td><strong>Total</strong></td>
<td><strong>$4,326,296</strong></td>
<td><strong>100%</strong></td>
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What the Money Goes For:

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<th>Expense</th>
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<th>Percentage</th>
</tr>
</thead>
<tbody>
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<tr>
<td>Sheltered Workshop Materials</td>
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<tr>
<td>In-Kind Expenses</td>
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<tr>
<td>Rent &amp; Maintenance</td>
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<tr>
<td>Transportation</td>
<td>108,000</td>
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<td>Administrative &amp; General</td>
<td>101,000</td>
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<tr>
<td>Communications &amp; Utilities</td>
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<tr>
<td>Supplies</td>
<td>94,000</td>
<td>2%</td>
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<tr>
<td>Depreciation &amp; Amortization</td>
<td>63,000</td>
<td>1%</td>
</tr>
<tr>
<td>Purchased Services</td>
<td>46,000</td>
<td>1%</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$4,326,296</strong></td>
<td><strong>100%</strong></td>
</tr>
</tbody>
</table>
Revenues rise in Sheltered Workshops

By: RUSSELL MERCER

For the 1983-1984 Fiscal Year, our Exceptional Industries and Cave-Lake Workshop generated a record $1,239,667. According to Steve Wood, Regional Director of Sheltered Workshops, "This amount of business is truly an outstanding growth pattern and provides new opportunities for handicapped clients to earn more money and gain additional skills on diversified contracts from an assortment of industries."

Betty Bunnell, Chairperson of the Board's Developmental Disabilities Committee, stated "Apparently our Workshops have excellent credibility with several large and small industries throughout South Central Kentucky. I am extremely pleased for the handicapped participants in our Workshops having new work experiences and additional wages and satisfaction."

With the volume of work that has been evident over the past nine months, many Work Activity clients had new experiences with workshop production flow and received bigger paychecks, particularly clients from Bowling Green, Franklin, Morgantown, Scottsville, Russellville and Brownsville. Also, the residents at Transitional Care had new opportunities on the night shifts at Exceptional Industries due to the large volume of work available.

(Mr. Mercer is Financial Administrator for BRMH.)

Volunteers:
We couldn't do without them

SUPER VOLUNTEER—Mrs. Nadine Morris, a volunteer at the Partial Hospitalization Program, has given over 500 hours of her free time to help the 30 clients on a regular basis. Mrs. Morris is a housewife and business woman in Bowling Green and has been a volunteer for over three years. Her duties include counseling with clients, obtaining used clothing, assisting with educational processes and with meal preparation. She also leads groups recreational activities and chaperones field trips. According to Linda Keith, program director, "We consider Nadine's service to this program invaluable. She has been well received by our clients and staff and is the most outstanding volunteer the program has had since I have been director."

COURT CONTRIBUTOR—Alice Thompson of the Metcalfe Comprehensive Care Center recently presented Sandy England with a certificate of appreciation for five years of volunteer work as a clerks in the Metcalfe District Court Office. She has volunteered to monitor court action for possible referrals to Comprehensive Care programs. This volunteer service has saved the agency the cost of an additional employee and allows for competent and complete monitoring of the court system.

BUTTONING UP—Clients at the Munfordville Work Activity Center have been producing income recently by manufacturing lapel buttons. Under the supervision of Seaborn Ellzey, Director of the WAC, clients are now taking orders for customized buttons. These are the buttons which are frequently seen in political campaigns and for clothing adornment. Pictured here working with the clients is (left) Lee Hughes, teacher aide.

FRATERNIZING THE UNITED WAY—Lambda Chi Alpha Fraternity member, Mike Voss, helped man the United Way office at the Greenwood Mall during Barren River Mental Health week to be represented. Voss, a junior from Alabama, and other members of the Western Kentucky University helped cover the location for a full week. The fraternity has a longstanding relationship with Barren River Mental Health and helps with various projects on a continuing basis.

EXPOSING OUR PRODUCTS—Dave Hagan, Cave Lake Workshop Supervisor, mans the agency's booth at the 1984 Glasgow Industrial Expo. This was the fourth year in a row that Barren River Mental Health has been a part of the event. The workshop booth featured a display of items manufactured at the Glasgow site: jeep seat cushions for the Department of Defense, golf bags, welding products, hay baling kits, soft drink cases, and survey stakes.

RUSSELLVILLE WAC EMPLOYEE Willie Nichols works on disassembly and salvage of gas meters for Rockwell International. 48% of the WAC's work comes from this contract. Last year over 11,000 meters were completed, lifting client income to a 15% increase. Tom Neel is director of the program which has over 30 clients enrolled at the service site.

BANDING TOGETHER—Clients from the Bowling Green Work Activity Center sort rubber bands daily for the U.S. Postal Service. A contract with the Bowling Green Regional Post Office is saving the federal government money and giving clients an opportunity to earn money. Instead of discarding assorted rubber bands used in bundling envelopes, clients sort and salvage the rubber bands which are then re-cycled through the postal system. Supervision is provided by Barren River Mental Health employees Eddie Phillips and Mary Bailey.

(SHOE) STRING MUSIC—Leather strips from Caldwell Lace and Leather Company in Auburn provides a job for clients in the Work Activity Program in Morgantown. The strips are used to make boot and shoe strings for retail sale. Some leather is also used to make craft kits. Director of the center is Carolyn Henderson.

EXCEPTIONAL INDUSTRIES PLANT MANAGER Gerald Nunnally, holds a Power Hammer which is packaged for AMCA International of Bowling Green. The process calls for "skin packaging" and has been a regular job at E.L. for the last year and a half.

EXPERIENCING THE UNITED WAY—Mrs. Betty Bunnell, Chairperson of the Board's Developmental Disabilities Committee, presented Sandy England with a certificate of appreciation for five years of volunteer work as a clerk in the Metcalfe District Court Office. She has volunteered to monitor court action for possible referrals to Comprehensive Care programs. This volunteer service has saved the agency the cost of an additional employee and allows for competent and complete monitoring of the court system.

March, 1985
BARREN RIVER MH-MR BOARD, INC. ANNUAL REPORT
Page 5
Infant Stimulation: An Effective Service

By PEGGY GOAD

(Edited by Note: Working with children is enjoyable and rewarding experience. At times it can be entertaining as observed by staff of the Glasgow Infant Stimulation Program. Take this account by Program Director, Peggy Goad.)

The Early Intervention Program in Glasgow currently serves 45 children who have varying degrees of developmental disabilities. Each child is periodically re-evaluated and the needs and progress of that child are constantly being assessed. During a recent re-evaluation period, several questions and activities were presented as a challenge to one of the children who has been in the program since its beginning in 1981. After whizzing through all the questions that were presented at her age level, more difficult tasks were presented to the coquettish five-year-old brunette, who again mastered the tasks with no problem.

At this point, the staff became aware that this child was functioning above her age level. The assigned therapist asked, "How many stars are in the sky," to which the child looked up at the therapist with a toss of her curls and replied in her simplistic child's voice: "All of 'em."

At this time in the examination, staff laughed loudly at her response and nothing could have pleased her more. The adults in the room were enabled to share a common feeling of goodness that comes from working with children and being able to witness her enthusiastic and uncomplicated approach to life.

Infant Stimulation can be a viable approach for many families, as this positive story reveals.

(Mrs. Goad is Assistant Developmental Disabilities Director for Barren River Mental Health.)

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BRMH works with Bowling Green-Warren Co. Chamber of Commerce Health Committee

(ABOVE) HEALTHFUL PLANNING - Members of the Bowling Green-Warren County Chamber of Commerce's Health Committee have been meeting during past weeks to plan the upcoming Health Expo at the Greenwood Mall in Bowling Green. The Expo is set for March 29-30 and is sponsored by the Chamber and WBKO-TV. Pictured here in the midst of a planning session are (l to r) Jean Prather, WBKO-TV Public Affairs Director, Mike Giorgio, BRMH's Public Relations Director and Wilma Grise, chairman of the Chamber Health Committee.

(LEFT) PRIVATE AND PUBLIC agencies wishing to participate in the Health Expo can do so by picking up an official application at the WBKO Studio or the Bowling Green-Warren County Chamber of Commerce.

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BRMH Educators Produce Classroom Booklet

By JOEL TAYLOR

Over the years, the Consultation and Education staff of BRMH have been visiting area schools presenting drug education classes. The focus is on 6th grade youngsters who are approaching adolescents and on 9th grade youngsters who are in the age group of beginning drug users.

The 6th grade program has been built around the premise that the young boy or girl must make his or her own decisions, in an intelligent way and not by basing them on peer pressure. Formerly called "Decisions", the program is now being labeled "Building Healthy Minds".

To go with that theme is a new booklet written and published by Gail Sullivan, educator and Marsha Harrison, consultation and education specialist, of the BRMH staff. "The material for the book came from within," said Ms. Sullivan. "We wrote both from experience and from our interpretation of education we have received." Sections in the book contain the topics of self-esteem, emotions, peer pressure, values, goal setting, and decision making. "We stress making decisions in a healthy way," emphasized Ms. Harrison. "We let them know what is right and wrong, but we don't take a dictatorial approach of 'you must do this and do that'. It doesn't work with youngsters that age, or for that matter, adults either. Commanding just doesn't go over well."

For more information on the program, contact either Ms. Sullivan or Ms. Harrison at the Bowling Green Comprehensive Care Center at 842-6844.

(Mr. Taylor is Director of Consultation and Education Services for Barren River Mental Health.)
DUI LAWS CHANGE—CCC Closely Involved

By LARRY SENSING
With the passing of Senate Bill 20 by the 1984 Kentucky General Assembly, District Courts have altered their approaches to adjudication of the drunk driver. The Bowling Green Comprehensive Care Center has been cooperating with Warren District Court since July of 1982, providing the CAB program (Consider Alternate Behavior) for DUI offenders. Now, with the new legal provisions, various stages of court ordered treatment are to be provided to first offenders and multiple offenders.

A new program called First Offenders Drunk Driver Program went into effect September 22. Rick Newton, Regional Substance Abuse Coordinator, is the overseer for the Saturday morning sessions. The cost is $50 for the program. Successful completion earns the offender the right to re-apply for driving privileges after 30 days of license forfeiture.

The next level of service provided by Comprehensive Care is the RODD program (Repeat Offender Drunk Driver's Program). This more intensive system of treatment includes for as much as 120 days. RODD provides individual and group therapy for problem drinkers. The initial charge is $150 for the first five sessions. Thereafter, the standard sliding fee scale is used to determine cost.

For more information about the DUI program, contact the Bowling Green Comprehensive Care Center at 842-6344.

Survey Indicates Family Abuse Cases Are Increasing

By Dr. ROGER LAIRD
A recent survey by the Cabinet for Human Resources, regarding efforts to prevent and treat family violence, reveals some interesting facts.

Over the last year, there were 1,305 events of service provided by Barren River Mental Health/Mental Retardation programs to deal with this problem. Family violence primarily includes child abuse and spouse abuse. The cost of services provided by Barren River MH-MR to deal with family violence and associated problems, last year was over $238,000.00.

Programs involved included outpatient services such as family treatment at the Comprehensive Care Centers, treatment programs at the Day Treatment program in Bowling Green, the Odyssey House in Bowling Green, parent education classes, such as S.T.E.P.-Teen, the Parents Anonymous Group in Bowling Green, the Nurturing Program in Franklin, a perpetrator’s group at the Bowling Green Comprehensive Care Center, the Consultation & Education Speaker’s Bureau, and over 140 calls on the HELP Line.

It was indeed enlightening to the staff of Barren River MH-MR that there is this amount of time and resources of the agency devoted to prevention and treatment of family violence.

(Dr. Laird is a Senior Therapist at the Bowling Green Comprehensive Care Center.)

Annual Award Goes To Kendall

By JIM FISHBACK
The Kendall Adhesive Plant in Franklin, was chosen as Industry of the year by Exceptional Industries of Bowling Green. An award was presented to Paul Manning, Packaging Engineer with Kendall, at the June 22nd Annual Board Meeting. Kendall’s participation with Exceptional Industries insures over a dozen jobs for clients who work at the Bowling Green plant. Over 200,000 packages a month are “shrink-wrapped” by clients; 70,000 packages of Curity brand first aid tape is assembled and packaged; large cardboard spools used in the process of manufacturing at the Franklin plant are pre-assembled first in Bowling Green.

“We are certainly pleased with the fine working relationship we have with Kendall,” said Steve Wood, Exceptional Industries director, who also presented the award. “Through Mr. Manning’s help and the Kendall philosophy, many handicapped individuals are now wage-earners.”

Radio Net Complete

By MIKE GIORGIO
Starting last October, all ten counties in the Barren River Mental Health service area, have been featured on their respective radio stations in the form of the “Living With Life” series. The Monday through Friday two minute feature will play at least twice a day on the following stations: WLCK-AM, WLCK-FM, Scottsville; WOVO-AM, Glasgow; WSMJ-AM, Cave City; WLBQ-AM, Morgantown; WRUS-AM, Russellville; WLOC-AM & FM, Munfordville; WTKY-AM, Bowling Green; and WKCT-AM, Franklin; and WKCT-AM, Bowling Green.

Program host is Public Relations Director Mike Giorgio. "We certainly owe a great deal of thanks to all the stations and their program directors and general managers.

This is the third year for our program to be aired by some stations—we are very pleased to complete the ten county network.

During the BRMH Annual Board meeting in June, several media outlets were given awards for their outstanding participation. Included were WKCT, represented by Al Arbogast, News Director; WFKN, represented by Terry Reagan and David Madison; Storer Cable TV, represented by Cheryl Morris; Edmonson News represented by Bill Canty, owner and publisher; and The Vine, represented by Joe Marshall, owner and operator.
When you're not getting through...what can you do?

JOIN A STEP STUDY GROUP
SYSTEMATIC TRAINING
FOR EFFECTIVE PARENTING
FOR PARENTS AND OTHERS WHO WANT BETTER COMMUNICATION WITH CHILDREN

--- CLIP AND MAIL ---

BE A GREAT PARENT!
THROUGH STEP
(SYSTEMATIC TRAINING FOR EFFECTIVE PARENTING)

I wish to register for STEP

Name ____________________________________________
Address ____________________________________________
Phone ____________________________________________

No registration fee (there is a $7.50 charge for the class book.)
Mail to: Bowling Green Comprehensive Care Center
Attn: Joel Taylor
707 East Main Street
Bowling Green, Ky. 42101

Real Facts - Real Disease
Center for Human Resource Development, Ohio State University
- 20% - 40% of all admissions to hospitals are alcohol related.
- 55% of all auto accident fatalities are caused by alcohol abuse.
- 40% of all industrial accident fatalities are caused by alcohol abuse.
- 65% of all drownings are related to alcohol abuse.
- 50% of all fire fatalities are caused by alcohol abuse.
- 20% of all suicides are related to alcohol abuse.
- Cirrhosis of the liver is the 6th leading cause of death in the U.S. with 95% being alcohol related.
- Heavy drinking increases the risk of: heart disease, cancer (especially of mouth, esophagus and liver), digestive disorders, pancreatitis, metabolic disorders.
- Alcoholism reduces life expectancy 12 years.
- 1½ Alcoholics out of 36 recover.

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