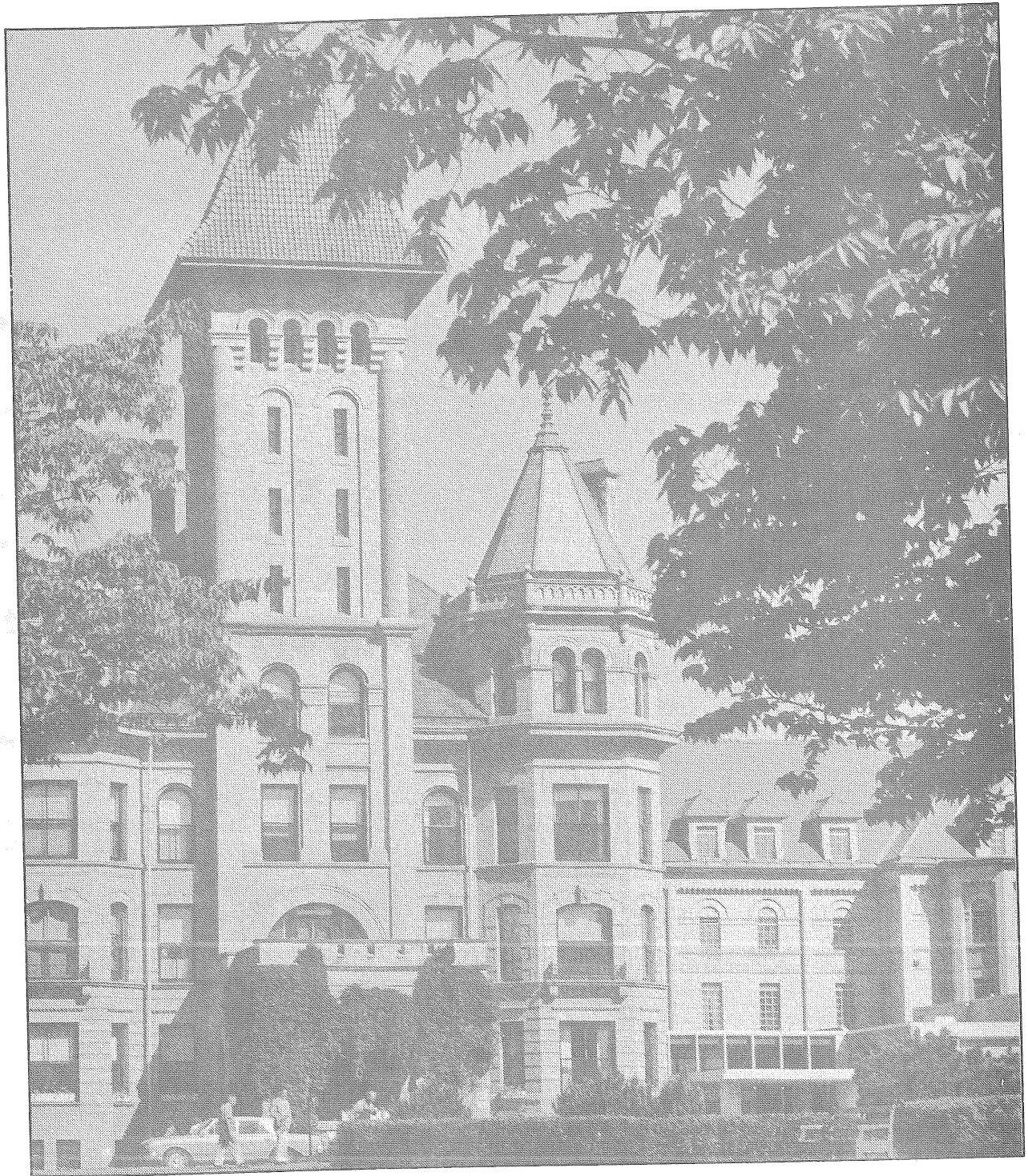
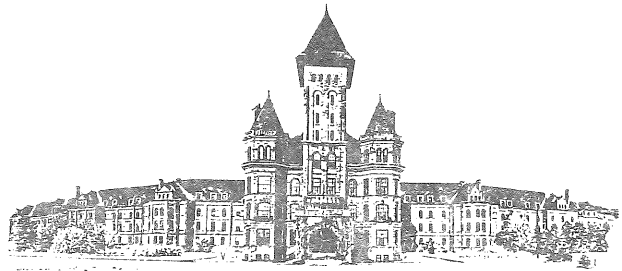


FERGUS FALLS
REGIONAL TREATMENT CENTER
ANNUAL REPORT — FISCAL YEAR 1987



A Tradition of Caring Since 1890

Fergus Falls
**REGIONAL
TREATMENT
CENTER**



North Union Avenue, Box 157, Fergus Falls, Minnesota 56537-0157
Elaine J. Timmer, Chief Executive Officer

(218) 739-7200

November 1987

Dear Friends,

I am pleased to release the Annual Report of the Fergus Falls Regional Treatment Center. The information contained in this report covers the time period from July 1, 1986 to June 30, 1987.

During this past year, activities of the Treatment Center have been directed toward preparing the Center to respond to two major new initiatives established by the Minnesota Legislature. The first of these is the implementation of the Chemical Dependency Consolidated Fund. This new program will place the Treatment Center in direct competition with chemical dependency service providers in the private sector. Our preparation has been on three fronts: improvement in the physical plant, restructuring of the programs to insure that effective treatment is delivered in the shortest time possible, and the development and implementation of a marketing strategy to insure that referral agents from throughout the area are aware of the programs offered by our facility.

The second new program is the Mental Health Initiative, designed to establish a full range of treatment and support services for the chronically mentally ill throughout the State. The Center has worked closely with the counties to determine the specific needs of the area and will continue to assess the appropriate role of the Center as the M.H. Initiative is implemented. In response to local needs, the Mental Health Division opened the Admissions and Crisis Center in the fall of 1986.

During the past year, the Mental Retardation Program has continued its efforts to enhance the quality of services provided at the Center. A specialized communications unit was established in which staff and residents utilize sign language in all aspects of resident programming. Improvements to the physical plant were implemented to create a warm and homelike environment.

No doubt the future will continue to present us with challenges. But the Fergus Falls Regional Treatment Center has demonstrated its capacity to respond. We look forward to maintaining our tradition of caring as we meet the changing needs of our area residents.

Sincerely,

Elaine J. Timmer
Chief Executive Officer

Fergus Falls Regional Treatment Center Management Group

ELAINE J. TIMMER - Chief Executive Officer	218-739-7224
MICHAEL S. ACKLEY - Assistant Administrator	218-739-7260
RICHARD C. BAKER, M.D. - Medical Director	218-739-7396
CAROL HOVLAND - Acting Program Director - Drug Dependency Rehabilitation Center	218-739-7445
WILLIAM KLEIN - Program Director - Mental Health Division	218-739-7263
CHARLES E. JOHNSON - Program Director - State Regional Residential Center	218-739-7329
PAT MADDEN, R.N. - Director of Nursing	218-739-7251
M. CURT RAMBERG - Director - Marketing and Public Relations Department	218-739-7234
DAVID AANES - Director - Planning and Evaluation Office	218-739-7206
DOUGLAS C. BOYER - Director - Personnel Department	218-739-7294
NEIL M. HERMAN - Director - Staff Development Department	218-739-7366

Fergus Falls Regional Treatment Center Admissions - Discharges - Average Daily Census Fiscal Year 1987

	Admissions	Discharges	ADC
MI	424	421	99
MR	4	18	179
CD	1513	1545	125
TOTAL	1941	1984	403

Key: MI - Mental Illness MR - Mental Retardation CD - Chemical Dependency

Admissions to Fergus Falls Regional Treatment Center by County of Residence, Disability Group and Status for Fiscal Year 1986-1987

	C.D.								M.I.								M.R.				
	informal	committed	hold order	emergency	transfer	informal detox	emergency detox	TOTAL	rate per 10,000	informal	committed	hold order	emergency	transfer	TOTAL	rate per 10,000	informal	hold order	emergency	temporary care	TOTAL
Becker	91		2	3		13	11	120	41	34		3	26		63	22		2			2
Clay	186		4	2		24	9	225	46	39	1	8	23		71	14					
Douglas	43			1		5	9	58	21	27			15		42	15					
Grant	6					7	7	20	28	3					3	4					
Otter Tail	105		7	1		101	215	429	83	53		5	39	1	98	19					
Pope	6					2	2	10	9	3			5		8	7					
Stevens	7					3	2	12	11	3	1		2		6	5					
Traverse	7							7	13	1			3		4	7					
Wilkin	14					6	8	28	33	5		1	4		10	12					
Subtotal	465	0	13	7	0	161	263	909	45	168	2	17	117	1	305	15	0	2	0	0	2
Kittson	3							3	5	3			1		4	6					
Mahnomen	26						2	28	51	5	2		1		8	15					
Marshall	7					1	2	10	8	2	1		2		5	4					
Norman	6			1				7	8	1			1		2	2					
Pennington	23	1				6		30	20	9	2		1		12	8					
Polk	56	1	2			9		68	21	24	4	3	8		39	12					
Red Lake	8					2		10	18	3	1				4	7					
Roseau	16	1				2		19	15	3	2				5	4				1	1
Subtotal	145	3	2	1	0	20	4	175	18	50	12	3	14	0	79	8	0	0	0	1	1
Other*	345	28	2	1	8	25	20	429		12	5	0	7	16	40		0	1	0	0	1
TOTAL	955	31	17	9	8	206	287	1513		230	19	20	138	17	424		0	3	0	1	4

Key: C.D. = Chemical Dependency M.I. = Mental Illness M.R. = Mental Retardation

*Other admissions by county:

	C.D.	M.I.	M.R.		C.D.	M.I.	M.R.		C.D.	M.I.	M.R.
Anoka	8	1		Hubbard	7	4		Nobles	1		
Beltrami	15	1		Isanti	1			Olmsted	25		
Benton	4			Itasca	5			Pine	3		
Big Stone	2			Kanabec	2			Ramsey	6	9	
Blue Earth	7			Kandiyohi	11			Redwood	10		
Brown	4			Koochiching	2			Renville	1		
Carlton	1			Lac Qui Parle	4			Rice	5		
Cass	3			Lake of Woods	2			St. Louis	6	1	
Chippewa	3			Le Sueur	5			Scott	2		
Clearwater	4	1		Lyon	7	1		Sibley	2		
Crow Wing	9			McLeod	2			Stearns	10		
Dakota	38	1		Martin	1			Steele	6		
Dodge	2			Meeker	7			Swift	3		
Faribault	1			Mille Lacs	6			Todd	2		
Fore	1			Morrison	18			Wadena	9	3	
Freeborn	7			Mower	1			Waseca	3		
Goodhue	6			Murray	6			Washington	1		
Hennepin	122	14	1	Nicollet	1			Wright	6	1	
								Out of State	3	3	

Drug Dependency Rehabilitation Center (DDRC)

Carol Hovland, Acting Program Director

The Drug Dependency Rehabilitation Center of the Fergus Falls Regional Treatment Center offers a full range of chemical dependency services for the chemically dependent and their families. These services are designed to meet the changing needs of clients and growing market demands.

Programs

- Primary: Short-term program for adult males and females who have had minimal prior treatment. Separate program for women.
- Hope: Intensive extended care program for males and females who have had prior treatment, and who may have secondary mental illness problems.
- LIV: Extended program for chronic recidivist chemically dependent who are older.
- Freeway: Program for adolescents with primary problem of chemical dependency.
- Outpatient: Four weeks outpatient. Twelve weeks aftercare.
- Family: Live-in program for family members and significant others.

The "New Life" Outpatient Program opened March 2, 1987. "New Life" is the first outpatient chemical dependency program within a Minnesota regional treatment center. The program is licensed under Minnesota Department of Human Services Rule 43 for clients age eighteen and older. While receiving outpatient treatment, clients can live at home and continue to be employed or attend school.

Outpatient treatment is provided three evenings weekly for four weeks followed by twelve weekly aftercare sessions. Families participate in two of the weekly treatment sessions and also are encouraged to attend the aftercare sessions.

The "New Life" Outpatient Program had 37 admissions from March through June, 1987: Otter Tail County - 31; Clay County - 4; Grant County - 1; Kittson County - 1.

Environment

Remodeling and renovation plans are being implemented to improve and enhance the treatment units of the Drug Dependency Rehabilitation Center. New painting, wall and floor coverings, and furniture will provide a treatment environment which is competitive to the private sector programs.

With the downsizing of the Regional Treatment Center resident population, the movement is to relocate units into the main Kirkbride building complex at the Center. Freeway Unit was moved to the third floor of the west side of the main building in March, 1987. This area offers more space, provides for better observation of residents and has a more therapeutic environment. The Hope Units will be moved to the third floor of the east side of the main building when the renovation of this area is completed. The anticipated completion date for this renovation project is December, 1987.

Public Relations and Marketing

Drug Dependency Rehabilitation Center staff, in cooperation with Regional Treatment Center Director of Marketing and Public Relations M. Curt Ramberg, have developed a marketing and public relations program targeted to chemical dependency populations that may be in need of DDRC services. The promotion of DDRC programs is being carried out by several staff through direct personal contacts with potential consumer populations both in the Northwest and West Central regions and throughout the state. In addition, DDRC staff are participating in a three-part Consumer Relations training program provided by the Alexandria Technical Institute.

Chemical Dependency Consolidated Fund

The Minnesota Regional Treatment Network was organized in early 1987. This network is comprised of Chemical Dependency Units within the Regional Treatment Centers and Lakeside Treatment Center at Ah-Gwah-Ching. The purpose of the network is to promote and market the entire system, which offers diverse chemical dependency programs located throughout Minnesota. A Board of Directors, with membership of the chief executive officers from Regional Treatment Centers, provides direction and coordination for this network. The activities of this Board are directed toward assuring that appropriate chemical dependency services are available in strategic locations throughout the state and that these services are marketed as a system.

CD Admissions Fiscal Year 1987

Age Group	Male	Female	Totals
12-18	135	59	194 (13%)
19-25	248	94	342 (23%)
26-39	431	126	557 (36%)
40-55	221	50	271 (18%)
56-Over	134	15	149 (10%)
Totals	1,169 (77%)	344 (23%)	1,513

Mental Health Divison (MHD)

William Klein, Program Director

Fiscal year 1987 was an exciting year for the Mental Health Divison. Many staff worked long hours to initiate changes and accomplish objectives that have served to enhance and to greatly improve the quality of the Division programs and services.

Fiscal Year 1987 Accomplishments

- Establishing a new treatment program - the Admissions and Crisis Center
- Developing a Mental Health Division Quality Assurance Program
- Providing community-based mental health education/training services
- Expanding internship opportunities on Mental Health Division
- Expanding Mental Health Division family services

The Mental Health Division of the Fergus Falls Regional Treatment Center serves a diverse clientele. The capability and expertise exists to treat individuals who are in acute distress, who have dual diagnoses and who exhibit severe behavioral management problems including assaultive and self destructive behaviors. People from the entire State of Minnesota can be served by the Division, but the primary service area consists of the seventeen counties of northwestern and west central Minnesota which account for 90% of the clients.

Over the past three years, admissions to the Mental Health Division have remained stable. In fiscal year 1987, 424 people were admitted with psychiatric problems. The average daily census for fiscal year 1987 was 99. Diagnoses which are most common include schizophrenia, bipolar (manic-depressive), senile dementia, organic brain syndrome, schizo-affective disorder and depression. Many of these people also have a diagnosis of chemical dependency or chemical abuse which complicates their mental illness. Admissions data for fiscal year 1987 have continued the demographic trends which started three years ago toward clients who are younger, have chronic mental illness and exhibit a more serious and debilitating illness.

Mental Health Division Programs

All of the current Mental Health Division programs serve adults who are eighteen years of age or older. The new Admissions and Crisis Center serves as the admissions unit for the Division and also provides treatment services for clients experiencing an acute psychiatric crisis. The Hursh and Pact Units serve severe and persistent mentally ill clients, and the Youngdahl and Sporre Units serve a psychogeriatric population.

The Division emphasizes a holistic treatment approach which fosters development in all areas of the client's life - physical, psychological, social, spiritual and emotional. Work with the families of clients is an essential element of the treatment process, and Division staff work tirelessly at finding ways to actively involve families in this process. Programming for the various units of the Division is implemented by using a variety of treatment techniques. Division staff use these techniques to develop individualized treatment plans designed to meet the unique needs of every client served.

Mental Illness Treatment Techniques

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> • Individual Therapy • Medication Therapy • Reality Therapy • Music Therapy • Spiritual Counseling and Religious Services • Education Groups • Feelings Group • Relaxation Group • Psychological Testing and One-To-One Counseling • Health Education Group • Exercise Group • Money Management Programming • AA Group | <ul style="list-style-type: none"> • Group Therapy • Recreational Therapy • Validation Therapy • Art Therapy • Behavior Modification Programs • Language Stimulation Programs • Current Events Group • Self-Control Group • Pet Therapy • Shopping Group • Social Skills Group • Communication Group • NA Group • Family Therapy | <ul style="list-style-type: none"> • Occupational Therapy • Remotivation Therapy • Marriage Counseling • Sensory Stimulation and Integration Programming • Independent Living Skill Development Group • Reminiscence Group • Victims Group • Special Friends Volunteer Group • Cooking and Baking Group • Work Programs • Unit Community Meetings • Discharge Support Group |
|--|--|---|

MI Admissions Fiscal Year 1987

Age Group	Male	Female	Totals
18-29	102	50	152 (36%)
30-39	63	44	107 (25%)
40-49	35	26	61 (15%)
50-59	15	33	48 (11%)
60-Over	29	27	56 (13%)
Totals	244 (58%)	180 (42%)	424

State Regional Residential Center (SRRC)

Charles E. Johnson, Program Director

The goal of the State Regional Residential Center at the Fergus Falls Regional Treatment Center continues to be that of providing quality residential care, supervision, treatment and training services to mentally retarded clients. The following data is descriptive of the clients which the Center was serving on June 30, 1987.

175 Total Clients — 100 Male — 75 Female

Age:

17 and under	6
18 - 29	30
30 - 49	105
50 - 64	26
65 and older	8

Level of Retardation:

Profound / I.Q. 0-19	123
Severe / I.Q. 20-35	30
Moderate / I.Q. 36-51	12
Mild / I.Q. 52-70	7
Borderline / I.Q. 71-84	3

Competency:

State Guardianship	140
Parental Guardianship	25
Family Guardianship (other than parents)	5
Guardian Of Self	4
Guardianship Pending	1

Mobility:

Ambulatory	112
Ambulatory With Assistance	13
Non-ambulatory	50

Program Needs:

Hearing, vision, or communication problems	142
Behavioral problems requiring intervention	94
Physical care procedures beyond routine care	130
Staff assistance in some area of grooming, dressing, eating, toileting	162
Staff supervision when moving about or off campus	170
Public School enrollment	11

During fiscal year 1987, only four clients were admitted and eighteen clients were discharged. The availability of community services has been gradually expanding thereby creating a reduced demand for the mental retardation services of the Center. The policy of the State of Minnesota requires the reduction of clients served by the regional treatment centers, and consequently the number of clients served continues to gradually decrease.

The demand for improved and more effective services continues to expand. The current personnel budget will allow for some strengthening of staff resources for the Center. A greater emphasis on functional skill training and community experiences for residents will be provided as a result of these additional staff resources. The Center is also increasing its activity in monitoring the quality of its services in response to the higher expectations and service standards.

During the past fiscal year, arrangements were made to bring the services of orthotic and prosthetic professionals from the Gillette Children's Hospital in St. Paul to the Center. Monthly clinics are held to provide improvements in client mobility devices and other prosthetic equipment.

A greater emphasis is being given to improving the client functional communication skills. A total communication unit was started in late 1986, and the second communication unit opened in August, 1987. The goal of these specialized units is to increase the non-verbal clients' effectiveness in communicating their wants and needs by developing alternate forms of communication. This effort requires skilled staff to provide consistent and meaningful sign training to clients.

The Center's Mental Retardation Program is serving a smaller but an increasingly more handicapped group of clients. With the public's greater expectations and the application of higher standards, the future appears indeed challenging.

Medical Department

Richard C. Baker, M.D., Medical Director

The Medical Department staff and consultants continue to provide a wide range of medical and psychiatric services for the residents of the Fergus Falls Regional Treatment Center. Specialized services provided by the Medical Department include general psychiatry, child and adolescent psychiatry, neurology and internal medicine.

The Medical Department has established a contractual relationship with Gillette Children's Hospital to make orthotic and prosthetic services available on site to physically handicapped residents of the Regional Treatment Center. Physical therapy services have also been expanded.

Acute medical care, inpatient care and x-ray services are provided, through the local community facilities, under contract. A new computerized cost accounting system is now being utilized in the operation of the Medical Department to track both the services provided residents off campus and related costs.

Medical Department Services

- Medical Staff
(Physicians and Nurse Practitioners)
- Dental
- Clinical Laboratory
- Occupational Therapy
- Speech Therapy
- Nursing Supervisors
- Pharmacy
- Central Sterile Supply
- Physical Therapy
- Audiology

Personnel Department

Douglas C. Boyer, Personnel Director

Fergus Falls Regional Treatment Center Annual Personnel Report

July 1, 1986 - June 30, 1987

Average Number of Employees	617
Average Authorized Full Time Equivalent (FTE)	613.38
Number Hired:	
Temporary/Emergency/Intermittent	20
Regular Full Time/Part Time	14
Total	34
Separations:	
Temporary/Emergency/Intermittent	16
Regular Full Time/Part Time	56
Total	72
Promotions	29
Turnover Rate - Regular Full Time/Part Time	9.08%

General Support Services

Michael S. Ackley, Assistant Administrator

The treatment programs at the Fergus Falls Regional Treatment Center receive operational assistance from a variety of vital support services.

The Regional Treatment Center continues its efforts to provide a treatment environment which is attractive, comfortable and homelike. The staff of the Plant Operations Division has been involved in a number of improvement projects during fiscal year 1987.

- Remodeling was completed for the new Admissions and Crisis Center of the Mental Health Division which is located on the Second West Center area of the historic Kirkbride building.
- The Freeway adolescent program of the Drug Dependency Rehabilitation Center has moved to remodeled quarters located on the Third West Detached area of the Kirkbride building.
- A new walk-in cooler has been installed in the kitchen area of the Dietary Department. The remodeling work for the new centralized tray service and bakery areas was completed in July, 1987. Work is progressing on the main dining room remodeling project.
- The installation of new exterior ramps provides safe access for handicapped persons to the buildings on the Regional Treatment Center campus.
- The work on the solid waste to energy refuse burner facility which the City of Fergus Falls is constructing on the campus of the Regional Treatment Center is nearing completion. Plans call for the Regional Treatment Center to begin purchasing steam energy produced by this facility during the winter of 1987-1988.

The Staff Development Department offered 12,845 hours of formal classroom training on a wide range of topics during fiscal year 1987, including Vulnerable Adult, Fire Safety, Infection Control/AIDS and Supervisory Training.

Fergus Falls Regional Treatment Center Annual Report Of Operating Budget July 1, 1986 - June 30, 1987

	Developmentally Disabled	Mentally Ill	Chemically Dependent	TOTAL
Patient Days	65,327	36,079	44,721	146,127
Salary related expenditures:				
Direct salaries	7,067,641	2,840,798	2,494,318	12,402,757
Indirect salaries	2,322,645	1,198,822	1,456,166	4,977,633
Total Salary Expense	9,390,286	4,039,620	3,950,484	17,380,390
Non-salary related expenditures:				
Total Current Expense				1,369,341
Repairs & Betterments (Includes Special Projects Funds)				336,760
Child Nutrition Funds (Used to purchase Dietary Equipment)				21,958
Total funds expended FY 87.....				* 19,108,449
Less Reimbursement Revenues				13,943,324
Net State Funding Assistance				5,165,125

NOTE: * These figures represent only direct costs at this facility and do not include DHS Central Office, DOER personnel services, Depreciation, and Bonding Costs.

General Support Services

- Dietary Department
- Advocate's Office
- Typing Center
- Communications Center
- Financial Management Division (Business Office, Materials Control Center, Resident Bank, Canteen, Computer Services)
- Planning and Evaluation Office (Quality Assurance Office, Medical Record Department)
- Marketing and Public Relations Department (Community Relations, Volunteer Services, Marketing, Fergus Falls Community College/Fergus Falls Regional Treatment Center Student Live-In Program)
- Personnel Department (Personnel Office, Staff Development Department, Safety Department)
- Plant Operations Division (Engineering, Construction, Plumbing, Electrical, Painting, Laundry/Housekeeping, Grounds/Garage)
- Chaplaincy Department (Chaplain Services, Religious Education For Mentally Retarded, Clinical Pastoral Education Program)

Accredited Academic Programs

Offered By The Fergus Falls Regional Treatment Center (FFRTC)

- **Chemical Dependency Counselor Training Program** - offered by the FFRTC Drug Dependency Rehabilitation Center in conjunction with the Fergus Falls Community College or Moorhead State University or the University of Minnesota - Duluth
- **Clinical Pastoral Education Program (CPE)** - offered by the FFRTC Chaplaincy Department in conjunction with The Association For Clinical Pastoral Education
- **Human Services Technician Training Program** - offered by the FFRTC Staff Development Department in conjunction with the Fergus Falls Community College
- **Individual Student Internships** - offered by the various FFRTC professional services in conjunction with area colleges or universities
- **Student Live-In Program** - offered by the FFRTC Volunteer Services Program in conjunction with the Fergus Falls Community College

Special Thanks
are extended to the following individuals
who contributed to the preparation of this report:

Emery Johnson Jr. - Marketing and Public Relations Department

Charlotte Lefebvre - Financial Management Division

M. Curt Ramberg - Marketing and Public Relations Department

Tom Shubitz - Planning and Evaluation Office

Bill Weyrens - Financial Management Division (Fergus Falls Community College Print Shop)

Linda Winter - Medical Record Department

Cover Photograph

Kirkbride Building

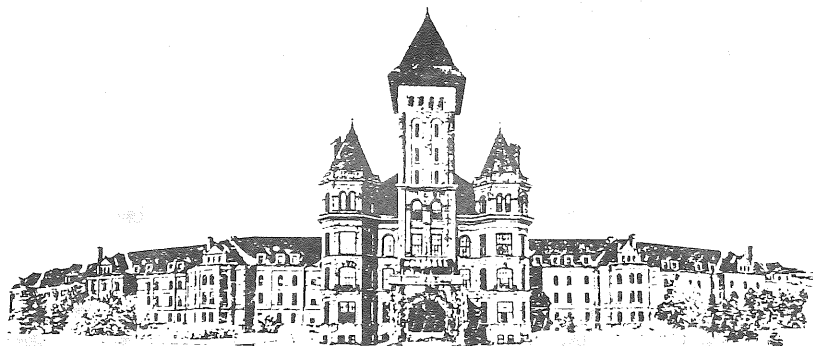
Fergus Falls Regional Treatment Center

National Register of Historic Places

Photograph By

Edward L. Stafford

Circa Late 1960's



FERGUS FALLS
REGIONAL TREATMENT CENTER

North Union Avenue, Box 157, Fergus Falls, Minnesota 56537-0157

(218) 739-7200

Elaine J. Timmer

Chief Executive Officer

A Tradition of Caring Since 1890

Chemical Dependency Services • Mental Health Services • Mental Retardation Services

1988

JANUARY

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APRIL

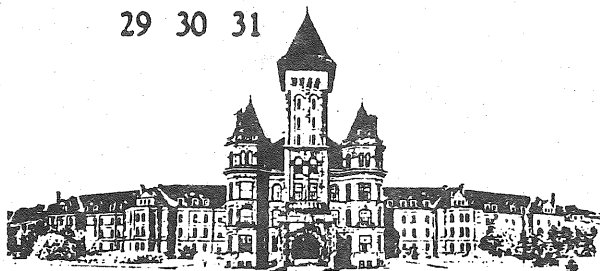
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JULY

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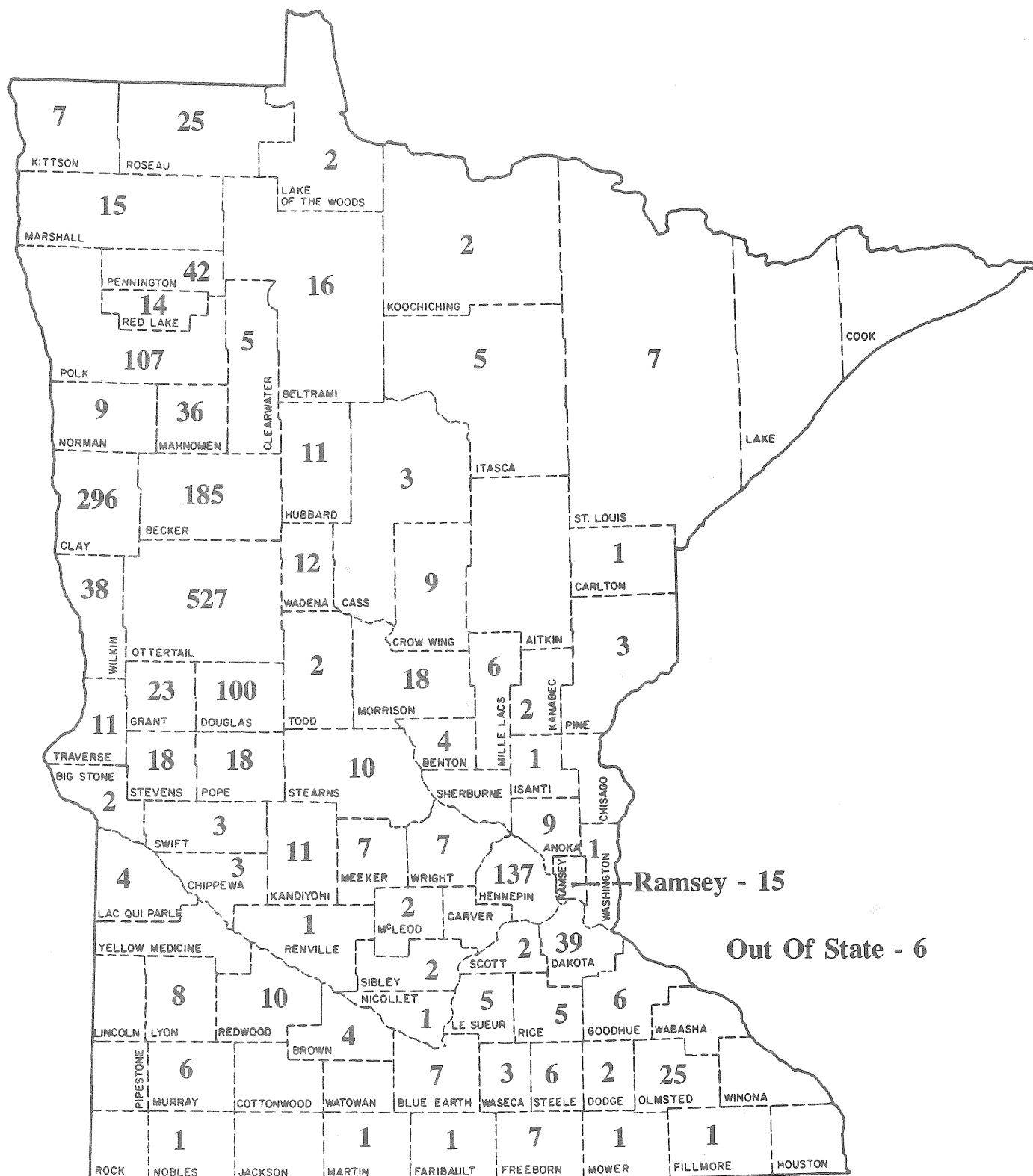
NOVEMBER

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DECEMBER

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Admissions By County Of Residence For Fiscal Year 1987



Fergus Falls Regional Treatment Center
 North Union Avenue, Box 157, Fergus Falls, Minnesota 56537-0157
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Elaine J. Timmer, Chief Executive Officer
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Chemical Dependency Services - Mental Health Services - Mental Retardation Services
 Accredited By The Joint Commission On Accreditation Of Hospitals (JCAH)