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# A Progress Report, 1964

Maine Department of Health and Welfare

Maine Division of Alcoholic Rehabilitation

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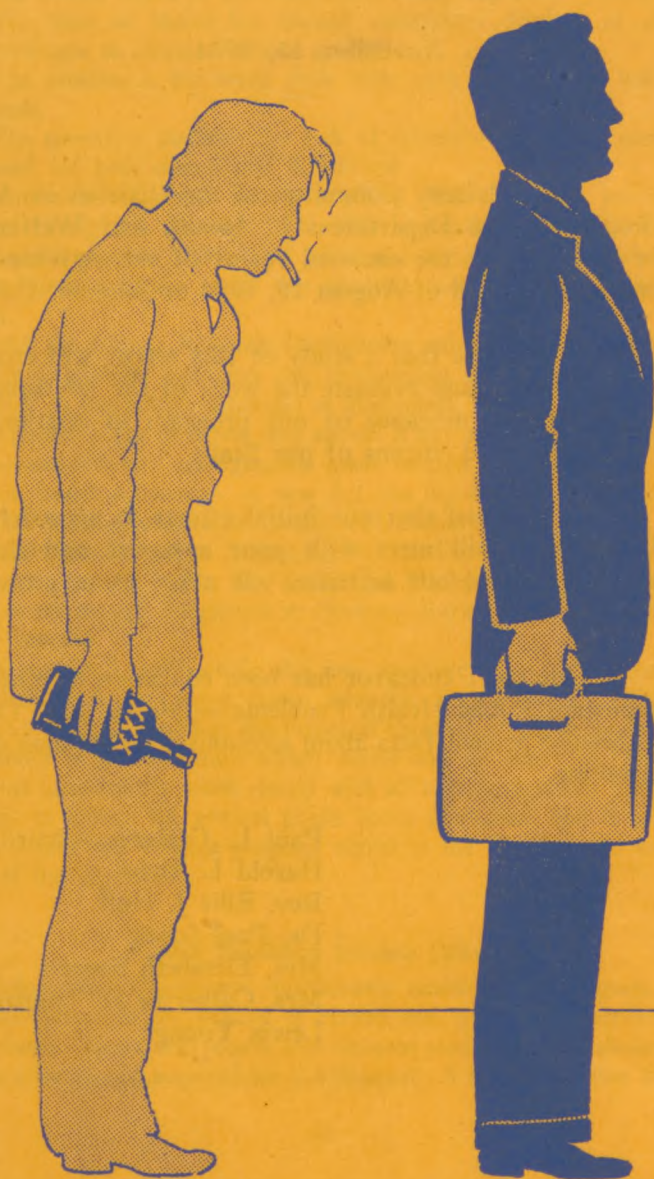
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# A PROGRESS REPORT



Maine - Health and Welfare Dept. - Bureau of Health - Division  
of Alcoholic Rehabilitation.

MAY 17 1955



November 15, 1954

The Advisory Committee to the Division of Alcoholic Rehabilitation in the Department of Health and Welfare takes pleasure in providing the enclosed report of the activities of the Division for the period of August 19, 1953 to June 30, 1954.

We believe that a study of this report will enable you to better understand and evaluate the work of the Division and to better realize the significance of our program in relation to the overall welfare of the citizens of our State.

It is hoped that our initial efforts in approaching the alcoholic problem will meet with your approval and that your continuing support of our activities will allow us to grow in our operations.

Our chief endeavor has been education on one of our most important Public Health Problems — Alcoholism. Our concern has been to present facts about alcoholism rather than opinions about drinking.

Paul L. Crabtree, Chairman  
Harold L. Dow  
Rev. Ellis J. Holt  
Dr. Paul Jones  
Mrs. Elizabeth Socec  
Mrs. Catherine D. Timpany  
Lewis Youngs

The Division of Alcoholic Rehabilitation is the newest addition to the Department of Health and Welfare and for that reason some space will be devoted to the history of its development.

In the year 1949, through Legislative Act, there was created within our State structure a seven member Liquor Research Commission for the purpose of studying certain unwelcome conditions arising from the sale and use of alcoholic beverages in Maine.

In 1951, after an intensive 2 year survey, this study commission presented an excellent factual report to the 95th Maine State Legislature which stated:

1. The State of Maine has enough compulsive drinkers of alcoholic beverages to create a serious problem.
2. The problem is not being dealt with, even on the most inadequate basis.
3. The corrective methods (or lack of corrective methods) now being used are both useless and ill advised.

This Commission suggested that a prudent, State-sponsored program be adopted to remedy this situation. The 95th Legislature appropriated certain monies for this purpose and passed additional legislation which authorized the Commission to further study this situation and develop a definite plan for action.

In 1953 the Liquor Research Commission submitted a progress report to the 96th Legislature and after due deliberation the following conclusion was reached: If compulsive drinking, or alcoholism, has assumed the proportions of a public health problem, why should it not be considered as a public health responsibility and arrangements made to treat it at the same level as other public health problems? A new Act was legislated at this time which provided for the Department of Health and Welfare to succeed the Liquor Research Commission and on August 8, 1953 the Division of Alcoholic Rehabilitation was created within the Bureau of Health and a seven member advisory committee was designated by Governor Burton M. Cross to counsel a full time director.

On September 2, 1953 within this new structure an organizational meeting was held and plans were drawn whereby, "education regarding alcoholism as an illness" would be the principal objective of the program during the remainder of the biennium which would end on June 30, 1954. The director was instructed to work closely with all existing agencies both public and private to inform the general public about alcoholism and to gradually develop a sound and sensible program aimed at the physical and economic recovery of the alcoholic.

### Alcohol Education Services Offered

An Information Center was immediately established at Augusta within office space located in the Bureau of Health and consultation services were made available. Literature, posters and films on alcoholism and alcohol problems were selected and acquired for distribution. A limited number of quali-

fied speakers were developed for groups who wanted such a service. A series of radio broadcasts were prepared for State-wide airing and articles have been supplied to the press in the interest of public information about alcoholism. A descriptive brochure, listing the various services offered was circulated in large quantities throughout the State with thousands of our citizens becoming advised that definite policies are now being introduced to control compulsive drinking.

*Pamphlets* — fourteen in variety, adopted for general as well as professional reading, furnished free by the Division on request.

*Radio Material* — a series of eight 15 minute transcribed radio programs entitled "Anyone You Know" which dramatize the combined role of Alcoholics Anonymous, the family, the doctor, the hospital and members of the clergy in the treatment of alcoholism.

*Films* — two 16 mm sound engineered films, "Alcohol and the Human Body" for school use, and "Alcoholism" for showing to adult groups. These films are shown by Division personnel on request and extra copies are stocked in the Departmental Film Library on a loan basis for privately sponsored use. A third film, "What About Drinking", has been placed on order.

### General Activity

In addition to the demands ordinarily made upon an information center the Division has deemed it necessary and advisable to become active in many other diversified areas of endeavor. Some favorable results have been obtained as the result of such activity.

*Affiliations* — Participating memberships have been taken out with the National Committee on Alcoholism and also the National States Conference of State Administered Programs so that Maine can profit from any and all new data and methods currently being developed for use in the treatment of alcohol problems. Thirty-five states and the District of Columbia now maintain programs and the National Committee on Alcoholism has 47 affiliating agencies included in its memberships.

*Alcoholics Anonymous* — an excellent rapport has been established on a mutually cooperative basis with this movement and the Division is continually working more closely with the 38 AA groups in Maine, located from Biddeford in the south to Fort Kent in the north. A State Directory of listed meeting places has been developed and can be made available to anybody who is interested in visiting an AA group for the purpose of learning more about alcoholism and how it can be arrested.

*Clergymen* — Many clergymen are devoting more and more time to "pastoral counseling" in the treatment of man's problems. In recent years such counseling has been very effective in the treatment of alcoholism. Many national figures of various faiths, namely, the Episcopalians, Catholics, Methodists and Presbyterians have recently abandoned the premise that alcoholism is strictly a moral problem — instead they now consider it as a threefold ill-

ness, physical, mental and moral, and illness of the total man. This progressive trend is having its reflections here in Maine and many of our clergy are accepting the challenge with gratifying results.

*Community Organization* — Strong community organization in keeping with changing community attitudes is a much needed feature in a successful over-all recovery program and for that reason a "Pilot Project" was established very early in the City of Rockland, Maine, because of certain favorable conditions and available existing resources. Primary results have been encouraging and a pattern is being developed which may be profitably followed by various other communities in the State. In Rockland, alcoholism is recognized as an illness to the extent that an area of agreement is being reached within which the doctors, the hospital staff, the clergy, the courts, the law enforcement authorities, the local AA group, the service clubs and many other civic minded peoples are joining forces to try and solve a serious problem at the community level.

*Conferences* — On October 24, 1953 at the State University in Orono, Maine, the Eastern Maine Committee on Alcoholism of Bangor, Maine, and the State Division of Alcoholic Rehabilitation co-sponsored the first Conference on Alcoholism ever held in the State. Several prominent national figures participated in an all-day program and the presentations were excellent in content and the Conference was well attended by many key people from various walks of life. A more extensive conference is now being planned for a date which will be established later.

*Doctors* — Most doctors now recognize alcoholism as an illness and as the result of a census, 100 doctors in our State have signified that they will treat alcoholics. Also, during the early months of 1954 the Maine Medical Association appointed a five member committee composed of three medical doctors and two practising psychiatrists, to be designated as a Sub-Committee on Alcoholism for the Maine Medical Association. This is a very important step in the quest to bring about the reduction of alcoholism.

*Hospitals* — Although most general hospitals have in the past refused admission to alcoholic patients several have now signified that they will admit properly-sponsored alcoholics for treatment and as fast as possible all further necessary measures will be undertaken so that no deserving alcoholic will be denied needed and adequate medical care. In connection with hospitalization it is significant that The Associated Hospital Service of Maine, under its Blue Cross Contract, has accepted alcoholism as an illness which will qualify for Blue Cross Payment participation.

*Interdivisional Activity* — The State Department of Health and Welfare deals with both health and welfare problems. Alcoholism may become either a public health problem, a public welfare problem or both and for that reason several divisions of the Department may at the same time become involved in the same situation. The treatment and recovery of an alcoholic restores him or her to fruitful productivity and usually removes such a case from

further expense to the State. In many instances whole families are involved with other complications which involve an added financial burden. Since the Division entered the Department correlation of effort has been made with other divisions working with such cases and joint effort has produced results which give promise of substantial future savings to our taxpayers.

*Prevention* — Prevention of alcoholism in future generations is a long range goal of the Division. Attention has been focused not only on the alcoholic who now suffers but also on the potential alcoholic who may emerge from the ranks of our school age groups. A close working relationship has been formed with the State Department of Education so that effective educational material based on fact may be later introduced into our public school system by qualified teachers. It has now become an accepted fact that much problem drinking can be prevented through such education.

*Radio* — Through the courtesy of the North Carolina Alcoholic Rehabilitation Program the Division was able to adapt the radio series "Anyone You Know" to our use on a nominal cost basis and this excellent series of eight fifteen minute programs on alcohol problems was carried on free Public Service Time through the generosity of the following radio stations during the past winter: WIDE (Biddeford), WGAN (Portland), WCOU (Lewiston), WRUM (Rumford), WFAU (Augusta), WRKD (Rockland), WTVL (Waterville), WLBZ (Bangor), WABM (Houlton), WAGM (Presque Isle) and CJEM (Edmondston, N.B., Canada). These broadcasts were received with much interest and the Division feels that the 88 programs aired were of tremendous value in our attack on alcoholism.

*Yale Summer School of Alcohol Studies* — Every summer for the past ten years Yale University has offered a four weeks' summer course on The Study of Alcohol Problems. Among the 200 students who are enrolled for the 1954 session the Division will sponsor three Maine citizens, namely:

1. A medical doctor, who is also Chairman of the Sub-Committee on Alcoholism for the Maine Medical Association;
2. An educator, who is the Director of Physical Education, Health and Recreation for the State Education Department;
3. The director of the Division of Alcoholic Rehabilitation.

A fourth person, a registered nurse, was also sponsored by the Division to attend a four-day special session of the Yale Summer School for nurses only.

## SUMMARY

The Division feels it has made good progress in the field of alcohol education at the public level with the use of correspondence, the interview, the public meeting, the radio, the press and the distribution of literature. Television, which is comparatively new, is being considered as an added service for public information.

The Division in conjunction with the Department of Education has explored the possibilities of introducing factual alcohol education into the school system as one of the most powerful aids in the primary prevention of alco-

holism. The decision by teen-agers "to drink or not to drink" should be based on facts and high personal values. Many of these values are formed during school years.

The Division has persistently sought to obtain adequate medical treatment and hospitalization for the sick alcoholic who needs it so that the traditional stigma attached to alcoholism might be removed and recovery made possible to those who have an honest desire to get well.

During the ten months since the Division became activated the surface has been merely scratched. The office has been staffed with but two people, the Director and clerical aid. The Director has had to serve as director, caseworker, therapist and public relations representative. A most urgent need is for a larger staff if future obligations are to be satisfied and a successful rehabilitation program is to be brought to the reach of all our citizens who suffer. It is now estimated there are 30,000 compulsive, excessive drinkers in Maine with 7500 of them alcoholics in the sense that their lives are unmanageable by themselves. Alcoholism is rated as our fourth largest public health problem.

The following table summarizes Division activity for the period beginning August 19, 1953 and ending June 30, 1954.

1. Telephone calls requesting information .....	616
2. Visits to Information Center by clients, family or friends of clients .....	237
3. Visits made by Director to clients, doctors, hospitals, institutions, clergy, law enforcement agencies, municipal officers, businessmen, others .....	493
4. Literature distributed (pieces) .....	5451
5. Radio Programs (15 minutes) .....	88
6. Educational and staff meeting attended by Director .....	17
7. Meetings addressed by Director .....	133
AA Banquets .....	9
AA Meetings (Scheduled) .....	31
Business & Professional Women's Clubs .....	6
Church Affiliated Groups .....	5
College Assemblies .....	3
Community Organization Meetings .....	13
Conferences .....	5
County Medical Associations .....	3
Film Showings .....	17
High School Assemblies .....	5
Kiwanis Clubs .....	3
Lions Clubs .....	5
Maine Welfare Association Meeting .....	1
Nurses' Associations .....	2
Parent and Teacher Associations .....	7
Rotary Clubs .....	7

State Prison, County Jails, And Institutions .....	8
Teachers' Associations .....	2
V.A. Hospital, Togus .....	1
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MR. MAX P. GOOD, WHO DIRECTS THE WORK OF THE DIVISION, IS MOST ANXIOUS TO HEAR FROM ANYONE WHO DESIRES FURTHER INFORMATION, EITHER OF A GENERAL OR A PERSONAL NATURE. MR. GOOD'S OFFICE IS LOCATED IN THE BUREAU OF HEALTH, DEPARTMENT OF HEALTH AND WELFARE AT AUGUSTA AND HIS TELEPHONE EXTENSION IS 495. IT IS SUGGESTED THAT AN APPOINTMENT BE ARRANGED IF A PERSONAL INTERVIEW IS DESIRED.