

One Hundred And Thirtieth
ANNUAL REPORT

OF THE

**South Carolina State
Hospital**

FOR THE YEAR ENDING JUNE 30, 1953



Printed Under the Direction of the
State Budget and Control Board

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REPORT OF SOUTH CAROLINA MENTAL HEALTH COMMISSION

Columbia, S. C., July 1, 1953

*To His Excellency, James F. Byrnes,
Governor of South Carolina:*

The South Carolina Mental Health Commission, (the Board of Regents) of the S. C. State Hospital, submits herewith to you and to the General Assembly its One Hundred and Thirtieth Report, for the fiscal year 1952-1953.

This year was a year of growth and progress for the S. C. State Hospital. Chiefly as the fruit of your interest in the State's mental health program and as a result of your recommendations, the General Assembly appropriated \$5,000,000 for the fiscal year 1952-1953 for permanent improvements at the State Hospital and the State Training School. The greater portion of this amount of necessity has been spent where the need was greatest— at the State Hospital.

Out of these funds there is being constructed four magnificent buildings at the Columbia Division of the hospital for the care and treatment of acutely disturbed patients, a new central kitchen and bakery, together with additional refrigeration facilities to replace the inadequate central kitchen, justly condemned along with the infamous Taylor Building, in which male disturbed patients are still housed, by the Joint Committee on Mental Health in its report to you.

These four new ward buildings which will have bed space for 608 patients, are the first buildings ever constructed at the State Hospital, designed especially to care for acutely disturbed patients. They represent the latest in modern design and are a credit to the institution.

So, also, is the central kitchen and bakery which will make it possible for the hospital, almost for the first time in modern history, to supply the patients with attractively prepared as well as nutritious meals. This will be a show place for the institution and is probably not to be matched at any other state hospital in the United States.

In addition, Building No. 1 at the State Park Division has been completely renovated and has been converted into an attractive dormitory for patients. This work was done by the

hospital's maintenance staff at a cost just about half the amount that would have been required had it been done on contract. Other and less extensive renovations are also being undertaken at Buildings 2, 3 and 8 at State Park, these, too, by the hospital's maintenance staff.

The remainder of the \$5,000,000, less that portion allocated for permanent improvements at the State Training School at Clinton, is being used to enlarge the central heating plant at the Columbia Division in order to provide heat and hot water for these additional buildings and others needed and planned when the money may be made available.

The completion of these projects, although they grant relief in the two worst areas of the institution, will not complete the work needed to make the State Hospital the institution that South Carolina must wish to see it. No institution which has been neglected as the State Hospital has been and which has deteriorated to the extent that it has been allowed to deteriorate can be converted into a modern institution simply by providing 608 beds for acutely disturbed patients. The hospital now houses 5,545 patients. Even when these new buildings are occupied it will remain a woefully overcrowded and dilapidated institution generally.

This \$5,000,000 appropriation must, therefore, be considered only a beginning. The needs of the hospital are for more bed space for patients, adequate recreational facilities, a medical and surgical hospital and additional active treatment facilities at the Columbia Division.

Appropriations should be made next year for additional ward buildings at both Columbia and the State Park Divisions for recreation buildings at both divisions and for a medical and surgical building.

Mentally ill people suffer from all the other ailments and mishaps common to man and all deserve and need competent treatment in a building designed as a medical and surgical hospital. The present State Hospital medical and surgical wards are merely make-shifts and are woefully inadequate.

Annual admissions are approaching the 2,200 mark. The educational work that has been done in the field of mental illness is making possible the earlier recognition of the symptoms of mental disease and more and more the people of South Carolina

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are seeking treatment in the State Hospital in the earlier stages of the disease when the prognosis is good. Even though the active treatment areas of the hospital are inadequate to take care of this new patient load, the number of annual discharges is increasing in just about the same proportion that admissions are rising. Deaths in the hospital have been steadily declining.

These developments are encouraging. Mental illness, discovered too late, is for all practical purposes incurable even though the mentally ill person may live on for years in the hospital. Some way to avoid this inexcusable economic waste should be found. And the only way it can be found is to enlarge the active treatment areas of the hospital.

The personnel problems of the hospital remain unsolved for lack of money. The medical staff of the hospital has been enlarged but it still falls short of meeting the standards of the American Psychiatric Association in every category. Salaries must be increased to a point where the hospital can attract physicians and others to its staff.

The enactment of the new Mental Health Code after the passage of the Appropriation Act of 1952 created something of a crisis for the Commission, required by law to begin its operation and to assume activities and duties for which no money was appropriated.

Through the cooperation of the State Budget and Control Board the Commission was enabled, however, to begin operation on a make-shift basis with a skeleton force, using \$28,000 which had been appropriated for similar purposes.

The Commission is now operating three Mental Health Clinics—at Charleston, Greenville and Spartanburg—and personnel and funds are available for the activation of a fourth clinic at Columbia early in the next year. These clinics represent South Carolina's major effort in the area of mental disease prevention and are, in many ways, the most important element in the Commission's endeavor to curtail the economic and human waste involved in mental disease when it reaches the chronic stage.

Dr. W. P. Beckman, who had been serving both as Superintendent of the hospital and for a short period as State Director of Mental Health, took over the full time duties of the State Directorship and Dr. William S. Hall, heretofore Clinical Director, was named as Superintendent of the hospital. Named as

Clinical Director for the State Park Division was Dr. Sol B. McLendon, who is also acting as Clinical Director for the Columbia Division. The vacancy at the Columbia Division will be filled.

To the Governor, the General Assembly and to many other State departments and agencies, the Commission owes its thanks for services generously given. To the employees of the Commission's Central Offices, the State Hospital and the State Training School, it offers its appreciation for a job well done under trying circumstances.

Respectfully submitted,

G. A. BUCHANAN, JR., *Chairman*
MRS. WILLIAM R. WALLACE
W. W. HARRIS
C. M. TUCKER, JR.
E. EDWARD WEHMAN, JR.
South Carolina Mental Health Com-

To The South

Gentlemen:

In compliance with the activities ending June 30

Patients on books of
Admissions during
First admission
Re-admissions
Total received
Total on books during
Discharged from books
Recovered ...
Improved ...
Unimproved ...
*Unclassified ...
Total discharged
Died during twelve
Total deaths
Patients remaining
In hospital
On trial visit
Total ...
Daily average in

*This includes

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Discharged
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and 101 were

The library subscribed to 23 medical and other professional journals. To the collection were added 17 volumes.

Suitable quarters would undoubtedly increase the usefulness of the professional library.

The help and cooperation of the S. C. State Library Board, and of many individuals and groups who furnish magazines are greatly appreciated.

OCCUPATIONAL THERAPY SECTION

The present occupational therapy section activated in April 1950 continued to expand during the past fiscal year, teaching around sixty crafts with four of these being major crafts in fine arts.

In the past year the section served from ten to seventy-two patients, both men and women, at the Columbia Division, per eight hour day.

Interest in ceramics and woodwork continued to grow. A new glaze spray purchased with funds from the sale of occupational therapy products is already proving a great pleasure and benefit to the patients.

Woodworking became very popular with several of the patients. Over two thousand rugs were completed and sent to the supply department for use in the hospital. An average of six dozen bedroom slippers per month were distributed to the wards. During the holidays over three thousand Christmas cards were prepared and sent to the patients at the State Park Division.

The director of occupational therapy with several patients participated in the special ceramics study course conducted at the Museum of Art in the city of Columbia.

RECREATIONAL THERAPY SECTION

The S. C. State Hospital recreational therapy section, assisted by affiliate student nurses assigned bi-monthly and volunteer patients, promoted a varied program of activities for the pleasure, relaxation and social rehabilitation of the patients.

The affiliate nurses attended 44 classes in recreational therapy and leadership training. The objectives of the program and the attributes of a leader were stressed.

The dance program, folk dances, did not lack courage and initiative. A local branch of the Red Cross volunteered to instruct in a splendid opportunity to those who did not benefit by having them up to date with the termination of the months with the instructor.

Highlights of the Cabaret dance included dance with music. The Federation of Musicians, led by a gaily decorated band at the Halloween

Christmas decorations to all wards of the hospital after the holidays storage.

Music was played in the auditorium during programs, musical activities and were 32 hospitals

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Various friends

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The dance program, which included 243 ballroom, square and folk dances, did much toward overcoming timidity, and developing courage and initiative in the patients. On June 1, 1952 the local branch of the Arthur Murray School of Dancing volunteered to instruct classes during the summer. This afforded a splendid opportunity for experienced dancers to brush up, and to those who did not dance, a chance to learn. This was beneficial by having new steps brought to the patients and keeping them up to date with the dance variations of the outside. At the termination of the course the dance club continued for several months with the director of the recreational section as the instructor.

Highlights of the seasonal festivities were the Halloween Cabaret dance in the women's dining hall; and the Christmas dance with music contributed by an orchestra of the Columbia Federation of Musicians, Local No. 21, American Federation of Musicians, led by Professor Ben A. Gardner. The halls were gaily decorated for both occasions, and refreshments were served at the Halloween dance.

Christmas decorations were ordered, purchased and distributed to all wards of the Columbia and the State Park Divisions. After the holidays each ward supply was checked and returned for storage.

Music was played in the dining halls, on the wards and from the auditorium windows and on the yards 153 times. Request programs, musical quizzes and jam sessions were popular activities and were promoted 67 times during the year; also there were 32 hospital sings, with half that number on the wards.

The Arthur Murray School of Dancing made a substantial contribution toward the purchase of the first TV set for the hospital. Since then several such TV sets have been bought by the hospital and are proving of great therapeutic value.

Various friends have donated five radios for the wards.

A Bell and Howell 16 mm. movie projector was purchased for the Columbia Division, and an RCA 400 Senior was secured for State Park, both with power speakers. Movies were shown 104 times in the auditorium and 60 times in the wards with a 16 mm. projector. Because of the extremely hot weather the ward shows were discontinued during the summer.

There were 317 bingo parties in the wards and auditorium. A sense of belonging and of team play was felt by those unable to participate in active games by dividing the players into competitive groups.

There were 113 scheduled periods of card and other table games. This did not include the continuous play on the wards and on the yards. Pool was played in three wards, and tournaments were scheduled in the winter season.

Volley ball was played twice daily most of the year with the affiliate recreational nurses participating. Soft ball was played daily long before and after the season. Croquet, horseshoes and goalback were played throughout the year.

A league was organized of patients, employees, interns and ministerial students and directed by the section. A trophy given personally by the recreational director was won by the ADMAPS, a team composed of personnel from the administrative and personnel departments and the United States Public Health Laboratory.

There was also organized and directed a league for patients who were unable to compete with the strongest patients.

The director attended the first National Conference of the Recreational Therapists Association held at the Western State Hospital, Bolivar, Tennessee.

At the State Park Division recreational activities were carried on by an attendant on each service during the lengthy absence of the assigned director there.

Each week the patients were provided with two movies and a dance. Card games, checkers and bingo entertained those in the wards; and horseshoes, volley ball and soft ball were played daily. Diversion was afforded by radios and by centrally located record players.

The recreational section needs the following equipment and facilities:

A car or station wagon to transport heavy equipment and assistants to the job.

Additional athletic fields for patients unable to compete with the stronger groups.

Grand stands for the athletic fields.

Patios for outdoor dancing.

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Dr. Carl A. Bra November, was m degree of doctor of University, Durha was promoted from same period.

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