

Mentally Ill To Treat Each Other

RECOVERY, INC., METHOD WILL GET HOSPITAL TEST

PATIENTS IN a mental hospital in Chicago soon will be treating each other's ills—while doctors look on only as advisers.

The hope is that the unique project eventually will save Illinois taxpayers millions of dollars. Sponsors insist the plan also would work in Michigan.

It came about in great part because of the success of an experiment at Brighton, Mich., which was revealed a few weeks ago in the Free Press Sunday Magazine.

The program is known as Recovery, Inc.

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UNDER THE plan, persons with mental ailments, such as "bad nerves," learn how to "live with" their ailment.

They are taught how to train their will to overcome unnatural fears and worries.

Recovery members meet weekly to talk over their mutual problems and thus gain confidence in themselves.

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THE PROGRAM was founded by Dr. Abraham Low, Chicago psychiatrist, while he was on the staff of a hospital at the University of Illinois.

His idea was to help patients discharged from mental hospitals as "cured."

He wanted to ward off "crack ups" that afflict many when faced with the tensions of life outside hospitals.

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DR. LOW launched Recovery chapters for ex-mental patients in the Chicago area and nearly all members were able to live normal lives.

Eventually, persons afflicted with "nerves" and morbid

fears, but who had not been hospitalized, were attracted to the self-help idea.

One such group, comprised mainly of those with nervous ills, was organized at Brighton.

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RECENTLY the Free Press carried two articles on the remarkable results reported by the Brighton chapter, headed by Mrs. Treasure Rice. More than 500 inquiries have been received from persons seeking relief from "nerves."

As leaders were trained, one new chapter got under way in Detroit, and three more in Brighton. Others are about to start in Grosse Pointe Shores and Dearborn.

Meanwhile, state hospital officials in various sections of the country have shown interest in Recovery techniques.

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SEVERAL MONTHS ago, the director of the Manteno State Hospital at Chicago contacted Dr. Low.

And then, a few days after the Chicago hospital director read the second Free Press article, he announced that his 8,000 patients would be given full opportunity to organize and conduct Recovery groups.

This is the first state institution to adopt the program.

So far the program has not had an official test in Michigan, but Mrs. Rice recently outlined its methods to Charles F. Wagg, Michigan's director of mental health.

He has agreed to study its methods.

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"ALTHOUGH THERE appears to be a great need for Recovery in many Michigan communities, we feel that its

real direction lies in expansion among patients in mental hospitals," Mrs. Rice said.

"We believe many patients could learn the techniques and return to their communities much sooner than normal as useful citizens."

These ex-patients, Mrs. Rice points out, would not only relieve their families of worry but would no longer need expensive public care.

'Mechanical Nurse' Aids Girl in White

CHICAGO—(U.P.)—A "mechanical nurse" has been developed that can be used by hospitals plagued with a shortage of help.

The "mechanical nurse" is an automatic signal device that instantly alerts the nurse when a patient is unduly active or attempts to leave his bed.

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THE MONITOR can be engineered to connect into the audio-visual nurse call system and eliminates the necessity of a nurse remaining at the patient's bedside all the time.

When a patient is overly active or attempts to get out of bed (movements which may be harmful to his medical condition) highly sensitive switches are activated.

Electrical impulses turn on a red lamp on the nurse's intercom control station and a soft chime sounds.

Wherever the nurse may be, she is immediately notified that the patient must be attended to.

Ordinary motions of the patient do not activate the signals.