

## Nina Ridenour papers

### Section 25, Pages 721 - 750

Nina Ridenour's papers consist of correspondence; press releases and other publicity materials; book reviews (both those for her own books and reviews written by her); manuscripts and draft versions, sometimes with annotations and corrections; comments and critiques; biographical data; bibliographies; reading and research notes; reference materials; a grant application; outlines and lecture notes; invitations; newspaper clippings; scripts; books, pamphlets, and other publications; and other related materials. Some correspondents include Menninger family members and Menninger Clinic staff, Aldous Huxley, Clara Beers (Clifford Beers' widow), and Abraham and Bertha Maslow, among others.

Topics in these materials include publications and publishing (especially Ridenour's books *Mental Health in the United States--a 50-Year History*, *Mental Health Education: Principles in the Effective Use of Materials*, and *Health Supervision for Young Children*); mental health education; the play "My Name is Legion" (based off Clifford Beers' autobiography and co-written by Ridenour and Nora B. Stirling); the American Theatre Wing's community plays, for which Ridenour wrote numerous discussion guides; children's mental health; term papers Ridenour wrote while in school; professional organizations and professional positions with which Ridenour was associated, especially the Ittelson Family Foundation; consciousness; extra sensory perception (ESP)/parapsychology; and other related topics.

The materials span Ridenour's career, though the bulk come from the 1950s and 1960s and provide an excellent overview of her work and professional interests and concerns.

Creator: Ridenour, Nina

Date: 1926 - 1977 (bulk 1950s-1960s)

Callnumber: Menninger Historic Psychiatry Coll., Ridenour, Boxes 1-7

KSHS Identifier: DaRT ID: 223273

Item Identifier: 223273

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## Nina Ridenour papers

December 5, 1975

Dr. Nina Ridenour  
29 Mount Bolus Road  
Chapel Hill, N.C. 27514

Dear Nina:

I have just learned from our archivist, Mrs. B. Horne, that you have been sending us some very valuable books and papers for our Archives. Although I have not had a chance to see this material, Mrs. Horne has told me enough about them to pique my interest, and I am looking forward to an early opportunity to do so.

Thank you very much for this interest you have shown in us and for your generosity on our behalf.

Cordially,

Roy W. Menninger, M.D.

RWM/m

bcc: Mrs. B. Horne ✓





## Nina Ridenour papers

29 Mt. Bolus Road  
Chapel Hill, N.C. 27514

December 8, 1975

Dear Mrs. Horne,

You can have no idea how much your letter pleased me! To think that you, as an Archivist, really seem to think those things have value!!

You did surprise me, though, with your list of your favorites - the personal items. Some of those I almost didn't send. In fact I didn't send all. I have an autobiography which I doubt that I would even have the courage to send - at least not while I am still living. It was written in 1965, in preparation for taking LSD at a so-called psychiatric clinic in California. That "trip" - a seismic experience.

I also have a few pictures - though I hate almost all. I'll have Backrach send you glossies of my husband and me, taken about 1962. Mine is the one on the back of the paper-back edition of MH-<sup>Ed.</sup>50.

## Nina Ridenour papers

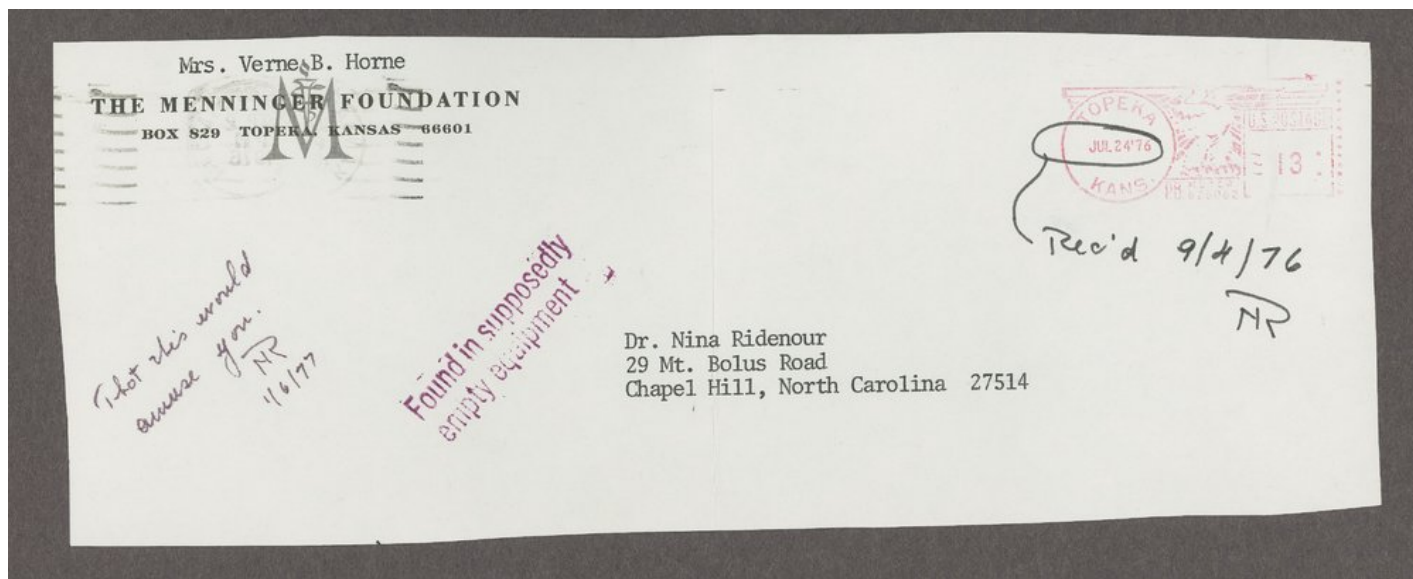
There<sup>are</sup> also a few other odds and ends I was doubtful about. Some day I'll go through and list these, to ask you whether you want them. Most of my stuff on parapsychology, psychedelics, human potential, mysticism, comparative religion, etc., etc., - I am planning to send to the library of the American Society for Psychical Research. Rhea White, the Librarian there, seems to want all this. I would be glad to give first choice to MF, but I am assuming you would consider this less relevant, since it is not psychiatric, not a field in which I have done original or basic work, & most of it is not primary - i.e., more library than archival material.

thing of a major interest for the last 20 years or so.

I'll give myself a breather & get caught up on neglected housework, leaf-raking, & the 10,000 chores of Christmas - and then I'll try to finish all this.

Meanwhile, my dear Mrs. Harne, I do thank you deeply for the warmth of your response, and for making all this such a pleasant task. Sincerely, Nina Ridenour

## Nina Ridenour papers







29 Mt. Bolus Road  
Chapel Hill, N.C. 27514

August 1, 1976

Dear Mrs. Harne,

You must think that I have completely forgotten your (much cherished!) letter of last November, and the promises I made in reply. My delay is due to nothing but pure procrastination - it is so easy to put off anything that doesn't have a deadline. But now I do have a deadline: September 1977. At that time my husband and I expect to move to a retirement center, so you can count on it that you will receive whatever else I have to send well before that date.

Meanwhile, I am sending you my latest Philippic, which is, as you see, a critique of a manuscript of a biography of Clifford Beers. Two nights ago I had a long telephone

## Nina Ridenour papers

chat with Gay Menninger, in which I  
told her about this. If she finds  
she has time to read it, she will  
probably call you.

My good wishes to you.

Sincerely,

Nina Ridenour





## THE MENNINGER FOUNDATION

A NON-PROFIT CENTER FOR TREATMENT AND PREVENTION, RESEARCH AND PROFESSIONAL EDUCATION IN PSYCHIATRY

Topeka, Kansas 66601

August 23, 1976

Dr. Nina Ridenour  
29 Mt. Bolus Road  
Chapel Hill, North Carolina 27514

Dear Dr. Ridenour:

I am pleased to hear that you are going to resume the sorting and arranging of your papers. I understand about procrastination: only my tendencies in that direction sometimes cause a delay of years.

I have not seen a copy of Dain's book. He came here, you know, three or more years ago to see our Beers material. (The our includes you, since the Archives would have a much poorer Beers<sup>†</sup> collection without your efforts!) Having read your comments, I must see the work commented on. How I admire your forthrightness and adherence to principle!

Looking forward to the arrival of more papers, I remain,

Sincerely yours,

Verne B. Horne  
Archivist

VBH/rlf

*Gilbert Charles Shinn*

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## THE MENNINGER FOUNDATION

A NON-PROFIT CENTER FOR TREATMENT AND PREVENTION, RESEARCH AND PROFESSIONAL EDUCATION IN PSYCHIATRY

Topeka, Kansas 66601

January 12, 1977

Dr. Nina Ridenour  
29 Mt. Bolus Road  
Chapel Hill, North Carolina 27514

Dear Dr. Ridenour:

The diplomas and the small envelope with the pictures arrived yesterday; the box of folders came today -- all in good condition.

I have not had time to even scan the folders, except to glance at your notes inside - which make me eager to get at them!

An archivist has a right to be sentimental, I think, and I cherish the picture of the little girl sitting so primly in her white lacy dress with her big hair bowl! She looks so straightforwardly and forthrightly at whatever was before her - and so she seems to have grown.

I hope to be indexing the material you sent within the next two weeks (A V.I.P. from Greece who is an old friend of Dr. Karl's will be with us (The Museum and Archives) until February 1, which (or who) gives me less time at my desk than usual.) However, I will write you when I have had the chance to evaluate the "Menninger Foundation" folder carefully.

Sincerely,

Verne B. Horne  
Archivist

VBH/r1f

*Note on last shipment  
on Jan. 13*





## Nina Ridenour papers

29 Mt. Bolus Road  
Chapel Hill, N.C. 27514  
January 8, 1977

Dear Mrs. Horne,

It was great talking to you the other day. You give me such a lift - and a nice feeling that perhaps these things really are worth preserving, for you may be assured I have been beset by many doubts, & the fear that my sentimentality may have destroyed all objective judgment.

Today I sent you three packages by U.S. mail. The master copy of the Ego File, in a jiffy bag, at "library rate"; a small packet of pictures, 1st class mail; & a mailing tube with the 3 diplomas, also 1st class. As I said on the phone, I imagine only the AB may have any value, because of the two signatures on it, the Later, & the quality of the parchment. You will of course feel free to destroy any or all.

I wish it had occurred to me during our phone call to tell you about an autobiography I wrote in 1965, about 20 pages, in preparation for taking LSD



## Nina Ridenour papers

at a "clinic" in California. I alternately blow hot & blow cold about it - decide to tear it up, decide not to. At this time I am in the tear-it-up mood, chiefly because I can't conceive any possible permanent value for it, but perhaps also influenced by seeing what a Dain can do to perfectly respectable biographical data. I'll keep it a while longer, anyway.

Bits & pieces keep turning up, as I do the last of my clearing out & condensing, but nothing worth sending at this point. We have started the process of selling our house for September occupancy, & eliminating a lot of our things in preparation for moving into smaller space. I'll send you our new address, later.

It is a great comfort to have all these things out of my possession, and to think of them as being preserved. I am grateful to The Menninger Foundation, and very particularly to you for your work.

Cordially,

Nina Ridenour

## Nina Ridenour papers

### CHANGE OF ADDRESS NOTICE TO CORRESPONDENTS

Show Below Name of Correspondent  
No. and Street, Apt., Suite, P.O. Box or R.R. No. (In care of)  
Post Office, State, and ZIP Code

PLEASE NOTE THE  
EFFECTIVE CHANGE  
OF ADDRESS DATE  
INDICATED ON THE  
REVERSE



TO:  
Mrs. Verne B. Horne, Archivist  
The Menninger Foundation  
Box 829, Topeka  
Kansas, 66601





## Nina Ridenour papers

<b>NAME</b>	Print or Type—Last Name, First Name, Middle Initial <b>RIDENOUR, NINA</b>	New Area Code and Telephone No.
<b>OLD ADDRESS</b>	No. and Street, Apt., Suite, P.O. Box or R.R. No. (In care of) <b>29 Mt. Bolus Road Chapel Hill North Carolina 27514</b>	
<b>NEW ADDRESS</b>	No. and Street, Apt., Suite, P.O. Box or R.R. No. (In care of) <b>69 Crosslands Kennett Square Pennsylvania 19348</b> <i>215388-1441 01/14/92</i>	
<b>SIGN HERE</b>	<i>Nina Ridenour</i>	Effective Date <b>9/1/77</b> Account No. (If any)

PS Form 3573  
Oct 1974

*Hi! Step by step we're getting there. Best - NR*

COMPLETE OTHER SIDE



From the desk of -  
NINA RIDENOUR BOLL

June 16, 1979

Dear Mrs. Horne,

The enclosed is self-explanatory. Probably you already have these details in one form or another, but I am sending this along in case it might add anything of significance to your records. Also, I no longer keep this kind of thing.

I hope this finds you in good health & enjoying your work as always.

Sincerely,  
Nina Ridenour



## Nina Ridenour papers

71 West 12th Street, Apt. 4F  
New York, N.Y. 10011

March 12, 1979

Dear Nina:

Some time ago William Beaty told me that you had moved to Pennsylvania. I hope that you are finding your new location all that you wish it to be.

My mental health work has not ceased. I have not retired! There is always another project in the offing--volunteer, of course.

You will be interested, I think, in reading the enclosed letters concerning the Clifford W. and Clara Louise Beers collection of memorabilia. I have mentioned the materials that you gave to the Menninger Foundation. Mrs. Beers gave the photographs of the exhibit there to my sister, Mrs. Mildred Carrigan, and she in turn presented them to the Oskar Diethelm Historical Library, Cornell Medical Center.

I wonder whether Norman Dain's biography of Mr. Beers will be published. The latest information I have heard is that he is planning to rewrite it, emphasizing the work of The National Committee for Mental Hygiene, Inc. I have not read his manuscript, but I know that there has been criticism of it.

With best wishes to you and to Max,

Cordially yours,



Emily L. Martin

Dr. Nina Ridenour  
69, Crosslands  
Kennett Square, Pennsylvania 19348

Rec'd 5/29/79  
RR

P.S. As you must have noticed, the date of this letter is more than a month ago. I have been nursing an injured hip and have not been able to mail it.

## Nina Ridenour papers

### Yale University Library

New Haven, Connecticut 06520



9 November 1978

Emily L. Martin  
71 West 12th Street  
New York, New York 10011

Dear Ms. Martin:

In going through our files recently I discovered your letter of April 20, 1970 to my predecessor, Herman Kahn, concerning the gift of the papers of your parents to the Yale University Library.

*(sister, Mrs. Mildred Corrigan, and you)*

In the letter you said that you may have additional materials which you would like to have preserved in the Archives. Have you given any more thought to this? I do want to assure you of our keen interest in acquiring any additional papers you may have. The work of Clifford Beers was most important and deserves to be better known. We would like to do our part by preserving for research purposes any materials that might shed light on his career and life.

I do occasionally come to New York and I would certainly welcome an opportunity to discuss this with you. Or, if you prefer, you can write or call me collect at:

Yale University Library  
1603A Yale Station  
New Haven, Connecticut 06520  
203-436-4564

I look forward to hearing from you.

Sincerely,



Lawrence Dowler  
Associate Librarian  
Manuscripts and Archives

LD/plw

*To Nina:*

*Mildred and I had a considerable amount of duplicate material that Mrs. Beers and others had given to us, which we sent to Yale University Library, chiefly, and to the Archives at Dr. J. Edgar Hoover Foundation. The main collection is in the Beers Collection Historical Library, Cornell Medical Center. JKM 3/12/79*



## Nina Ridenour papers

### Yale University Library

New Haven Connecticut 06520



11 January 1979

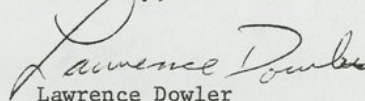
Emily L. Martin  
71 West 12th Street, Apt. 4F  
New York, New York 10011

Dear Ms. Martin:

I am ashamed to see that I have allowed so much time to pass before answering your letter. I had passed your letter on to our reference staff before responding so that they would be aware of the location of the various parts of the Beers papers and would be better able to assist researchers in their research. Alas, it has only now returned to my desk. No doubt the holiday season had something to do with the delay, but I am embarrassed by my tardy response to your very informative letter of November 19, 1978.

You are correct, I am disappointed that Yale was not chosen as the repository for the remainder of this valuable collection, but I am pleased that the papers have not been lost and are in good hands. Most of all, I am grateful for your generous response and for taking the time to provide us with so much information.

Sincerely,



Lawrence Dowler  
Associate Librarian  
Manuscripts and Archives

LD/pl



## Nina Ridenour papers

711 West 12th Street, Apt. 4F  
New York, N. Y. 10011

Mr. Lawrence Dowler, Associate Librarian  
Manuscripts and Archives  
Yale University Library  
New Haven, Connecticut 06520

November 13, 1978

Dear Mr. Dowler:

You will be disappointed, I fear, to learn in this reply to the request in your letter of November 9 that the main collections of the Clifford W. and Clara Jepson Beers Memorabilia have been placed in the Oskar Diethelm Historical Library, Department of Psychiatry, Cornell Medical Center, New York, N. Y., and that another smaller collection has been presented to the Archives Museum of the Menninger Foundation, Topeka, Kansas. I would have been pleased, indeed, if they had been given to the Yale University Library.

The officers of The National Association for Mental Health, Inc. (successor to The National Committee for Mental Hygiene, Inc., founded by Mr. Beers), The American Foundation for Mental Hygiene, Inc., The World Federation for Mental Health, and my late sister, Mrs. Mildred Martin Carri-gan and I selected the O.D.H. Library as the repository of the historical mental health collections because this library is located in New York which was the birthplace of the N C M H and the A F M H and the city in which their pioneer officers spent almost all of their professional lives.\*

In addition to the Beers's materials, the collections in the O D H L include the papers of the late Dr. Thomas W. Salmon, first Medical Director of the N C M H, 1912-1922, and the late Dr. Frankwood D. Williams, second Medical Director, 1922-1931. I am enclosing a copy of Dr. Williams' biographical record from Who's Who in America, in which you will see a reference to his connection with Yale University. Dr. Williams was an active member of the committee that formulated the plans for the establishment of the Department of Mental Hygiene and Psychiatry at Yale University in 1926. In fact, it was Dr. Williams who initiated it (see his letter of June 12, 1925, to Dr. James R. Angell President of Yale University), and his correspondence with Dr. M. C. Winternitz, Dean, 1926-1929).

As Associate Medical Director (1917-1922, and as Medical Director, 1922-1931, Dr. Williams' correspondence in the O D H L includes numerous letters to and from Clifford W. Beers.

In the biographical sketch, "Clara Louise Jepson Beers, 1874-1966" (6 pages), which I prepared at the request of the American Foundation for Mental Hygiene, Inc., there are a few notes and a letter from Mr. Beers quoted. A copy of the sketch was sent to Yale University in 1970 with the other materials. On November 4, 1970, I sent additional material to Rutherford D. Rogers, and enclosed a list. I would call your attention to item #9 on this list. As you may know, it was in the home of the late Dr. Anson Phelps Stokes, on Elm Street, now the Yale Faculty Club, that the small group of men and women met with Mr. Beers, his father and brother and founded the Connecticut Society for Mental Hygiene on May 8, 1908. Dr. Stokes was present also with Mr. Beers, his father and Professor William James, and others, at the founding meeting of the National Committee for Mental Hygiene, February 19, 1909, in New York. (Mandell Hotel, Madison Ave. and 42nd St.)

To Nina  
(\* There were other reasons also.)  
EDM

(\*\* Librarian, Yale University Library)





## Nina Ridenour papers

Mr. Lawrence Dowler

-2-

November 19, 1978

On two occasions in the past few years, the Oskar Diethelm Historical Library, under the direction of Dr. Eric F. Carlson, has arranged displays of the Clifford W. and Clara Jepson Beers's memorabilia for the Cornell Medical Center Library. The Archives Museum of the Menninger Foundation maintains a permanent exhibit of the Beers's collection that was presented to Dr. William Menninger by Nina Ridenour, Ph.D., a friend of Mrs. Beers. The Menninger Foundation has a small part of the Dr. Frankwood E. Williams collection, also.

My late sister, Mrs. Richard P. Carrigan, and I presented the Beers's materials to the Yale University Library in 1970, not my parents, as stated in your letter of November 9. We had worked with Mr. Beers and Dr. Williams in the N C M H and we were friends of Mrs. Beers. My father, the late Rev Karl A. Martin, served parishes in Middletown, Bridgeport and Branford from 1892 to 1908 and some of his associates were post-graduate students at Yale University. Recently in going through some of my father's papers, I found references to Yale in their biographical sketches.

In my letters or lists of materials sent to Yale in 1970, I may have mentioned a compilation, "Frankwood E. Williams, 1883-1966," which I prepared in 1970 (80 pages). I presented copies to the Oskar Diethelm Historical Library and to The National Association for Mental Health, Inc. Part I included his bibliography, some biographical material, etc., and Part II contained the addresses given at the memorial meetings and published tributes including one by Dr. Marion E. Kenworthy in MENTAL HYGIENE, January 1967.

I began this letter some time ago, as you see, but have not been able to finish it until today. I am sorry, and I hope I have not inconvenienced you.

Sincerely yours,

Emily L. Martin

ELM: M





## Nina Ridenour papers

From WHO'S WHO IN AMERICA  
1934-1935

FRANKWOOD E. WILLIAMS, M.D.  
COLLECTION

WILLIAMS, Frankwood Earl, M.D.

(Rank of  
Profes-  
sor)

Born Cardington, Ohio, May 18, 1883; son of James Leander (M.D.) and Amanda Elizabeth (Wood) W.; Shortridge High Sch., Indianapolis, Ind., 1903; A.B., U. of Wis., 1907; M.D., University of Mich., 1912; hon. D. Sc., from Colgate University, 1927; unmarried. Res. physician State Psychopathic Hosp., Univ. of Mich., 1912-13; exec. officer, 1st asst. phys. Boston Psychopathic Hosp., 1913-15; med. dir. Mass. Soc. Mental Hygiene, 1915-17; chmn. Mass. Advisory Prison Bd., 1916-17; asso. med. dir. Nat. Com. for Mental Hygiene, 1917-22 (leave of absence during war) and med. dir. same, 1922-31; v. chmn. war work com. of Nat. Com. for Mental Hygiene, N.Y. City, and mem. various sub-coms. of war work com. 1917-19, also mem. com. on war work of Am. Psychiatric Assn., 1917-20; maj. U.S.A., 1918-19; 1st asst. and chief div. of neurology and psychiatry, Office of Surgeon Gen., Washington, D.C.; lt. col. Med. O.R.C., 1919-29. Editor Mental Hygiene, 1917-32, Mental Hygiene Bull. 1923-31; cons. editor Social Science Abstracts to 1932. Mem. teaching staff Smith Coll. Sch. for Social Work, 1921-26, and N.Y. Sch. Social Work, 1924; faculty New School for Social Research, consultant in mental hygiene to the Univ. Dept. of Health, and lecturer in psychiatry, to Sch. of Medicine, Yale U., 1926-29; Coll. Phys. and Surg. (Columbia), 1930-32. Chmn. mental hygiene sect., Nat. Conf. Social Work, 1917-19, 1922-24; mem. Internat. Conf. Social Work of Nat. Conf. Social Work\*\*1927; vice chmn. Nat. Health Council, 1922-23; member administrative board Inst. of Child Guidance of Commonwealth Fund, 1927-31; mem. advisory council N.Y. Health and Tuberculosis Demonstrations, also of Milbank Memorial Fund until 1931; mem. bd. dirs. New York Psychoanalytic Inst. and of editorial bd. Psychoanalytic Quarterly; chmn. com. on program of First Internat. Congress on Mental Hygiene, 1930; editor Proceedings 1st Internat. Congress Mental Hygiene.\*\* Mem. A.M.A., Med. Soc. County of N.Y., New York Acad. Medicine, Am. Psychiatric Assn., Am. Assn. for Study of Feeble Minded, Am. Psychopathol. Assn., N.Y. Soc. for Clin. Psychiatry, N.Y. Neurolo. Soc., Am. Psychoanalytic Assn. N.Y. Psychoanalytic Soc., Am. Eugenics Soc., Inc., Am. Orthopsychiatric Assn., A.A.A.S., Nat. Inst. Social Sciences, Eugenics Research Assn., Am. Assn. Social Workers, Phi Gamma Delta, Alpha Kappa Mappa, Alpha Omega Alpha; corr. mem. Royal Medico-Psychol. Assn. of Gt. Britain, Swiss Nat. Com. for Mental Hygiene, etc., honorary member Societe d'assistance des Maladies Nervous et Mentales a Prague. World; Clubs: Phi Gamma Delta, Western Universities. Russia, Youth and the Present Day / Author: Adolescence--Studies in Mental Hygiene; Youth and Russia; Further Studies in Mental Hygiene, 1934. (See: Bibliography, 6 pages.) 1930. Co-Author: Med. Dept. U.S. Army in World War (Vol. X, Neuropsychiatry); Social Aspects of Mental Hygiene, Yale University Press, 1926, 150 pages. Editor and contbr. Some Social Aspects of Mental Hygiene, The Annals, AAPSS, Phila., Home: 44 W. Twelfth St., New York, N. Y. (Died: September 24, 1936.)<sup>1</sup>(1930.

1919

\* A founder, 1932.

/ from founding to/1936, NSSR.

\*\* Chairman, Trustee, and member of Ways and Means Committee of the Thomas William Salmon Memorial, Inc.; also, Honorary Vice-Chairman. (In: "Thomas W. Salmon Memorial," 6 pp. In: Bulletin, New York Academy of Medicine, Second series, Vol. III, No. 11, Nov. 1927, pp. 659-67 - Thomas W. Salmon Obituary and Vita; and in Bulletin, New York Academy of Medicine, Second Series, Vol. VII, No. 7, July 1931, Section II - Proceedings of Memorial Meeting, Jan. 10, 1931, pp. 551-88.)

\*\* Delegate, International Conference of Social Work, Paris, 1928.

\*\* Member, William Henry Welch Celebration Committee. In: "William Henry Welch at Eighty: A Memorial Record of Celebration Around the World in His Honor," edited by Victor O. Freeburg. Milbank Memorial Fund, New York, 1930, 230 pp.

\*\* Member, Editorial Board, The Journal of Personnel Research (see letterhead in this folder)





<p>(Leave Blank) Received Date <b>10/30/59</b></p> <p>Council Assigned <b>March 1960</b></p> <p>Action</p>	<p><b>NR (R2) Department of</b>  <b>HEALTH, EDUCATION, AND WELFARE</b>  <b>PUBLIC HEALTH SERVICE</b>  <b>NATIONAL INSTITUTE OF HEALTH</b>  <b>NATIONAL INSTITUTE OF MENTAL HEALTH</b>          Mail Completed Application to:  <del>XXXXXXXXXXXXXXXXXXXX</del>          National Institutes of Health          Bethesda 14, Md.</p>	<p>(Leave Blank) <b>OM-313(R1)</b> <i>1959</i></p> <p><b>MHPG(1)</b></p> <p>Formerly</p>
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**MENTAL HEALTH PROJECT**  
**APPLICATION FOR RESEARCH GRANT**

Date **October 29, 1959**

Application is hereby made for a grant in the amount of \$ **40,049** for the period from **March 1, 1960** through **February 28, 1961**, inclusive  
(month) (day) (year) (omit cents) (month) (day) (year)

for the purpose of conducting a research project entitled (Limit to 53 typewriter spaces).  
**TITLE OF PROJECT: The Skillful Use of Printed Materials in Mental Health Education**

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Revision of PHS Application **OM-313**

<p><del>XXXXXXXXXXXXXXXXXXXX</del> <b>PROGRAM DIRECTOR</b></p> <p>Name <b>Jack</b> <b>Neher</b>  <small>(First) (Middle) (Last)</small></p> <p>Title <b>Director, Field Services</b></p> <p>Dept.</p> <p>School  <del>XXXXXXXXXXXX</del>          Institution <b>Mental Health Materials Center, Inc.</b></p> <p>Street Address <b>104 East 25th St.</b></p> <p>City and State <b>New York 10, N.Y.</b></p> <p>Name, Title and Address of Financial Officer:  <b>George Vyverberg, Treasurer</b>  <b>Mental Health Materials Center, Inc.</b>  <b>104 East 25th St.</b>  <b>New York 10, New York</b></p>	<p><del>XXXXXXXXXXXXXXXXXXXX</del> <b>DIRECTOR</b>          Co-<del>XXXXXXXXXXXXXXXXXXXX</del> if any:</p> <p>Name <b>Nina</b> <b>Ridenour, Ph.D.</b>  <small>(First) (Middle) (Last)</small></p> <p>Title <b>Educational Consultant</b></p> <p>Dept.</p> <p>School  <del>XXXXXXXXXXXX</del>          Institution <b>Mental Health Materials Center, Inc.</b></p> <p>Street Address <b>104 East 25th St.</b></p> <p>City and State <b>New York 10, N.Y.</b></p> <p>Check to Be Drawn as Follows:  <b>Mental Health Materials Center, Inc.</b></p>
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### AGREEMENT

It is understood and agreed by the applicant: (1) That funds granted as a result of this request are to be expended for the purposes set forth herein; (2) that the grant may be revoked in whole or part at any time by the Surgeon General of the Public Health Service, provided that a revocation shall not include any amount obligated previous to the effective date of the revocation if such obligations were made solely for the purposes set forth in this application; (3) that all reports of original investigations supported by any grant made as a result of this request shall acknowledge such support; (4) that, if any invention arises or is developed in the course of the work aided by any grant received as a result of this application, the applicant institution will either (a) refer to the Surgeon General for determination, or (b) determine in accordance with its own policies, as formally stipulated in a separate supplementary agreement entered into between the Surgeon General and the grantee institution, whether patent protection on such invention shall be sought and how the rights in the invention, including rights under any patent issued thereon, shall be disposed of and administered, in order to protect the public interest.

NAME OF INSTITUTION **Mental Health Materials Center, Inc.**

ADDRESS **104 East 25th Street**

CITY AND STATE **New York 10, New York**

NAME AND TITLE OF OFFICIAL AUTHORIZED TO SIGN FOR INSTITUTION (Please Type) **Alex Sareyan, Executive Director**

PERSONAL SIGNATURE (This agreement must carry the actual signature of the official whose name appears on the line above.) *Alex Sareyan*  
 /s/ Alex Sareyan (use ink)

PRIVILEGED COMMUNICATION

PAGE 1

PHS 2697

Form Approved 68 R 618.1





(LEAVE BLANK)

OM-313(R1)

### PROPOSED BUDGET for the period shown on page 1

NOTE: Under column entitled "OTHER" indicate funds presently available or anticipated from other sources, including those from own institution.

PERSONNEL: Itemize All Positions, Indicating Type, Percent of Time To Be Spent On This Project and Names of Professional Personnel Selected.	PERCENT OF TIME TO BE SPENT ON THIS PROJECT	BUDGET	
		REQUESTED FROM PHS (Omit Cents)	OTHER
Co-Director: Jack Neher (Supervisor of Project)	30%	3,500	
Co-Director: Dr. Nina Ridenour (Project Consultant)	2 days per mo.	1,200	
Mental health education specialist	100%	8,500	
Isabel Johnson (Project Writer)	30%	3,000	
Project stenographer and clerk	100%	3,800	
PERMANENT EQUIPMENT (See instructions reference itemization of equipment)		\$	\$
CONSUMABLE SUPPLIES (Itemize)		\$	\$
Series of 12 sixteen-page reports (or their equivalent) based on findings of the study, and distributed to selected list of 5,000 persons responsible for mental health education. (See page 12). Estimated printing cost of each report: \$500; supplementary material: \$500; distribution cost: \$100		13,200	
TRAVEL (State Purpose) To selected state departments of mental health and other agencies (see page 12). Based on 48 man-days subsistence at \$17 per diem (\$816) and 13,500 miles at 6 cents per mile (\$810)		1,626	
OTHER EXPENSE (Itemize)		\$	\$
NOTE: The administrative official signing this application may add an amount for indirect costs.			
<b>IMPORTANT</b> Review detailed instructions before computing indirect cost allowance.			
SUBTOTAL (DIRECT COSTS)		\$34,826	
INDIRECT COSTS PHS PARTICIPATION ADJUST TO LOW DOLLAR		\$5,223	
TOTAL BUDGET (OMIT CENTS)		\$40,049	

### ESTIMATE OF FUTURE YEARS REQUESTED FROM PUBLIC HEALTH SERVICE

ADD'L YEARS	PERSONNEL	EQUIPMENT	SUPPLIES	TRAVEL	OTHER	SUBTOTAL (DIRECT COSTS)	INDIRECT COST ALLOWANCE	TOTAL
1st	\$ NONE	\$	\$	\$	\$	\$	\$	\$ NONE
2nd								
3rd								
4th								

If additional years requested are not contemplated enter "NONE" under total for first additional year.





OTHER SUPPORT: List support from all sources (past, present or pending) for this project, including any from the Public Health Service and from own institution. IF NONE, SO INDICATE. OM- 313(R1)

Source of Support	Title or Identification of Project	Amount	Period of Support
None	The Skillful Use of Printed Materials in Mental Health Education		

TYPE OF AGENCY OR INSTITUTION: (Check appropriate box)

- |                                    |   |
|------------------------------------|---|
| <input type="checkbox"/> State     | <input checked="" type="checkbox"/> Private, non-profit |
| <input type="checkbox"/> County    | <input type="checkbox"/> Voluntary                      |
| <input type="checkbox"/> Municipal | <input type="checkbox"/> Other (specify)                |

RELATIONSHIP TO STATE PROGRAMS:

- A. Is the agency or institution submitting this application operated, supported, or supervised by an official State agency? ☐ Yes ☒ No

- If yes:
1. What is the State agency?
  2. What is the applicant's relationship to it?
  3. Is the State agency aware that this application for Federal funds is being made? ☐ Yes ☐ No
- Comments:

- B. Is there a State agency (other than the one named in A above) whose program is functioning in the same area or in an area related to your proposal? ☐ Yes ☒ No

- If Yes:
1. What is the State agency?
  2. Is this agency aware of the proposed project? ☐ Yes ☐ No
- Comments:

- C. What will be the relationship of this project to current or proposed official State or local mental health programs?

Professional and non-professional persons in state agencies who are responsible for mental health education will receive, systematically, detailed descriptions of skillful methods of using literature that have -3- proved effective. It is expected that this will stimulate them to employ adaptations of these technics, thereby increasing the effectiveness of their own programs.





## Nina Ridenour papers

OM-313(R1)

### THE SKILLFUL USE OF PRINTED MATERIALS IN MENTAL HEALTH EDUCATION

INSERT A

#### 1. PROPOSED PLAN:

##### A. Specific Aims:

##### 1) The Problem

There is evidence that attitudes toward mental illness have changed noticeably in recent years. Polls have shown that the American people are more willing to support programs for the mentally ill, and there is reason to think that this is due to the extensive campaigns in public education that have been carried on under various auspices. It is one of the observations of the Mental Health Materials Center that mental health education has had an important part in bringing about this change. To hold these gains, and to make further progress in improving the methods of care, treatment and rehabilitation of the mentally ill and mentally retarded -- as well as for the improvement of mental health -- we believe that more widespread dissemination of sound, reliable information is essential.

The public wants to know more about mental illness, mental health, human relations, family life education, parent-child relations, intergroup relations and comparable subjects appropriately subsumed under the heading "mental health". Because they usually look to the mass media for such information, recent years have seen a decided increase in the demand for printed materials (such as pamphlets and leaflets) on these subjects. Hence, large amounts of material are being produced, although not all of it is of top quality. Often sound material is prepared in language that prevents it being used with the greater part of the population. When they are properly written, pamphlets are an authoritative and effective source of information, and -- if skillfully used -- are fully as effective as the finest of the other media, such as the press or television.

Although much excellent material has been prepared, only a fraction of it is now being used to optimum effectiveness. One of the chief reasons for this is that the persons responsible for carrying on mental health education programs often lack the imagination, experience and training for using materials skillfully. It is also true that many of them feel isolated from their counterparts elsewhere in the country because they lack opportunities for an exchange of ideas and experiences. We are convinced, however, that they are eager for guidance.

##### 2) Aims of Proposed Project

The aim of this project is to provide mental health educators with ideas and technics for the more skillful use of printed materials on various aspects of mental health.

By "mental health educators", we mean persons in state and local public and voluntary agencies who are program planners, health educators, administrators, supervisors or field staff -- all who have responsibility for conducting educational programs in mental health. We also mean information officers in state mental hospitals and community clinics, and we mean key





## Nina Ridenour papers

OM-313(R1)

people -- both lay and professional -- in citizen groups that conduct educational programs on the subject of mental health.

By "skillful use", we mean imaginative, constructive and effective use. We mean using materials that are tailored to the needs of specific groups, and we mean reaching people when they are teachable. Readiness and receptivity are crucial ingredients in learning. When an individual is ready -- when he is reaching out, when he is seeking answers -- he is open to the ideas presented through the printed word. Also there is a great deal of evidence to indicate that teaching is more effective when directed to homogeneous highly motivated groups. Printed materials, when their distribution is properly managed, can be directed to such groups in a "rifle" rather than a "shotgun" approach.

In our discussion of distribution technics, we want to emphasize that we do not mean haphazard, mass distribution. We intend to bring to light technics, or patterns, of placing materials in the hands of people under the best possible conditions for learning. Distribution just for the sake of unloading quantities of pamphlets on the public has no place in mental health education as we see it.

By "printed materials", we include all pamphlets and leaflets, cartoon booklets, dramatic scripts, discussion guides, manuals and reprints.

### B. Significance:

The expectation that the proposed work is worth doing is based on the following set of observations which led to the development of the project:

#### 1. That education of the public is essential

The founders, staff and advisers of the Mental Health Materials Center (hereafter referred to as "MHMC group"; see names below) are thoroughly familiar with all the arguments against mental health education ("Nobody learns from reading") and with the entire evaluation dilemma ("How can you prove effectiveness?"; and "We don't really know whether education brings about change", etc.) Based on long and extensive experience the MHMC group is convinced that in spite of the cries of the purists ~~(and nihilists)~~ mental health education does have a place in bringing about the gradual breakdown of the stigma connected with mental illness and in building up a body of sound information and healthy attitudes.

It is true that there is a hue and cry about the need of scientific evaluation in mental health education. The MHMC group is aware of this and like many other people is eagerly seeking examples of careful evaluation but up to now there has been a painful dearth of scientific evidence. Until such evidence is developed it is essential for those who are interested in the improved care of mental and emotional disturbance to proceed empirically. Accordingly the MHMC group is operating under a philosophy of education as described above.

MHMC's goal in furthering mental health education is essentially the same as that of the National Institute of Mental Health: we have chosen, however, to deal with only that part of the program which is concerned with the use of printed materials.





## Nina Ridenour papers

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The phrase "mental health education" will be taken to mean both education for and about mental health. Education for mental health means the teaching of the dynamics of human behavior with the objective of changing unhealthy attitudes through increased self-understanding. Thus, it will cover the mental health of children and adults, as individuals and as members of a family, and will include the parent-child relationship, family life, problems of specific age groups such as adolescents and the aged, and human relations.

Education about mental health means the teaching of the facts of mental and emotional disturbances such as mental illness, mental retardation, alcoholism, narcotics addiction, and delinquency, so that people will understand these as community problems and be better able to fulfill their functions as citizens.

2. That the public wants information about mental illness and mental health is attested by many lines of evidence including: the enormous increase in magazine and newspaper articles in the last decade; the extensive distribution of pamphlets by insurance and drug companies; the popularity of reading rack services in industry; the impressive distribution figures -- often in the millions -- of occasional outstanding pamphlets produced by voluntary health and welfare agencies. Anyone in the field who has observed what has happened in mental health education over the last three decades can scarcely help but be impressed by the large quantities of material which are now available and read by the general public. Surveys conducted by industrial firms on their reading rack programs have shown that pamphlets on health subjects are among those in greatest demand. Many magazines and newspapers now have permanent staff members representing the field, whereas this was extremely rare ten years ago and practically non-existent thirty years ago.

3. That pamphlets are among the most important of the educational media.

In many situations it can be demonstrated that pamphlets are these days replacing books. The rationale for this seems self-evident when one speculates on the steadily increasing amount of information people are expected to keep up with. They are seeking their information in briefer and more condensed forms. Time and again a comparison of distribution figures on book and on pamphlets is little short of astonishing. Whereas a sale of 3,000 or 5,000 books may be considered "good" by an author or publisher, a pamphlet on the same subject may reach a distribution of hundreds of thousands and sometimes may top the million mark. Furthermore, educational material which later takes the form of some other medium has to be written in words first and often therefore first appears in the form of a pamphlet. A dramatic sketch for instance is a different medium in one sense of the word but it must appear in the written word before it can be acted. Similarly a film or a cartoon strip, or discussion guide -- all these are different media -- and yet they must go through the form of the written word. All of these are regarded as "pamphlets" for the purposes of this project.





## Nina Ridenour papers

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Pamphlets are used as the basis for discussion in study groups conducted by citizens' organizations, churches, community centers, women's clubs, community service agencies, and in professional groups. Pamphlets are also often used by leaders of such groups even if the pamphlets themselves are not distributed to the total group.

4. That large amounts of material both good and bad are being produced and people need help in selecting the good.

This is one of the principles on which the Mental Health Materials Center was established six years ago and the validity of the hypothesis is being proved by the successful operation of the Center. People -- especially busy professional people -- feel swamped by the large amounts of material they would like to keep up with. The more conscientious among them worry because they feel they are not as well informed as they should be. The packet service of MHMC (described below) says in effect "We select for you". This service culls out the unsound and the merely mediocre material and informs its subscribers about new publications which are considered "good" in the opinion of the Center's trained and experienced staff and advisers. Hundreds of letters and personal comments have shown that people welcome this type of selection. Not only does it save them time but it gives them confidence to know that a certain piece of material is well thought of by a group of their peers, or in many instances by a group of people who know more about the field than the person who is considering using the material. Mental health suffers from the fact that everybody regards himself as an authority on it, which may account for the reason why such a large amount of indifferent material is produced. Also since the subject has grown so greatly in popularity in recent years it has become the thing to jump on the bandwagon and produce material on the subject regardless of whether or not the writer or producing agency may have any qualifications. These are some of the reasons why selection of good material is becoming increasingly important.

5. That much excellent material sees only a fraction of its potential use in distribution.

When a first-class piece of work is produced a great deal of effort usually goes into it and sometimes a touch of genius. It is a shame for such a piece to languish in the files because there are no channels for getting it distributed. All too often it is quickly replaced by something which may be inferior but is "newer" and therefore has an appeal for that reason only. This is a waste of real effort and also a waste of potential.

Another form of waste occurs because people do not know how to get material into the hands of the reading audience. The field staff of MHMC has had occasion all too many times to see large quantities of leaflets being allowed to collect dust on shelves

*shows why we emphasize appropriate channels of distribution.*



## Nina Ridenour papers

OM-313(R1)

because the educators responsible for them were unaware of possible outlets for distribution. The obverse of this is the situation in which leaflets and pamphlets are given out indiscriminately because they are "free". Another thing that happens is that one state or local government department, for instance, having the budget to purchase materials, will get large quantities but fail to use them, while another department which might use them will not even know that they are available in the first department. [Still another thing that happens is that a health or welfare agency produces an excellent piece of material but their staff, being totally inexperienced in channels, may either sit back and find themselves satisfied with the distribution of a few hundred copies whereas the distribution might almost as easily be a hundred thousand; or else they will spend much time in inept efforts trying to find proper channels, whereas less effort by someone who knows the channels would multiply the distribution manyfold.]

*Seems to imply that we're only interested in large-scale distribution. What do you think, Nina?*

*already said by pamphlet about*

6. That professional workers, administrators and others in mental health often lack the imagination and experience to use materials creatively but that they are eager for guidance,

*IN USING MATERIALS CREATIVELY*

This conviction is of course the crux of this project. Evidence of the validity of this statement could be listed literally endlessly out of the experience of MHMC staff. [Sometimes it is almost painful to discover how little imagination some health educators have.] It happens frequently that because they do not have the funds to conduct some particular project in the manner in which they thought they would like to do it, it does not occur to them to try to bring about some of the same results in some other manner -- either with less funds or with the cooperation of other agencies, or volunteers, or already established channels of distribution, or whatever the case may be. It is also true that, in many areas, persons responsible for mental health education have not been trained in education technics. We believe that it is possible for health educators to do a better job, in spite of shortages of money and personnel, if they could be supplied with detailed descriptions of methods of literature that have been proved effective.

*(+ suggestion abt how to use material effectively, skillfully)*

### C. Facilities available:

The facilities may be described under two main headings: the resources represented by the experience and training of the staff and advisers of MHMC; the physical facilities and history of operations of MHMC.

For a summary of the experience of the principal staff members who will be involved in this project, see the biographical sketches.

The staff of MHMC works closely with the following Board of Directors, each one of whom without exception has wide experience in some aspect of mental health education.





## Nina Ridenour papers

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*update*  
Exie E. Welsch, M.D. President  
(past president American Orthopsychiatric Assn)  
*MHMC*

S. S. Lifson  
(Dir. Health Education, Nat'l  
Tuberculosis Assn.)

Ethel L. Ginsburg, Vice-President  
(Staff Consultant, Citizens' Committee  
for Children of N.Y.C.)

Joseph Musial  
(Visual Aids Consultant)

Howard G. Gibbs, Secretary  
(Dir.-Program Services, Boys' Clubs  
of America)

Stephen A. Richardson, Ph. D.  
(Asst. Dir. Assn. for the Aid  
of Crippled Children)

George S. Vyverberg, Treasurer  
(Comptroller, N.Y.C. Mission Society)

James H. Scull  
(Dir. Div. of Reports, Children's  
Bur. Dept. Health, Edn. & Welfare)

Stanley P. Davies  
(Director of Special Studies - N.Y.  
Assn. for Mental Health)

Walter D. Woodward, M.D.  
(Consultant Psychiatrist -  
Amer. Cyramid Co.)

Gunnar Dybwad, J.D.  
(Executive Dir. Nat'l Assn for  
Retarded Children)

*(Past president, MHMC)*

Stuart Gaul  
(Lawyer)

In addition to the Board of Directors, MHMC has an active Advisory Com-  
mittee, each member of whom is consulted on each packet, (see below for  
description of the Packet Service) and frequently on policy matters. The members  
are as follows:

Muriel W. Brown, Ph.D., Parent Education Specialist, U.S. Children's Bureau  
Reva Gerstein, Ph.D. National Council of Jewish Women of Canada

J.D. Griffin, M.D., Medical Director, Canadian Mental Health Association

Mrs. Eva Grant, Editor, The National Parent-Teacher, National Congress of  
Parents & Teachers

James L. Hymes, Jr., Director of the Childhood Education Center,  
University of Maryland

Richard E. Lentz, The United Christian Missionary Society

Dr. Ralph H. Ojemann, Prof. of Psychology & Parent Education, University  
of Iowa

Paul T. Rankin, Ph.D., Asst. Superintendent, Board of Education,  
Detroit, Mich.

Robert H. Sutherland, Ph.D., Director, The Hogg Foundation for Mental Health

Frank F. Tallman, M.D., Prof. of Psychiatry, University of California  
Medical Center

In addition, the staff of MHMC is unique in the United States with respect  
to the extent and nature of its relations with voluntary and governmental agencies  
in mental health and related fields. It is probably not an overstatement to say  
that no other staff of a voluntary agency in the United States has as wide contact  
with active workers in mental health over as long a period of years as the staff  
of MHMC.





## Nina Ridenour papers

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The development of wider and more effective channels of communication between health educators and the public they serve has been the charge of MHMC since its inception in 1952 and the history of its operation demonstrates the effectiveness of its methods. Members of the field staff of the Center have conferred with officials responsible for education for mental health in every state in the Union. Over two-thirds of the states have been visited annually. In addition, staff members have actively participated in the programs of annual meetings of a wide range of organizations such as American Public Health Association, American Psychiatric Association, National Conference on Social Welfare, and the Group for the Advancement of Psychiatry as well as at regional meetings and special conferences of professional organizations. The Center's advice on the use of literature and films has been sought by state agencies, national voluntary organizations and by religious organizations. That the Center's services have been used is attested by the following examples of quotations from letters received:

"Keeping us informed of good new mental health and child guidance materials -- in films as well as literature -- has been extremely important to us in program planning."

Health Education Services  
Kansas State Board of Health

"The service of your organization in screening these materials and selecting those which are sound in content has made it possible for our people to use materials recommended by your organization with more effectiveness than would otherwise be possible."

Program Division  
Boys' Clubs of America

"We have been aware of the effectiveness of your organization in interpreting and expanding the usefulness of many of our educational materials and bringing them to the attention of audiences that would otherwise never have been exposed to their availability. Let me also say that we have found your advice in matters relating to expanding our educational efforts very useful. . ."

President  
Child Study Association of America

". . . The technical skill and knowledge which Mr. Sareyan and his associates are bringing to the public education efforts in this field fills a vacuum of many years standing . . ."

Public Relations Officer  
American Psychiatric Association

". . . There are times when I become very discouraged with the amount of progress being made -- when I wonder if all the extra time which I devote to my job and the local mental health problems is of value; if there is any organization in the field which knows where it is heading; if internal confusion and dis-organization within policy-making groups is any part of 'Mental Health', -- then comes fine material such as yours, and





## Nina Ridenour papers

I know that at least someone is aware of some of the needs and is attempting to  
do something about them." OM-313(R1)

Milwaukee County Society for  
Mental Health

One of the Center's major activities is the HUMAN RELATIONS AIDS Program Packet Service -- a service for program planners in mental health, family life and human relations. Its primary purpose is to implement the Center's basic philosophy as outlined above. New publications and films -- from all sources -- are reviewed and evaluated by MHMC's Panel of Consultants, working with Dr. Nina Ridenour, MHMC Educational Consultant. When specific pieces have been approved according to the criteria of soundness of content, appropriateness to user, and freshness of point of view, actual samples are sent to subscribers, along with bulletins describing ways of using the publication or film in education programs.

In the five years of the Packet Service's existence, MHMC has received many letters from subscribers expressing their gratitude for the materials. The following comments represent only a few:

"We have felt it so very valuable to have an opportunity to review the newer materials in the field of mental health that we have subscribed to your packet for all the local health units. We have had many comments from the field on the value of this service."

Director of Mental Health Education  
Michigan State Department of Mental Health

"You will never know how beneficial your comments on films and pamphlets have been, as I have attempted to circularize our ministers in regard to their increasing their efficiency and understanding in relation to the field of mental health. Thank you again for what you are helping me to do with the Methodist ministers of this area."

Community Methodist Church  
Millbrae, California

"Our clinic . . . will certainly be able to use the material to the fullest. There is no doubt in our mind after reviewing these packets that your Center is supplying a service long needed in the field of mental hygiene."

Somerset County (N.J.) Guidance Center

". . . Most informative and excellent for our psychiatric nursing program."

Bellevue (N.Y.) Hospital Center

"The packets are of great assistance in my work as a Psychiatric Nursing Instructor at this hospital. Thank you very much."

Brandon Hospital, Manitoba, Canada