

Research Paper Proposal

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HY 103: US History from 1865

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Research Topic:

I would like to do my research on Dorothea Dix herself and the many things she did for the men

and women with mental health.

Thesis (working): Although some people believe a State should not fund a mental health hospital. I feel as though we should use our state resources to fund care for those in need. No one asked to have a mental health disorder. We should always advocate for those who can not advocate for themselves.

Thesis Road Map:3

- Where does the funding come from to run a State hospital.
- Who would be placed in a state hospital.
- Everyone deserves the best things in life, not just those that can afford it.

What I know about this topic and why am I interested:

When I was about six years old my mother started working at Dorothea Dix Psychiatric Center in Bangor Maine. She loved her job so much. I remember her coming home after work with bruises or even bite marks and it would make me worried and question. How could mom love her job if this was what was happening at work. As I got older she helped me understand why she loves her job. Mental health is not an easy thing in our lives but how we deal with it and how we treat others that deal with mental health is the important part. Today I am also working at Dorothea Dix Psychiatric Center and I absolutely love my job and I am so very thankful to be a part of such a wonderful hospital that does so much for our community. We help a lot of men and women get back to a healthy baseline and we help them learn ways to cope and manage their symptoms when they are not in the hospital. We have many resources to help them with many different things they face. We always teach and encourage our patients to advocate for themselves. I feel as though we can and should help more but that's not always easy with funding cuts.

What I want to learn: _

I want to learn about how Dorothea Dix was able to advocate for the men and women during the time of her life and how she was able to help put things into motion to help create some state hospitals that are still being used today. What difficulties did she face while trying to advocate for better rights for people she didn't know. How can we still improve on these things today? Why do people want to get rid of State hospitals? If we can improve our communities by educating people on mental health why aren't we? I want to understand how I can better advocate for our current patients and those still in our committees that still need help.

Initial Questions: _

- Who is Dorothea Dix?
- What did she change about mental health?
- Who did she need to convince to help those with mental health problems?

- Why did we treat people this way?
- How does a state hospital help its patients?
- Who can use a state hospital?
- Why are people against a state hospital?
- How have things changed?
- Are state hospitals still needed today?
- Before Dorothea died in 1887 what had she done?
- What problems stood in her way?
- Who speaks for those in need now?
- When were state hospitals built?