

CAMARILLO STATE HOSPITAL
CAMARILLO, CALIFORNIA

GOVERNOR'S COUNCIL REPORT
TO
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JUNE 1960

NURSING SERVICE

Three Week Visit of Miss Annie Altschul, Chief Tutor, Maudsley and Belmont Hospitals, London. Author of Textbook on Psychiatric Nursing:

This consultant service to the Nursing Department at Camarillo was a highlight in the long history of this Service. The procedural plan was as follows:

Training Division conferences and working tours to training areas with review of our trainee curriculum teaching methods, goals of training, content of psychiatric nursing principles. Miss Altschul saw much of the hospital and shared with us the Syllabus of the three year Mental Nursing Training Program in England. The nature of the Syllabus, containing simple content statements with no calendar or time factors, makes possible the teaching methods used. These teaching methods were the most impressive things she shared with us. Miss Altschul is a gifted teacher. On request, she undertook a scheduled one hour class with trainees, so that we might observe. During this practice teaching hour, topics covered were:

- a. Withdrawal patterns of schizophrenics - non-verbal communication with schizophrenics.
- b. Bed-wetting - why; how to remedy.
- c. "Regression" - over use of psychiatric language without its having any real meaning in helping the trainee with his patient.
- d. Frustrations of nursing personnel with chronic institutionalized patients.

Various teaching staff members found much to learn from Miss Altschul's demonstrations. One instructor remarked: "Following a conference with Miss Annie Altschul, I decided to attempt anew method of teaching with one group of students."

There was a great deal of participation among the students. At the end of the conference, one trainee stated: "This has been helpful - something I've been dealing with in my work." The students seemed to feel they had gained much from this form of teaching.

An Assistant Superintendent of Nursing Services stated: "Of course the real highlight of the past month was the visit of Miss Altschul who offered, with her appealing personality, a wealth of wisdom and breadth of view on the many aspects of nursing the mentally ill person. She stressed the role of the patient in assuming responsibility for his own environment and his own actions. One point of contrast was the large number of volunteer workers who help the outgoing patient to get a job and get located in the community. The effects of Miss Altschul's visit will remain with us for a long time."

CHILDREN'S UNIT TREATMENT

Treatmentwise, the Children's Unit has continued to function, during the past month, on a high level of activity in all areas. One of the major accomplishments of the past several months was the stabilization of the school program which is now functioning in a well integrated and quite satisfactory manner. Every teacher has a daily six hour schedule and has in his classes, if the condition of the patients permit, almost double the number of children that he had up to two years ago. A Principal, as a coordinating agency of a school program is necessary to assure continued smooth functioning of the school, and also to relieve the Assistant Superintendent of the responsibility and duty to coordinate and supervise the school program in all its minute aspects.

The enlargement of the volunteer program and its re-organization in recent months has further contributed to an improvement in the treatment program. We now have a substantial number of volunteers from the neighboring communities who spend several hours a week or more regularly on the different cottages and who are closely supervised by a staff member. That supervision includes assignment of a special child to each volunteer with specific explanation and teaching on what the role of the volunteer is in regard to that particular child. At the present time this takes up considerable time on the part of the staff. However, it is hoped that in the long run this will add personnel power to the treatment program, without expense to the state, quite apart from the good public relations which such a volunteer program will engender in the neighboring communities.

Quite recently a number of nursery school teachers have become interested in our program of treating schizophrenic children, and we have a group of professional nursery teachers who are organizing themselves to serve as a volunteer organization to help with the treatment program of the schizophrenic children, as well as indirectly help with the education of our nursing staff in the handling of those small children, and in setting up a structured program for them. We now have the beginning of such a program on CU-5, and we hope to expand it in the future on that cottage as well as on other cottages.

A point has now been reached at the Children's Unit where almost every child gets the benefit of individual psychotherapy one or more times weekly, in addition to the other treatment modalities.

REHABILITATION THERAPIES DEPARTMENT

Twelfth Award Luncheon:

Volunteer workers at Camarillo State Hospital were honored at a resplendent buffet luncheon on Wednesday afternoon, June 13, in Hagerty Auditorium. This year's Volunteer luncheon marked the twelfth anniversary of Volunteers at the hospital.

Mrs. M. E. Terkelson, State Chairman of Mental Hygiene for the Federation of California Women's Clubs, herself a Volunteer from Patton State Hospital, was the principal speaker. She emphasized, for the audience of nearly three hundred Volunteers and staff workers, the patients' need for friendly community contacts, and the great therapeutic value of such volunteer contacts.

Volunteer awards were presented to a total of 75 individuals and 15 organizations. Mrs. Louise McInnis from Santa Barbara received a certificate award for 3,100 hours, the highest number of hours ever attained by a Volunteer at Camarillo State Hospital. The American Legion Ventura County Council was awarded the highest organizational award, with 18,000 hours. In all, over 25,000 hours have been contributed by Volunteers at Camarillo State Hospital in the last twelve months.

Members of the Administrative staff and Board of Trustees were in attendance and seated at the speakers' table. In the absence of the Superintendent, the guests were officially welcomed by Dr. Louis H. Nash, Associate Superintendent.

The "Wings Over Jordan Choir" gave a concert in Hagerty Auditorium on Sunday afternoon, June 12. This group is well known for its spirituals, having performed on radio for many years. Besides many wards that came in groups to the concert, the doors were left open so patients with their visitors could come in. It made for a very pleasant Sunday afternoon.

THERAPEUTIC FILM PROGRAM - 1959 (A Review)

The following report was submitted by the Psychology Department:

"Although Rehabilitation Services have been projecting Hollywood films for patients on a regular, scheduled basis for many years, the widespread use of Psychiatric films for treatment purposes is relatively new at this installation albeit the Training Center routinely uses such films for Technician Training purposes.

"In 1953, Psychology regularly presented psychiatric and educational films on Ward A-1, to stimulate discussion and promote ward cohesiveness. Such films at that time, and for years thereafter, were ordered through the Nursing Educational Service and employed in the hospital on a limited basis.

"In 1957, films of this type were shown at the Training Center, serving as a basis for Group Therapy discussion conducted by two psychologists. Patients from many wards, male and female, were invited. Attendance fluctuated considerably and the program was evaluated as being moderately successful.

"In 1958, perhaps as a consequence of the rising tide of Therapeutic Community interest, the film program expanded suddenly, receiving considerable backing from ward physicians and other personnel. The female unit instigated and organized regular showings on many wards. The program received further impetus on the male side. Concurrently, various RT wards joined in the Film Program. Special emphasis on the use of this treatment device developed on RT7 and RT8, where the ward patient population was broken up into discussion groups with psychiatric technicians as group leaders.

"In February 1959, the Training Center, which had hitherto ordered films from Sacramento for the program, turned this task over to Psychology. The office of Psychology became the nerve center for ward film requests. Films were now ordered on a two-a-week basis; procedures were set up for distributing the films at Camarillo State Hospital with Psychology secretaries as the executive center of this operation. Two new projectors were provided.

"In November 1959, the film load was increased from two a week to three a week, making for greater flexibility and wider choice in the ward selection of films.

"For the year 1959, 23 hospital wards made use of the Film Program - 11 male wards, 11 female wards and the Day Hospital. A total of 392 film projections took place. Eighty-six films were received from Sacramento. Use was also made of five hospital-owned psychiatric films now in the possession of the Department of Psychology. Thus a total of 91 films were available during the year 1959.

"Concerning the effectiveness of this treatment technique, opinion among participants varies. The films aroused considerable enthusiasm on some wards, less on others. According to report, the type of ward response is allied among other things to the expertness and imagination with which the films are produced. Factors of dialogue, photography, human interest and of story construction appear important. Seemingly important also, are the age-range on the ward, length of stay in the hospital, chronic versus acute illness and, perhaps very important, ward cohesiveness or organization. In general the younger, less chronic and better organized patients have evinced the most interest. No definite conclusions, however, can be drawn regarding the value of this medium of communication since no systematic research has been undertaken as yet.

"It is premature, perhaps, to discuss the progress of this venture in 1960. It can be stated, however, that the demand has not appreciably slackened. Definitive comment on this issue must wait until 1961."

Respectfully submitted,

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SUPERINTENDENT AND
MEDICAL DIRECTOR