

CAMARILLO STATE HOSPITAL  
CAMARILLO, CALIFORNIA

GOVERNOR'S COUNCIL REPORT

TO

HONORABLE DANIEL BLAINE, M. D.  
DIRECTOR OF MENTAL HYGIENE

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SUPERINTENDENT

CAMARILLO STATE HOSPITAL  
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JULY 1960

PLANNING FOR A CHANGE

For the month of July 1960, the major effort was directed towards preparing for the new program involving admissions. The wards are all set up now, and receive patients very much the same as they will when the new admission procedure is in effect. The only difference is that patients now have been worked up before they are received. They will then require a complete physical and psychiatric workup. The staff on each ward will have to work diligently with their patients to insure a steady flow of patients leaving the Units, and prevent a backlog.

UNIT II LOOKS INTO UNAUTHORIZED ABSENCES

The rate of patients absenting themselves without proper authorization from the hospital continues high. We have diligently staffed each patient that has escaped and returned during the month, and have made every effort to develop understanding on the part of the staff as to the reason the patient left the hospital and the method he used in his escape. It is evident that mentally ill patients interpret adequate supervision in terms of proper attention. If proper and adequate supervision is not provided, the mentally ill patient will interpret this to mean that he is being neglected. When this happens the patient is very apt to become discouraged, feeling that nothing is being done for him, and he will then run away. In-service training is needed for many members of our staff, in which the philosophy of good psychiatric care and treatment is emphasized.

REHABILITATION THERAPIES DEPARTMENT

Catalogue Shopping for Patients:

A cooperative effort by Volunteers Services, Nursing Services, Patients' Accounts and The Montgomery Ward Catalogue Division has resulted in the establishment of a popular Catalogue Shopping Service at Camarillo State Hospital.

Monday and Tuesday evenings of each week representatives from The Montgomery Ward Catalogue Division come out to assist patients in ordering out of a catalogue. The location chosen for this service is the Ward E visiting room, which is pleasantly decorated and has ample chairs, tables, and space to accommodate a large group of patients. Patients from Units 2 and 3 have an opportunity to shop on Monday evenings, and patients from Units 1 and 4 have this same opportunity on Tuesday evenings. An advantage of a 5% discount on all items purchased is given to all patients who shop by catalogue.

Items ordered, in most cases, will be brought to the hospital on the following week for personal delivery to the patient. Upon receipt, items should be acceptable; if not, it may be either re-ordered or returned through the Shopping Representative on next Shopping Day.

For patients whose rehabilitation is progressing satisfactorily, another shopping service is available. This is a shopping service whereby Volunteers are scheduled every Friday to take approximately ten to fifteen patients into the town of Camarillo for an actual buying experience. These shopping excursions have built up good community relations and have served the particular needs of many patients.

#### AA Anniversary Meeting:

On Sunday, July 31, in Hagerty Auditorium, from 2:00 to 4:00 P.M., members of AA, patients, ex-patients and visitors, celebrated the sixteenth year of AA at Camarillo State Hospital. The Annual Anniversary Meeting was attended by 80 patients and 154 Volunteer visitors.

The secretary of the Los Angeles Chapter, who has for many years been an active organizing member of the AA Outside Operating Committee, served as Master of Ceremonies. The day's program was of stimulating interest and included the following: Reading of the twelve steps; lighting and blowing out of candles on the Anniversary Cake; talks by patients and ex-patients on "Camarillo, Past, Present and Future", "Camarillo from a Patient's Standpoint", and "After Camarillo, What?" All ex-patients walked on stage and gave their name, date of discharge, and present residence. The secretary made the closing remarks in which she thanked patients and staff alike for their assistance in helping to make the meeting so successful. A collection was made; everyone joined in The Lord's Prayer; and refreshments of cake and coffee were served as the concluding part of the program. Twenty-eight patients attended the party with discharge dates going back as far as 1942.

#### Fourth of July Celebration:

During the last week in June, the hospital grounds began taking on the festive color of the Fourth of July. The main entrances of all the main buildings were gayly decorated with red, white and blue bunting and flashy posters announced the coming event. With this advance publicity, a very large number of patients attended the affair.

The Women's Central Court was decorated to create a true good-time atmosphere. The Carnival consisted of eighteen booths that were continually crowded with patients playing the games. In order to adequately staff such an event many volunteers were needed. It was anticipated there would be difficulty in recruiting volunteers with the Fourth making a long weekend. However, we fortunately had over eighty volunteers to help, coming from as far away as Los Angeles and Santa Barbara. We were equally pleased that the Musicians' Union of Ventura provided a Union band to play for the afternoon of dancing at the outdoor stage.

Throughout the afternoon there were booths dispensing lemonade, peanuts and popcorn. As much as possible, the prizes in the booths were practical items which the patients could use. Many colorful hats were won by patients and are sturdy enough to be worn throughout the year.

Patients were not forced to attend but were encouraged to go. The Nursing Service did an outstanding job of having all patients well dressed and at least 5,000 were out all afternoon. It was a most successful day and was well worth all the work that goes into conducting such an event.

#### NURSING REPORT

##### Elderly Patients Participate:

The most important activity of the month, for the elderly women, was the Fourth of July Picnic in Women's Central Court. One thousand patients, many in wheel chairs, attended and participated in the festivities of the gaily decorated midway - munching popcorn, peanuts and drinking gallons of lemonade. All voiced approval of the delicious turkey dinner served in the dining room at noon.

##### Retirement Party:

A clothing room detail worker on Ward H was given a retirement party. This patient has been a faithful worker for over seven years in Ward H clothing rooms. She was admitted to Norwalk Hospital in 1934 and transferred to Camarillo in 1937. She has been a good, reliable worker all these years. Now 73 years of age she certainly has earned a rest. However, she still wants to help with whatever she can do. She states she has been a vast improvement in the care of patients during her years in the hospital.

As of this month, ten of the less active men's wards have been sending 25 patients for a half day each week to the Ranch for recreation and activity. This is a group of non-working patients who have shown no interest in detail assignment heretofore. It is reported that, with the exception of two patients, all have participated to some degree in the work at the Ranch.

#### FARM

##### Production

###### Farm General:

Alfalfa, green, chopped.....	166	Tons
Alfalfa, dry, loose.....	56	"
Alfalfa, baled.....	40	"
Oats, hay, baled.....	9	"
Corn, green, chopped.....	465	"

###### Dairy:

Milk and milk products.....	39,395	Gal.
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Vegetable Garden:

Green vegetables.....	36,795 Lbs.
Green corn.....	4,110 Doz.
Root vegetables.....	36,265 Lbs.

Respectfully submitted,

F. H. GARRETT, M. D.  
SUPERINTENDENT AND  
MEDICAL DIRECTOR