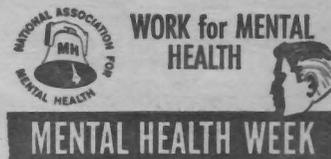


# Pomo News

A Progressive Paper for Progressive Patients



VOL. XVIII, No. 22-A

MENDOCINO STATE HOSPITAL, FRIDAY, MAY 7, 1965

TALMAGE, CALIFORNIA

## COMMUNITY, HOSPITAL ARE PARTNERS IN MENTAL HEALTH ADVANCES HERE



### Special Edition Highlights Changes in 72 Year Old Mendocino State Hospital

This special issue of Pomo News, the patient newspaper at Mendocino State Hospital, has been prepared as a public service for Mental Health Week, May 3 to 7, 1965.

"We would like to dedicate this issue to our many friends in the community who have helped make significant and dramatic changes in the hospital," commented E. W. Klatte, Superintendent and Medical Director of the hospital.

"In many ways, it seems that the community and the hospital have grown up together. We've both made many changes since the hospital opened in 1893," Dr. Klatte added. "We're fortunate to have a community that's a real ally in treatment. What's more,

we're glad the community considers us a resource, not only for problems associated with mental illness but for many other purposes. Space for large meetings—such as last week's conference on mental retardation, junior college classes, square dancing, Little League games and Girl Scout day camps—is one example.

"In addition to providing inpatient treatment programs, the hospital now works with many counties in the fields of education and research. Some problems are simply too large for any one agency or community to solve alone, and none is more important than helping all individuals realize their full

(Continued on Page 4)

### CMA Report Lauds Hospital

Mendocino State Hospital, Ukiah, drew plaudits from the California Medical Association in a report released last week. The Association commented on "extraordinarily commendable" physical aspects of the hospital and the "high level of enthusiasm" demonstrated by treatment staff. The CMA report came as a result of a survey of all California mental hospitals last year. Here are further excerpts on the local hospital:

Physically, the report states, Mendocino's "grounds were attractive, the buildings in a good state of repair, and the overall level of cleanliness and sanitation could not be faulted."

Of the staff, the report notes: "In every area of the hospital visited by the survey team, and at both professional and ancillary levels, the calibre of personnel was outstanding and its morale was exceedingly high."

Quantitatively, however, Mendocino was felt to be understaffed. The report points out that the hospital "could advantageously use more psychiatrists, particularly at the senior level. The hospital does

(Continued on Page 2)



The R and T building at Mendocino (Receiving and Treatment) welcomes new patients, provides space for the dentist, podiatrist, surgeon, physical therapists, and is also used by the community for many purposes, including junior college classes, square dances, medical association meetings and conferences.

# POMO NEWS

PUBLISHED TWICE A MONTH  
 at  
 MENDOCINO STATE HOSPITAL  
 Dr. Ernest Klatte Superintendent  
 Elena Bell . . . . Staff Advisor  
 SPECIAL MENTAL HEALTH  
 WEEK EDITION  
 Barbara Mullen . . . . Editor  
 Printed by Ukiah Daily Journal

## Clinic and Hospital Augment Each Other

Since its official beginning in October, 1961, Mendocino County's Mental Health Clinic has provided an increasing number of services to the county and its residents. The Clinic, established under California's Short-Doyle Act, is financed by both state and county funds on a matching basis.

Treatment is offered many individuals in the community. Some come as individuals; for others, family or group therapy is preferred. Traveling teams visit Fort Bragg and Willits. Cost of service is on a sliding scale based on ability to pay.

In addition to direct treatment, the clinic offers consultation services to schools, probation officers, and others. Such consultation proves an effective use of professional time.

Prevention of mental disorders is also a concern of the clinic. A number of talks to local groups are made with this purpose in mind.

Mendocino County Mental Health Clinics and Mendocino State Hospital complement and augment each other. Although the services they offer meet different needs, cooperation between the two facilities provides more comprehensive services for the entire community.



A few weeks ago, this group of patients at Mendocino volunteered to help prepare annual mailing for the cancer drive. Such activities are one way to thank all the volunteers who help the hospital in many ways all year long.

## State Hospital Trustees Appointed by Governor

Trustees of Mendocino State Hospital serve in an advisory capacity to both the Director of the Department of Mental Hygiene, James Lowry, M.D., and to the Superintendent of the hospital. Ted Eriksen, Jr., is current chairman of Mendocino's Board; other members are Margaret Williamson, Roy Swain, Tommy Sebbas and Ellen Berman. Jessie Hildreth is now an ex-officio member of the Board, by virtue of her many years of service as a trustee. Trustees meet regularly with the hospital's administrators.

## WELCOME



## Facts About Mendocino

General psychiatric hospital, first opened in 1893, when there were 37 employees to care for 120 patients.

As of May 3, 1963, 863 employees and 1,839 patients. The hospital's population is dropping; admissions are rising.

Total property: about 1,300 acres, at the foot of the Cow Mountain Range.

The hospital has three divisions. North serves Colusa, Del Norte, Glenn, Humboldt, Lake, Mendocino, Shasta, Siskiyou, Tehama, and Trinity counties. South serves Marin, San Francisco and Sonoma. The Medical - Surgical Division serves as a hospital within the hospital, and also cares for patients over 65.

Mendocino's farm operation, once extensive, is now limited to a dairy, hog farm, and a few field crops, some grown on an experimental basis in cooperation with the University of California. The hospital's Holstein Freisian herd is rated among the 50 best in the United States.

Fully accredited by the Joint Commission on Accreditation and by the Council on Medical Education of the American Medical Association.



Since its completion in 1927, Unit G has been used for a number of programs. It is now the home unit for the women's alcoholic program which has attracted statewide attention for the kind of independence and initiative it encourages.



On Career Day for Women, a number of students from Ukiah High School spent the day at Mendocino State Hospital. Here two seniors look through the microscope in the clinical laboratory.

Unlike many hospitals which limit visitors to a few hours, Mendocino's daily visiting hours are from 9:30 a.m. to 8 p.m. Thus families living many miles away may keep in close touch with patients during hospitalization. In addition to welcoming relatives and friends of patients, the hospital arranges tours for high school and college classes, civic groups and others interested in seeing a modern mental hospital.

# More Voluntary Patients, Shorter Hospitalization Now

Each year, more and more patients are admitted to Mendocino. An increasing number come by means of a voluntary application instead of a court commitment.

According to hospital staff, treatment begins as soon as a patient enters the admissions suite. There a friendly greeting helps dispel fears about hospitalization.

Although more patients are admitted, their average stay is shorter than it was. Often, it is measured in weeks rather than months.

After the process of admission is completed a patient is assigned to the unit where he is expected to remain throughout his hospitalization. There the staff will work out treatment plans and begin leave planning.

Patients are encouraged to wear their own clothes, keep in touch with friends and families through letters and visits, and participate in a wide range of activities, according to their interests. In summer, the swimming pool has a busy schedule. All year, sports activities, movies, dances, and excursions help encourage an early return to the community.

Treatment varies according to the needs of the individual. For some patients, medication is essential. Some individual and group therapy is provided, and most patients value the help they get from each other.

The cost of care at Mendocino and other state hospitals is now just over \$300 per month. All patients are billed for their care by the Department of Mental Hygiene in Sacramento, and those who can afford to pay all or part of the cost. However, all patients are treated without regard to their financial ability.

**MENTAL HEALTH IS EVERYBODY'S BUSINESS**

Representatives of both staff and patients meet together regularly in the Patient-Staff Advisory Council. This group helps with many activities, including guiding visitors around the hospital and helping explain the hospital program to new employees.



Sometimes a guitar lesson is the best kind of treatment for a young patient.

## CMA REPORT

(Continued from Page 1)

need more psychologists, social workers; psychiatric technicians and nursing supervisors.

"The foregoing enumeration of the quantitative deficits in personnel fails to reflect the very positive qualitative aspects," the report added. Treatment staff "were well-informed about all the patients and interested in their well-being and progress. At the non-treatment level, personnel was pleasant and helpful. Everyone at the hospital manifested impressive loyalty and pride; all seemed to have an emotional investment in the hospital, and to derive gratification from identifying with an effective treatment program and with a superintendent who provides vigorous leadership.

"Good professional people are attracted to the hospital because they are convinced it provides them with opportunities for professional development." The report adds that "the relationships between the medical and technical staffs were good. Perhaps as contributory to the morale and esprit as any single factors was the fact that the professional personnel in this hospital feels it has the freedom to disagree."

The team noted that the "entire



Research plays an increasingly important part in the life of the hospital which has a number of grants funded by N.I.M.H. Vitali Rozynko, Ph.D. is Research Psychologist.

## 3 Year Program For Psychiatrists At Hospital

Mendocino's fully accredited residency program for doctors who wish to become psychiatrists has attracted qualified M.D.s from all over the United States.

The three-year training program combines lectures and seminars with clinical experience. Consultants from the bay area augment the hospital's own staff.

Although the psychiatric residency program is by far the most extensive, the hospital is currently engaged in some 40 different training programs, including such programs as basic training for P.T.'s and "Principles and Practices of Supervision."

## Volunteers Welcome!

The efforts of hundreds of volunteers supplement those of the staff in Mendocino's treatment program. Many groups provide parties for units or special groups of patients. In addition, individual volunteers share their skills and time with Mendocino patients. Cooking and sewing classes, trips to town, reading lessons and many other services are provided.

milieu was eminently therapeutic" and that it observed "a wholesome and relaxed rapport" between patients and staff, with no evidence of regressed patients "sitting about the wards apathetically, nor were patients over-sedated."

Of the 13 specific recommendations made by the CMA team, six are in effect, six need budget implementation, and one is under study.



A friendly welcome is the beginning of treatment.



At the Canteen you can buy candy, cigarettes, tooth paste, instant coffee, and a hundred other necessities. A lunch counter provides snack service.



Patients value their freedom to explore the grounds or sit on the grass on a pleasant day.



A cup of coffee with the Unit Change, Elinor King, is a helpful part of Alma Kuehl's day.

# DR. KLATTE GREETES A FRIEND



E. W. Klatte, M.D., (left) Superintendent and Medical Director of Mendocino State Hospital since January, 1960, greets an old friend and former employee of Mendocino, Ralph Kennedy, M.D. As superintendent, Dr. Klatte has overall responsibility for the well-being of all patients, and for the hospital's philosophy, policies and organization.

Dr. Kennedy is now Northern Regional Director for State-Local Mental Health Services. He is one of the many former Mendocino employees who have gone one to Sacramento positions with state-wide responsibility in mental health. Others include Andrew Robertson, now Deputy Director of Administrative Services; Jack Hubbard, Training Officer for the Department of Mental Hygiene, and Daniel Lieberman, M.D., now Director of Mental Health Services for the state of Delaware.

# Hospital Payroll Largest In Mendocino County

Mendocino's some 900 employees work in approximately 150 different jobs, according to Robert Chorneau, the hospital's Personnel Officer. "The personnel required

to provide the many services of a city of 2,000 results in the largest single payroll in Mendocino County.

"Recruiting professional staff, an almost impossible job in the old days, is much easier now," he added. "More and more psychiatrists, social workers, psychologists and others are recognizing the satisfactions of working in a modern hospital while living in a relatively small community. Those who enjoy steelhead fishing, deer hunting, photography, riding, boating and other country pleasures enjoy living and working here."



ROBERT CHORNEAU

## SPECIAL EDITION

(Continued from Page 1)

potential. This is a goal so important to all of us that it is worth whatever it costs—in money, in skill, in time.

"The better we know each other, the more we can help each other. In the long run, maybe that's what mental health is all about," Dr. Klatte concluded.

## NATIONAL MENTAL

## HEALTH WEEK

MAR 2-7, 1965



A community as large as the hospital, with close to 1,900 patients and about 900 employees, requires all kinds of services: fire protection, food services, housekeeping, maintenance, remodeling and new building, accounting and budgeting, transportation and many others. They are the responsibility of the Hospital Business Administrator, Augustus J. O'Farrell. Mr. O'Farrell is widely known in the community for his help with Boy Scouts and other groups.



As Associate Superintendent and Clinical Director, J. O'Neill, M.D., has large professional responsibility. Dr. O'Neill received his psychiatric training at the Langley Porter Neuropsychiatric Institute.

## FASHION CENTER OFFERS CHOICE

Mendocino State Hospital's Fashion Center looks like a retail store and offers a wide choice of clothing to patients. Those in charge of the center know that attractive individual garments could be purchased for the amount of money once used for uniforms. Patients who own their own clothing make their own selections in becoming colors and styles. Many items in good condition are used to augment state supplies.



In the old days this was a maximum security ward, remodeled by many as Ward 12. Since all male penal code patients transferred to Atascadero more than ten years ago, the building known as Units 5 and 6, provides an open and relaxed atmosphere for men patients.