



VISITORS  
GUIDE

Mendocino

State

Hospital



## AN INVITATION. . . .

This brief guide, prepared for the relatives and friends of patients here, is also an invitation to visit Mendocino State Hospital. If you have never visited a modern mental hospital, you may find the pleasant, open, and hopeful atmosphere surprising. The grounds are attractive, the majority of our 26 units are open, and most patients have "privilege cards," giving them freedom of the grounds.

### LOCATION

Mendocino State Hospital is located at Talmage, several miles east of Ukiah and US 101, and about 120 miles north of San Francisco. Ukiah may be reached by car, Greyhound bus, or chartered plane; taxi service is available from the bus station to the hospital.

### THE HOSPITAL

Mendocino State Hospital is one of ten hospitals for the care and treatment of the mentally ill, maintained from tax revenues by the State of California. At this hospital, around 1200 men and 1100 women are being treated for many types of mental illness. Some have been committed here by the courts; many have come in as voluntary patients.

Treatment varies, according to the individual patient and the nature of his illness. Mendocino uses all recognized forms of psychiatric treatment, including individual and group therapy, appropriate drugs, industrial therapy, occupational therapy, and social activities.

A staff of around 900 employees provides round-the-clock treatment for patients, and also provides the services needed in any community the size of this: regular meals, housekeeping, gardening, maintenance of buildings, fire protection, bookkeeping, tailoring, shoe repair, and other necessities.

The clinical staff includes fulltime psychiatrists, other medical specialists, psychologists, psychiatric social workers, dentists, laboratory technicians, registered nurses, physical therapists, rehabilitation therapists, and psychiatric technicians. These persons work as teams in planning and carrying out the treatment of each patient.

### VISITING

Both regular visits from relatives and friends and frequent letters are helpful to most patients. Such continued interest seems to shorten the distance between the hospital and the patient's own community; often, it speeds a return home.

Visitors are welcome any day from 9:30 a.m. to 8 p.m. Please secure a visitor's slip at the Information Desk in the Administration Building each time you visit. The clerk at the Information Desk will tell you where to find the patient you have come to see; she also sells guest meal tickets.

Each patient is assigned to a unit (ward). The nurse or psychiatric technician in charge of the unit will be able to answer most questions, or to refer you to someone who can.

If you are not a relative, please secure written permission from the patient's family before visiting.

to the Superintendent. If you want the letter to go to a specific person (such as a physician or social worker), please indicate this in the lower left hand corner of the envelope. In this way, if the person addressed is away from the hospital, your letter will be given to someone who can help you immediately.

Dr. E. W. Klatte, Superintendent and  
Medical Director  
Mendocino State Hospital  
Box X  
Talmage, California

(name of staff person)

### TELEPHONE CALLS

You may telephone a patient who is well enough to receive calls from 9 a.m. until 7 p.m. daily, except during meal hours (11:30 a.m. to 1 p.m. and 5 to 6 p.m.). Since there is often a delay before a patient reaches the phone, please place all calls "person to person". The hospital phone number (reached through the Ukiah exchange) is 462-3871; the area code number is 707. Since unit phones must be available for hospital business, please limit calls to 5 minutes.

Pay phones are available for patients wishing to call out, providing they have funds or you will accept collect calls.

### PATIENTS' FUNDS

Patients with personal funds on deposit in a trust account with the hospital trust officer may draw a limited weekly allowance, depending on their need. This includes such items as snacks, cigarettes, toiletries and so forth.

Children under twelve may visit patients on the grounds or in visiting rooms; we ask that you do not take them on the units, except with the express permission of the Unit Physician.

If you wish to eat with the patient, please notify Unit Charge. Guest meal tickets (83 cents each) should be purchased at the Information Desk before going to Dining Room. You may also bring a picnic lunch to share with the patient. In driving on the grounds, please observe the 20-mile-an-hour speed limit, and avoid parking where curbs are painted red.

If the patient you are visiting is well enough to have freedom of the grounds, you may go with him to the canteen, employees' dining room, patients' library, auditorium, picnic area near Unit C, baseball field during games, and other areas of interest. In some cases, patients may leave the grounds for lunch or dinner in town.

### LETTERS

Letters mean a great deal to patients; they are encouraged and helped to write regularly themselves.

If you know a patient's unit, please include it in the address:

(name of patient)  
Mendocino State Hospital  
Box X  
Talmage, California

Unit \_\_\_\_\_

All letters about a patient should be addressed



units is minimal, and since the stay of most patients is relatively brief, the number of clothing items should be limited. It will help us in keeping track of the patient's personal property if you tell the Unit Charge when you bring articles to the hospital, or take unused articles home.

### CHAPLAINS

As in the community, patients are free to attend the church service of their choice. The hospital has two full-time chaplains -- a Catholic priest and a Protestant minister. A Jewish rabbi visits the hospital once a month and a Christian Science reader from the community comes out twice a week.

In addition to conducting regularly scheduled church services, the chaplains are active in many phases of the treatment program, visit all of the units, and are available by appointment for consultation with patients or their families.

### LEAVING THE HOSPITAL

Within a short time after admission, many patients are eligible for brief limited leaves from the hospital, ranging from a few hours trip into town with family or friends to a weekend or a week trial visit at home. Permission for a limited leave must be given by the patient's physician; the actual arrangements are usually made by a psychiatric social worker.

When a patient is ready to leave the hospital, any one of a number of plans may be chosen:

He may be discharged.

Money may be deposited in the patient's trust account. Checks or money orders should be made payable to Mendocino State Hospital, with a notation "for the use of (name of patient)"; letters enclosing money should be addressed to the Trust Office, as should questions about a patient's personal funds.

### TRUST OFFICE

The hospital maintains a Trust Office (in the Administration Building) which assists patients and their relatives with legal and financial questions.

Please send information about a patient's insurance policies, pensions, disability benefits, social security number, and last place and date of employment to the Trust Officer. He will then attempt to secure any available financial assistance for the patient.

All papers and checks requiring a patient's signature must be cleared through the Trust Office. Please do not ask a patient to sign a check or endorse a paper without this clearance.

### PERSONAL CLOTHING

Patients are not only allowed but encouraged to wear their own clothing. Since attractive clothes are one important aspect of therapy, and State funds for this purpose are limited, the cooperation of family and friends is appreciated.

You may either send articles which a patient requests or send money so the patient may be taken to town to shop. Washable garments are preferred. The hospital marks each garment with the patient's name. Since storage space on the

can answer many of the questions families and friends may ask. He also needs the help of families to assist him in planning with patients.

If you wish to see the social worker when you visit the hospital, it is wise to make an appointment in advance. In this way, you will avoid having to wait to see him, and you will be sure to see the social worker who knows the patient best.

The Bureau of Social Work of the Department of Mental Hygiene maintains field offices in many communities throughout California. Bureau offices are staffed with psychiatric social workers who work closely with all of California's hospitals as well as with patients on leave.

If you have a question about a patient, either during hospitalization or after, and are unable to come to the hospital, you may call the nearest Bureau office for assistance. The listing in telephone directories is found under: California, State of; Department of Mental Hygiene; Social Work, Bureau of.

PLEASE KEEP US POSTED

The hospital tries to maintain a current record of addresses and telephone numbers of patients' families and friends. If you move, or if your telephone number is changed, please notify the hospital.

12/2/63

He may be placed on indefinite leave; in this case, he may return to his family, to a new home of his own, go to a "Family Care" home, (a foster care arrangement in which he lives with a family with a special interest in helping recovering mental patients), or he may go into work placement, a program of supervised work for pay in a setting where the stress will not be too great.

When a patient is on indefinite leave, he continues to see a professional person interested in his welfare -- a field social worker from the Department of Mental Hygiene's Bureau of Social Work, a therapist in Mendocino's own Aftercare Clinic, or a convalescent leave psychiatrist who works with the hospital staff. In some areas, public health nurses and welfare workers also see patients who have left the hospital, whether on indefinite leave, definite leave, or discharge.

Whatever kind of follow-up care arrangements are made, they are important to the patient, since they often make a return to the hospital unnecessary. In many cases, it is also important that a patient continue with the medication which he started taking at the hospital.

### PSYCHIATRIC SOCIAL WORKERS

While a patient is at the hospital, and after, one of the psychiatric social worker's special functions is helping him maintain his ties with family, friends and community. The social worker also assumes major responsibility for planning a patient's return to the community.

Because of this interest, the social worker