

State of California  
DEPARTMENT OF MENTAL HYGIENE

# CAMARILLO STATE HOSPITAL

CAMARILLO, CALIFORNIA 93010



*Medical Director*

HARRY N. JONES, M.D.

Area Code 805

482-4671

## GENERAL

Camarillo State Hospital is a mental health center treating all ages and all categories of mental disorders. Accredited by the Joint Commission on Accreditation of Hospitals, Camarillo serves mentally ill and mentally retarded persons referred from a part of Los Angeles, all of San Luis Obispo, Santa Barbara, and Ventura Counties. Children with emotional disturbances are referred from all counties south of the Tehachapi Mountains.

Seventy per cent of the hospital's patients come from Los Angeles County. Over 70 per cent of all admissions are voluntary. Mentally ill patients are admitted on referral by local county mental health facilities. Mentally retarded patients are referred by regional centers.

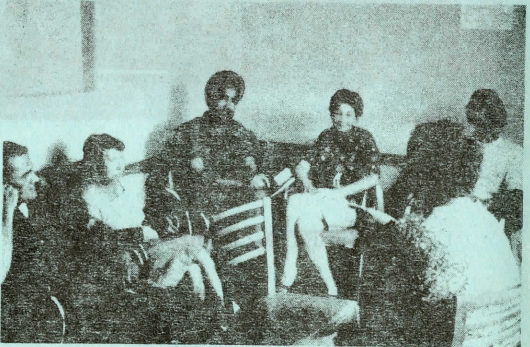
The 90 minute admitting procedure gives new patients as pleasant and rapid a reception as possible, symbolizing the hospital's effort to provide intensive care services from the moment of admission.

## STAFF

Camarillo has authorized positions for 75 physicians, the majority of whom may be psychiatrists. There are authorized professional positions for 3 dentists, 31 psychologists, 64 social workers, 26 rehabilitation therapists, 1240 nursing personnel, and 29 credentialed teachers. Some 465 employees provide all the business and support services of the hospital. There are hospital chaplains for all faiths.

## TREATMENT

Camarillo meets patients' needs through a number of programs designed to meet specific needs. Brief program



descriptions are listed below. Emphasizing person-to-person contact, the treatment methods include individual and group psycho-therapy, marathon therapy, sensitivity training experiences, psychodrama, behavior modification, and desensitization therapy. Family members are increasingly included in the treatment process. Pharmacotherapy and other somatic therapies, when indicated, are also used.

**Children's Treatment Program**—provides highly individualized treatment for emotionally disturbed children, ages 4-16, from 12 Southern California Counties. The program includes formal classroom education, play therapy, recreational activities, and visits to the community plus psychiatric, psychological, social, rehabilitative, and nursing services.

**Adolescent Treatment Program**—Provides inpatient care for mentally ill teenagers, 16-19, with disorders ranging from severely incapacitated to relatively minor but dysfunctional deficits. Treatment and rehabilitation emphasis is on education, social relationships, family conflict reduction via psycho-therapy and psychodrama, and use of leisure time.

**Drug Abuse Program**—provides comprehensive treatment for drug abusers and addicts, 18½ and over, requiring 24-hour care mostly on a voluntary basis. It provides psychiatric, psycho-social, and physical evaluation, orientation toward a different life style, short-term treatment and "family" living in a coeducational setting. It includes hospital-community follow-up programs.

**Alcohol Abuse Program**—is designed for adults, the majority of whom seek help for mental disorders associated with their alcohol abuse. The two-segment program provides 1) intensive intervention and evaluation and 2) intensive rehabilitation in 40 hours of specific therapy a week.

**Medical-Surgical Program**—provides Medical, Neurological, and Surgical care as needed. There are special Intensive Care and Isolation Units for patients. There is a full range of medical specialists, in all specialties, sophisticated equipment, and psychiatric treatment team personnel. It offers clinical consultation, Central Supply equipment, and medical ancillary services on an outpatient basis to the remainder of the hospital. This includes pharmacy, clinical laboratory, neuropathology laboratory, and radiological services.

**Geropsychiatry Program**—provides intensive treatment of psycho-social and medical needs of elderly patients in disordered psychiatric states, usually of abrupt onset. Patients are those likely to respond to a program which encourages self-sufficiency rather than hospital dependency.

**Intensive Psychiatric Intervention Program**—emphasizes group and individual therapy, psycho-tropic medication, electric treatments, and crisis intervention techniques. It is designed for adults with such emotional conditions as acute depression, acute anxiety and panic, acute catatonic and other schizophrenic conditions and dissocial problems.

**Psychiatric Rehabilitation "B" Program**—provides for the treatment of persons having had repeated, often chronic mental problems. These are expressed in erratic social behavior and unsatisfactory interpersonal relationships. It concentrates on behavior-shaping techniques utilizing medical, psychological, social service, nursing, and adjunctive disciplines on individual and group bases.

**Psychiatric Rehabilitation "R" Program**—concentrates on resocialization treatment of adults, suffering from diminished social skills because of prolonged institutionalization, disturbed family relationships and/or economic deprivation. It works toward an improved self-image.

**Special Projects Program**—**Behavior Disorders-Ventura County Project**: provides behavior-shaping techniques and other treatment for patients in Ventura County. **Vocational Rehabilitation Project**: restores patients from the entire hospital to wage-earning status. **Self-Help Project**: utilizes each patient's special strengths in assisting him to achieve his recovery and help other patients do the same. **Admissions-Departure Project**: provides for a smooth admission and release of patients.

**Physical (and Social) Development Program**—designed for mentally retarded residents, 14 and over, either lacking physical development or exhibiting general physical fragility—but with few disruptive behaviors. It provides intensive medical attention, physical medicine procedures, dietary supervision and augmentation, and sensory-motor developmental experiences.

**Behavior (and Social) Development Program**—trains ambulatory retarded persons, 14 and over, through positive reinforcement, individual behavior modification, group and personalized token economies. It develops motivation, self-control and socially appropriate means of expression.

**Habilitation Program**—designed to treat ambulatory, non-disruptive retardates, 14 and up, who tend to profit from a sophisticated, closely structured Operant Conditioning-Token Economy approach.

## RESEARCH

Extensive research in both basic and applied subjects is conducted at Camarillo. Some research projects are funded by the Federal or State government, although many require no additional funds at all. Career scientists and regular professional staff are encouraged to study mental health and developmental problems within the patient population and in the surrounding communities.

## TRAINING

The hospital has a closed-circuit television system staffed and operated by patients. Television receivers are located in all units to inform patients of hospital programs and to show them treatment, educational, and recreational activities elsewhere in the institution. Group discussions televised from the studio have also proved beneficial.

Camarillo maintains training programs for professionals and associated personnel. It also maintains close relationships with many Southern California institutions of higher learning. Over 4,000 students and professionals annually visit the hospital, establishing contact with training activity. Camarillo is affiliated with colleges and universities throughout the United States, from undergraduate to doctoral levels. Psychology interns from across the nation receive specialty training here.

The hospital conducts an approved psychiatric residency training program utilizing community facilities, including the UCLA Neuropsychiatric Institute. Ongoing training programs apprise staff members of new developments and trends in the psychiatric and mental retardation fields.

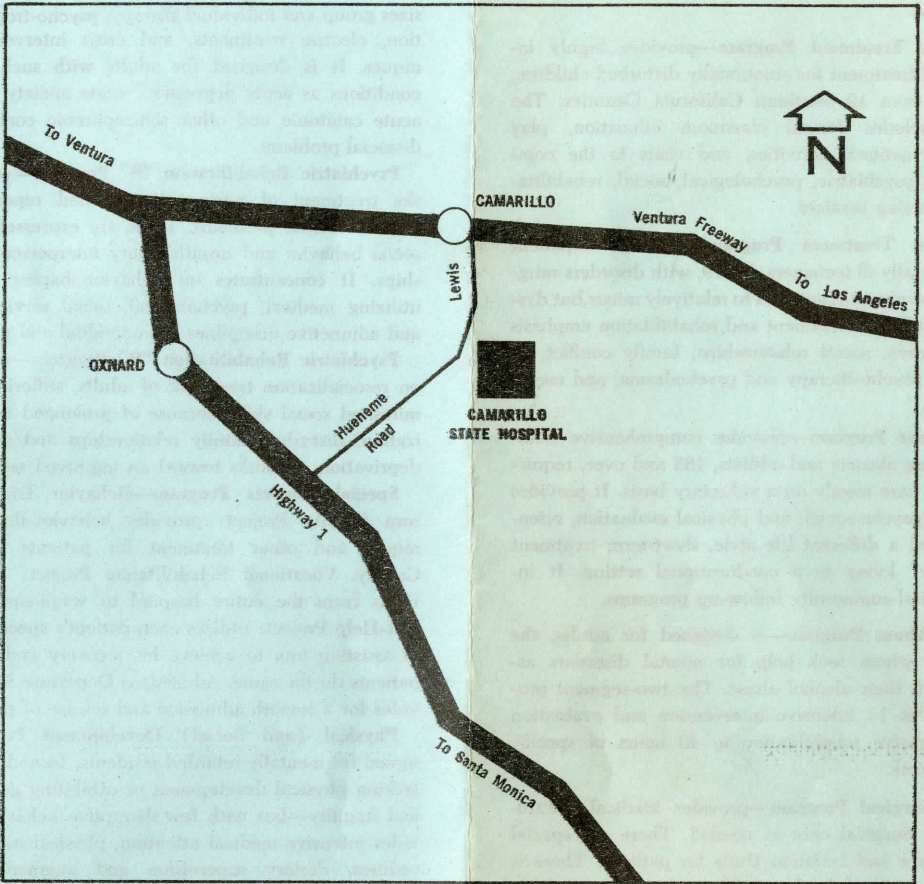
With approval of the Association for Clinical Pastoral Education, Camarillo provides clinical experience for theology students and members of the clergy. Students are aided in understanding themselves and in providing parishioners with pastoral services geared to the needs of persons with emotional problems.

## ANCILLARY ACTIVITIES

Making surrounding communities part of the treatment process is encouraged. Many hours of volunteer time are devoted to patient care programs each year. Individual volunteers or groups visit the hospital regularly, often once a week. Some community groups volunteer their services once a month, usually helping a specific treatment unit, and special volunteers offer their assistance during holiday periods.

Students volunteer time while attending school. Their service is part of their study and/or an expression of their desire to help patients. Under the supervision of professional staff, some "Community Friends" work intimately with released patients, assisting them in their reintegration with community life.

Facilities for patient and staff activities are provided at Camarillo. An auditorium, gymnasium, 2 swimming pools, driving range, bowling alley, and canteen are located on the grounds.



**Located: Four miles south of Camarillo off highway 101**  
**Nine miles east of Oxnard**  
**Sixteen miles southeast of Ventura**  
**Forty miles northwest of Los Angeles (Civic Center)**

Rev. 10-71