



TERRELL STATE HOSPITAL

A FACILITY OF
THE TEXAS DEPARTMENT OF MENTAL HEALTH
AND MENTAL RETARDATION

John J. Kavanagh, M.D.
COMMISSIONER

Luis M. Cowley, M.D.
SUPERINTENDENT

Revised February, 1979

This hospital operates in compliance with the non-discriminatory policies stated in Title VI of the Civil Rights Act of 1964.

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A MESSAGE TO PATIENTS

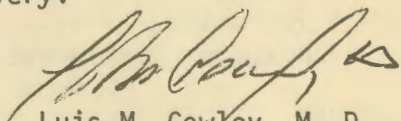
Welcome! The hospital staff understands the apprehension and anxieties of being hospitalized. All of us will be sharing your feelings as we work together with you toward your early recovery.

The hospital units are grouped so that you will be among friends. The same team of psychiatrists, social workers, physicians, nurses and other hospital personnel will care for you throughout your stay here. You will be a part of your own unit government and will share in planning group therapy and other activities. In a sense, you will be a part of your own treatment team.

Our unit system also allows closer contact with your own family and community. Your family is encouraged to contact your doctor and communicate freely with him. Your family's involvement can bring about a better understanding of mental health in the community.

My staff and I are available to you and your family to discuss any problems you have.

We wish you a speedy recovery.



Luis M. Cowley, M. D.
Superintendent

PUBLIC RESPONSIBILITY COMMITTEE

The Volunteer Services Council selects at least seven persons who are neither employees, patients or residents to serve voluntarily as members of the Public Responsibility Committee (PRC). The PRC is an independent, impartial entity which serves to protect, preserve and promote the basic dignity and human rights of patients or residents served by the Department of Mental Health and Mental Retardation. The PRC for Terrell State Hospital receives written and signed complaints at Box 304, Terrell, Texas 75160 and at six locked boxes located on the hospital grounds.

HISTORY OF TERRELL STATE HOSPITAL

Terrell State Hospital, the state's second institution for the mentally ill, admitted its first patients in 1885. Dr. D. R. Wallace, the hospital's first chief administrative officer, was responsible to a local board of managers appointed by Governor John Ireland.

In 1920, the Texas Board of Control assumed authority over all state eleemosynary institutions. Terrell and other state mental hospitals were under the direction of the Board of Control.

In 1949, the 51st Legislature created the Board for Texas State Hospitals and Special Schools to control and manage state mental hospitals, special schools for retarded and state tuberculosis hospitals.

In 1965, the 59th Legislature created the Texas Department of Mental Health and Mental Retardation which is continually improving programs at all state hospitals and schools and developing a state-wide network of community mental health centers.

ORGANIZATION AND TREATMENT PHILOSOPHY

Terrell State Hospital has four geographic units and six speciality units. Geographic units are composed of patients from a single county or a group of counties close to each other. Speciality units receive patients from all counties. Generally the same treatment team of staff psychiatrists, physicians, nursing personnel, psychologists, social workers, and rehabilitation therapists work with patients throughout their stay at the hospital. Patients returning to the hospital are usually reassigned to their former unit.

Treatment methods are designed to bring about quick relief of symptoms and to enable patients to leave the hospital as soon as possible. After study and diagnosis by the team, a variety of treatment and therapeutic programs are prescribed.

In many instances symptoms can be relieved with medication alone. Because of the effectiveness of medication in relieving symptoms of mental illness, electroconvulsive treatment is seldom used. Various forms of group psychotherapy, remotivation and reality orientation are also used.

The treatment team needs as much information as possible to have a better understanding of the patient's problem. The family's cooperation and interest will reduce the time required for recovery and return to family, job and community.

TREATMENT SERVICES

Unit nursing personnel are an integral part of the therapeutic treatment team. They participate in planning and implementing a treatment plan for each patient. The plan includes an assessment of each patient's mental, physical, social and psychological needs; short term and long term goals; discharge plans; and problem-solving techniques to help patient and staff meet the patient's goals.

Nursing personnel help develop an environment in which therapeutic and natural processes work most effectively to restore patients to their families and communities. Standards and objectives of patient care and treatment are reviewed and evaluated regularly. Training programs for nursing personnel enable them to acquire additional knowledge and skills.

ADOLESCENT UNIT

The adolescent program provides comprehensive care for 62 patients, ages 13 to 18. The Adolescent Unit staff, directed by a child psychiatrist, includes professional and para-professional workers with special training and interest in adolescents.

The unit consists of two girls' wards and two boys' wards. Each patient is admitted to a ward and assigned to a treatment team. Both floors have large lobby areas for visiting. Ward environment is an important aspect of the treatment program. Patients have their own ward government which meets daily.

The program begins with evaluations by the staff members. Comprehensive treatment plans are developed to treat individual problems. Adolescents receive group and individual therapy. A therapeutic educational program in an open classroom setting is required of all patients who are able to participate. In addition to the regular academic curriculum, the program includes vocational training in electronics and secretarial and business skills.

The recreational schedule includes frequent off-campus excursions to events in the area, plus a camping program. Dance, art, music and horticultural therapy provide unique opportunities for self-expression.

Patients' families participate in treatment through family therapy at the Adolescent Unit or the Dallas Extended Care Clinic. The clinic also provides a screening service for potential Dallas County patients and a facility for follow-up therapy.

State and federal funds and volunteer contributions help support the adolescent program.

ALCOHOLISM UNIT

The 84-bed Alcoholism Unit treats voluntary patients and those admitted on 90-day court commitments. Screening interviews for voluntary admission are scheduled from 8:00 - 11:00 a.m. Monday through Thursday. Patients are accepted for the unit's program or referred to other treatment resources. Those seeking voluntary admission should call before coming to the hospital.

The staff sees alcoholism as a physical/emotional disorder which requires intensive therapeutic work to gain insight into self-defeating, alcohol-dependent ways of coping with personal conflicts.

Programs include physical care, educational information, group and individual psychotherapy, Alcoholics Anonymous (AA) meetings, recreational therapy, and participation in the therapeutic community of patients and staff. Specialty groups focus on marital problems, leisure time, relaxation, assertion training, grief, vocational counseling, films and lectures.

Patients stay in the program at least 45 days. Follow-up treatment through AA clubs and outpatient psychotherapy are recommended.



CHILDREN'S UNIT

The Children's Unit, under direction of a child psychiatrist, is designed to minimize the impact of institutional care and create as normal an environment as possible.

A new children's cottage provides beds for 15 patients with ample privacy and play space.

Comprehensive evaluation and treatment for each child includes individual and group therapy, recreational therapy and an individualized educational program in a specially designed classroom.

The unit's goal is to return youngsters to their own homes as soon as possible. Parents participate in family therapy and group counseling to better understand their children's problems. Parent groups meet at the Dallas Extended Care Clinic and at the Children's Unit.

The unit's professional staff supervises the child care workers and provides therapy for children and parents.

MEDICAL AND SURGICAL UNIT

The Medical and Surgical Unit is a 76-bed facility which treats patients with medical and surgical problems. It includes an operating room suite, emergency room, clinics, physical therapy, respiratory therapy, X-ray and laboratory.

It has a three-bed special care unit and cardiac teams on duty 24 hours a day to provide advanced life support to all patients and employees.

Thirteen consultants, covering all medical specialties, are available for consultation, treatment and surgery.

GERIATRIC UNIT

The Geriatric Unit is responsible for: assessing patients' medical and nursing needs; implementing comprehensive treatment plans; and evaluating effectiveness of care within limitations of the aging process. The staff works with various health disciplines to achieve each patient's individual goals.

Services also are provided for other patients receiving Medicare payments.

MULTIPLE DISABILITIES UNIT

The Multiple Disabilities Unit (MDU), provides an intensive therapeutic program for 120 multiply-handicapped men and women with psychiatric disorders complicated by mental retardation. The goal is to help patients develop to their highest potential and to live as independently and productively as possible. Behavior modification, grooming, and socialization techniques help patients adjust to living in more open environments and communities. Participants work toward achieving goals in small steps, and are "paid" for progress with tokens. Tokens are exchanged at the MDU Token Store for coffee, juice, cookies, and personal grooming items. Tokens also can be exchanged for special events such as shopping trips, movies and camping adventures.

Families and volunteers provide many items for the Token Store.

DAY CENTER PROGRAM

The Day Center, an inpatient/outpatient facility, has a dual function: it assists inpatients in making the transition from the hospital to the community; and, it provides services to outpatients who need only partial hospitalization.

A Day Program includes community living skills, occupational therapy, and recreational therapy for inpatients and outpatients. Three days a week are designed for chronically mentally ill patients and patients who are making the transition to community living. Two days are designed for outpatients without previous psychiatric hospitalization and inpatients who are experiencing acute psychiatric illness (usually first or second hospitalizations).

The Day Center also offers individual, group, family and marital therapy. Most of these services are for outpatients, but referrals are accepted for inpatients.

The Day Center also offers community consultations to area school systems, nursing homes and other agencies.

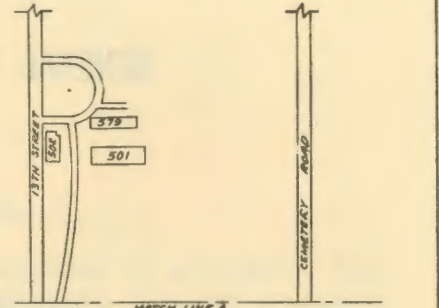
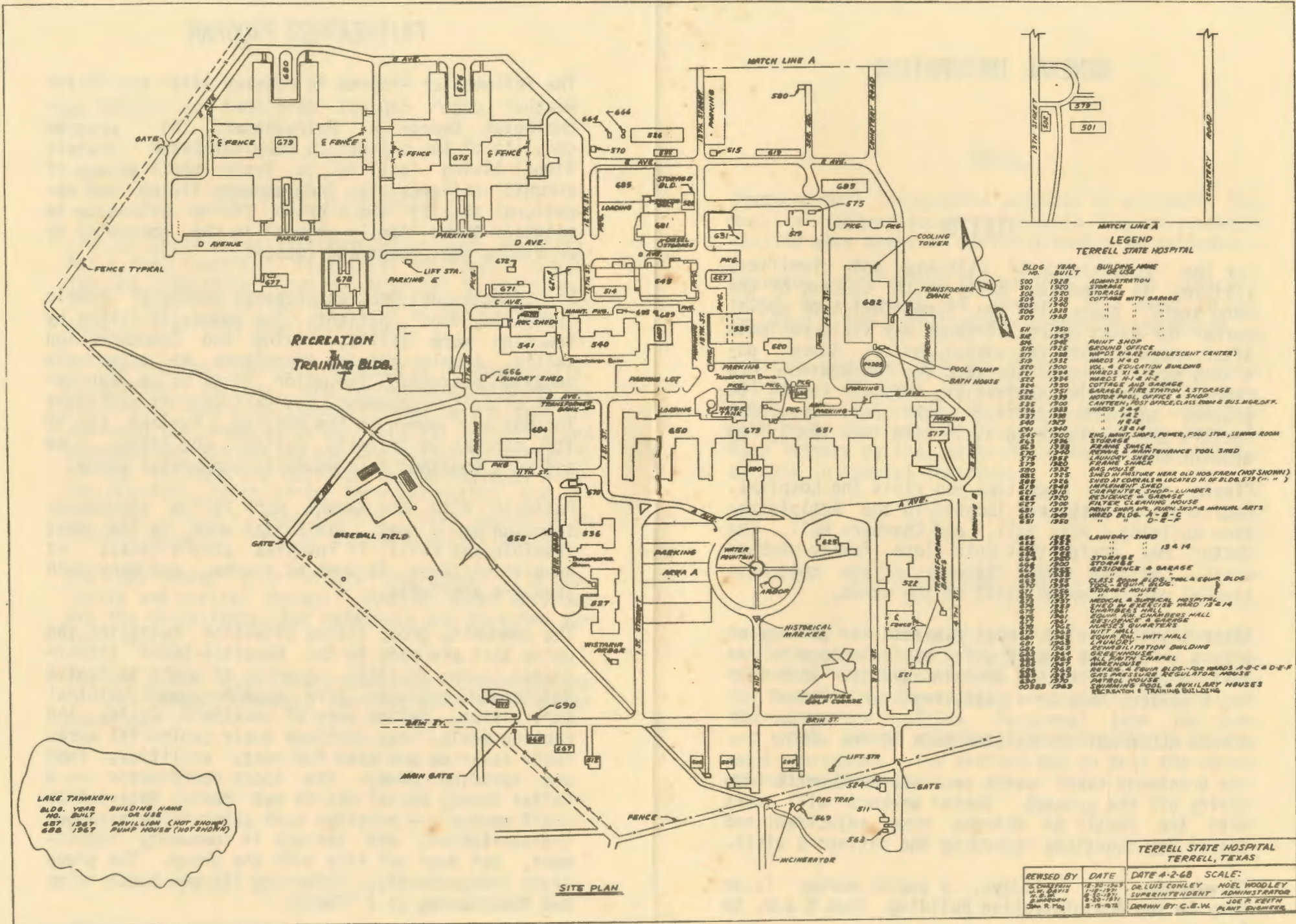
FAIRWEATHER PROGRAM

The Fairweather Program is modeled after the "Fairweather Lodge" concept developed by social psychologist George H. Fairweather. The program consists of two phases: a hospital-based transitional living facility to train small groups of chronic patients in independent living and vocational skills; and a group living situation to maintain these "family groups" in the community by providing employment and support.

The transitional portion prepares groups of chronic "revolving door" patients for community living by teaching work skills, living and communication skills, problem solving techniques and acceptable behavior patterns. The major focus is on development of self-management and self-support abilities for men and women in the program, but the key to its success is training patients who learn, live and work together as a mutually supportive group.

Patients also are taught work skills and how to function as a team. Janitorial work is the most feasible job skill: it involves simple tasks; it enables patients to work as a crew; and many such jobs are available.

The community group living situation maintains the gains that are made in the hospital-based transitional living facility. A group of eight to twelve discharged patients live together with minimal supervision, taking care of household duties and cooking meals. They continue their janitorial work. Their salaries are used for rent, utilities, food and spending money. The lodge coordinator --- a Dallas County Mental Health and Mental Retardation staff member --- provides work supervision, arranges transportation, and assists in community adjustment, but does not live with the group. The group lives independently, enforcing its own house rules and functioning as a "family."



LEGEND
TERRELL STATE HOSPITAL

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LAKE TAMAKONI
 BLDG. YEAR BUILDING NAME
 NO. BUILT OR USE
 687 1927 PAVILION (NOT SHOWN)
 688 1967 PUMP HOUSE (NOT SHOWN)

SITE PLAN

**TERRELL STATE HOSPITAL
 TERRELL, TEXAS**

REVISED BY	DATE	DATE 4-2-68	SCALE:
W. C. CHRISTIAN	1-20-59		DR. LUIS CONLEY
W. C. CHRISTIAN	1-18-57		NOEL WOODLEY
W. C. CHRISTIAN	5-30-51		SUPERINTENDENT
W. C. CHRISTIAN	5-19-52		ADMINISTRATOR
			JOE F. KEITH
			PLANT ENGINEER

GENERAL INFORMATION

VISITS

For the convenience of patients and families, visiting is scheduled daily with consent of the ward staff. Check with the receptionist or social worker for exact hours. Friends may visit patients after checking with the social worker. Since patients must return to the ward for medication and other therapeutic activities, visits should be planned to avoid conflict with these programs. Doctors are available to visit with the family by appointment.

Please register each time you visit the hospital. Registration desks are located in the Administration Building, Witt Hall, and Chambers Hall. The doctor may prefer that only close family members visit. Children under 14 years of age must have special permission to visit on the wards.

After a brief period, most patients can go home on a pass. Families should write or telephone to request a pass at least a week in advance. When taking a patient home on a pass, register as usual.

ALWAYS ACCOMPANY THE PATIENT BACK TO THE WARD.

The treatment staff wants patients to benefit from visits off the grounds. Social workers will meet with the family to discuss home adjustment and answer any questions regarding the patient's visit.

On weekends and holidays, a social worker is on duty in the Administration Building from 8 a.m. to 5 p. m.

MAIL

Incoming mail is received unopened by patients. The hospital cannot assume responsibility or accountability when money is mailed directly to patients.

Packages received by the patient will be acknowledged by a card to the sender. If a card is not received, the social worker should be contacted.

Patients may send mail to anyone. If a patient does not have stationery or stamps, the hospital supplies enough to mail two letters weekly. Patients with their own stationery and stamps may send as many letters as they wish. Outgoing mail is censored only in special instances.

TELEPHONE CALLS

Telephones in the ward buildings are for hospital business, but there are several pay phones on the grounds. When the hospital switchboard gets a call for a patient, the operator transfers the call to the supervisor's office. Personnel take the name and phone number of the caller and relay it to the ward personnel. The patient may go to a pay phone to return the call.

PATIENT TRUST FUND

The patient trust fund is for safekeeping of patient's money until needed. Money intended for deposit in the patient trust fund should be clearly labeled. All incoming mail is distributed unopened. Please do not send cash or checks in letters to patients. The hospital cannot assume responsibility for cash that is lost or otherwise disposed of improperly. Money for patient's needs should be sent by check or money order payable to "TERRELL STATE HOSPITAL" for deposit to the patient's trust fund account. BE SURE TO STATE PATIENT'S FULL NAME. Personal checks from Dallas area banks will be held for seven days for clearance before trust funds can be released to the patient. Personal checks from all other areas will be held for fourteen days for bank clearance. Money may be left at the switchboard in a sealed envelope on holidays and weekends.

TOILET ARTICLES

Patients may bring personal toilet articles to the hospital in PLASTIC CONTAINERS. All new patients receive a packet of personal grooming items.

CLOTHING

Since articles of clothing are sometimes lost, misplaced, or stolen, patients should have six changes of inexpensive, washable clothing.

LAUNDRY

Laundry services are provided for patients' personal clothing. Clothing is picked up weekly from each ward and returned within 24 hours. Some areas have free washers and dryers. Washable clothing is recommended. DRY CLEANING IS NOT PROVIDED AT THE HOSPITAL.

A sewing room is available to mend and alter patients' clothing.

VEHICLES

Cars, bicycles, motor bikes and similar vehicles should not be brought to the hospital for patients.

BEAUTY AND BARBER SHOPS

Licensed barbers and cosmetologists are employed to provide beauty shop and barber shop services for patients.

PHARMACY

The hospital pharmacy is open from 8:00 a.m. to Noon and from 1:00 to 6:00 p.m. Monday through Friday; also from 8:00 a.m. to Noon on Saturday. A pharmacist is on call for emergencies.

The pharmacy fills doctors' prescriptions for hospital patients and for former patients through the hospital's network of outreach clinics.

FOOD SERVICE

Food Service provides well-balanced meals for all patients. Special diets are prepared by a certified dietician. Patients can purchase sandwiches, soft drinks, candy and tobacco at the canteen. Vending machines in different areas of the hospital dispense soft drinks, cookies and candy.

CHAPLAINCY

FURLOUGHS, DISCHARGES AND AFTERCARE

When the treatment team believes that a patient has recovered sufficiently to return home, a short term furlough or discharge is recommended. A social worker notifies the family to involve them in the discharge and aftercare process.

Aftercare services are available at the hospital's Outpatient Clinic; outreach clinics at Paris, Mount Pleasant, Greenville, Waxahachie, and Corsicana; and Community MHMR Clinics at Texarkana, Clarksville, Gilmer, Quitman, Dallas, Bonham and Canton.

SUPPORT SERVICES

CHAPLAINCY

Patients' religious and spiritual lives are an important part of the hospital's treatment program. The attractive All-Faith Chapel, built with volunteer contributions, is a place of worship for all denominations. A Protestant chaplain, a Roman Catholic priest and a representative from the Jewish faith conduct regular worship services, visit and counsel with patients.

The hospital offers a clinical training program for ministers and seminary students to acquaint them with problems and needs of the mentally ill.

WEEKLY WORSHIP ACTIVITIES

Protestant

Sunday: 8:30 a.m. Bible Study Class
9:45 a.m. Protestant Worship
Tuesday: 4:00 p.m. Episcopal Communion

Catholic

Saturday: 4:00 p.m. Holy Mass
Monday: 4:00 p.m. Holy Mass
Thursday: 4:00 p.m. Holy Mass
Holy Days 4:00 p.m. Holy Mass

Jewish

Friday: 7:30 p.m. Sabbath Service



REHABILITATION THERAPIES



Rehabilitation Therapies includes six departments: Industrial Therapy and Sheltered Workshop; Patient Library; Occupational Therapy; Creative Therapies; Rehab Store; and Adult and Leisure Education. Each department involves patients in activities comparable to those offered in the community.

Outdoor facilities include: a therapeutic swimming pool; lighted softball diamond; tennis, volleyball, badminton and shuffleboard courts; and gardening plots. Patients enjoy day or overnight camping at Lake Tawakoni.

The Industrial Therapy department provides work-oriented opportunities simulating community employment. A client work program employs patients in various departments. The Sheltered Workshop offers contract work for patients.

The Patient Library provides a variety of reading materials including hometown newspapers, magazines, current best sellers, reference materials, "talking books" for the visually handicapped, greeting cards, writing materials and puzzles.

Occupational Therapy activities range from light handicrafts such as art, ceramics and leatherwork to decoupage, metalwork and woodworking.

Creative Therapies include music, art, poetry, dance, dramatics, creative writing, current events, book studies, and cultural appreciation.

The Rehab Store provides clothing for patients and encourages good grooming and individual wardrobe planning.



The Adult and Leisure Education program consists of adult basic education, community living skills, leisure education and homemaking skills. The program is designed to prepare patients for possible return to the community.

Rehab supervisors and technicians on each unit are responsible for initial assessments and planning.

VOLUNTEER SERVICES

Volunteers are an important part of the hospital's treatment team. Orientation and training are provided for individuals and groups.

The Volunteer Services Council for Terrell State Hospital is composed of representatives from church, civic, and service organizations. The Council acts as a policy-making body for processing donated funds, gifts and clothing according to patients' needs.

Junior volunteers, ages 14 to 18, serve in the hospital during the summer months and on other special occasions.

Gifts or donations for patients should be addressed to: VOLUNTEER SERVICES COUNCIL, TERRELL STATE HOSPITAL, Box 70, Terrell, Texas 75160. All donations are tax deductible.

Volunteers lead group discussion and work with patients in remotivation programs. There are opportunities for service in many areas, with assignments available to meet each volunteer's abilities and interests. Information is available from the hospital's Volunteer Services office.



PSYCHOLOGY

The Psychology Department is composed of ten full-time psychologists and several consultants from Southwestern Medical School in Dallas. The department provides diagnostic testing, personality assessments, and individual and group psychotherapy; consults with other staff members concerning various aspects of patient care and treatment; and provides consultation services for psychological research projects.

Psychologists help in program planning on the wards; assist in providing training for staff, consult on patient government programs, supervise graduate students in psychology, and develop behavior modification programs for individuals and groups.

SOCIAL SERVICE

Social workers help patients achieve more satisfactory relationships and improve social functioning.

Social workers obtain information from families regarding each patient's life prior to hospitalization. They begin planning for the patient's discharge from the hospital and explain hospital services, policies and procedures. Social workers participate in staff conferences to help plan effective treatment programs and follow-up procedures so patients can make a successful adjustment after leaving the hospital. They maintain close contact with social agencies in the patient's home community.

VOCATIONAL REHABILITATION

The Texas Rehabilitation Commission (TRC) assists handicapped individuals with services to enable them to begin or return to gainful employment. TRC offers assistance to disabled Texans who want to work and become productive, independent citizens.

Psychiatric referrals are sent to the Social Service Department. TRC counselors determine patients' eligibility for services, assess specific needs, and provide halfway house placements and training programs for discharged or furloughed patients who need supportive living and additional preparation for community living.

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