



Patient & Family Guide

2022

**Adult
Neurodevelopmental
Stabilization Unit
(ANSU): Dual
Diagnosis Program**



www.nshealth.ca

ANSU: Dual Diagnosis Program

We work with clients' loved ones, community partners, housing agencies, and others on behalf of people with learning disabilities and mental illnesses to lower:

- › Stigma (being treated differently because of personal traits like mental illness)
- › Restrictive practices (treatments that reduce your freedom of movement)
- › Institutionalization (keeping you in a health care facility for treatment longer than needed)

What are your questions?

Please ask. We are here to help you.

What is ANSU?

- The Adult Neurodevelopmental Stabilization Unit (ANSU) is a specialized acute inpatient unit, under the former name, Emerald Hall. ANSU serves people who:
 - › Are 19 years of age or older
 - › Have a learning disability that needs some or a lot of care
 - › Have an active mental illness (like anxiety, a mood disorder, psychosis, and others)
- To be admitted to ANSU, you will need a referral from the Community Outreach Assessment Support and Treatment (COAST) Team. See the pamphlet *Community Outreach Assessment Support and Treatment (COAST) Team* for more information:
 - › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1178.pdf
- If you do not have a learning disability, please ask your primary health care provider (family doctor or nurse practitioner) about General Adult Mental Health services.
 - › www.nshealth.ca/locations-details/Abbie%20J.%20Lane%20Memorial%20Building%20-%20QEII

Who is on the ANSU team?

The ANSU team includes:

- › Psychiatrists (doctors who assess and treat people with mental illnesses)
- › Hospitalist (doctor who takes care of any medical needs on the unit)
- › Registered Nurses (RNs) (assess for signs and symptoms of mental illness, give medications, treatments, and personal care, help with activities of daily living)
- › Behaviour Analyst (works to understand challenging behaviours and makes a plan to help you lower them)
- › Occupational Therapist (OT) (helps you get back to doing your daily activities)
- › Recreation Therapist (uses recreation and leisure to improve your physical and mental health)
- › Social Worker (helps you and your loved ones with finances, employment, living arrangements, and more. They can also give psychological treatments.)
- › Therapeutic Assistants (supports the rest of the health care team)

What does the ANSU team do?

The team:

- Includes you in your care. This empowers patients and the community.
- Does assessments, including:
 - › Psychiatric and/or medical
 - › Nursing
 - › Behaviour
 - › Recreation therapy
 - › Occupational therapy
 - › Social work

We then give reports and recommendations about how to best support you when you return to your home in the community. These can be given to you, your loved ones, your primary health care provider, your substitute decision maker (SDM), and others, as needed.

- Works with you and your loved one(s) and/or caregiver(s) to give short-term treatment and support, including:
 - › Assessment (finding the causes of your illness)
 - › Stabilization (helping you get well and return to your daily life)
 - › Teaching you life skills

What will happen before I am admitted?

- When you go to the hospital, Community Outreach Assessment and Support Team (COAST) will give you an appointment with the health care team, your caregivers, and your SDM to talk about your admission and discharge.
- You will be given a list of supplies to bring with you to the hospital.
- Please call ANSU at 902-464-3035 if you or your loved one(s) have questions about your medication(s), your personal belongings, or anything else.

Contact

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- › Phone: 902-464-3035
- › Fax: 902-464-6078

