



Unit Name Dartmouth Community Mental Health

Unit Location Belmont House: 33 Alderney Drive, Dartmouth

Program Mental Health

Nova Scotia Health Authority Outpatient Service Profile

The purpose of this Profile is to provide Nurses with an overview of each service area.

<u>General Information</u>	
Service	Dartmouth Community Mental Health
Site	Central Zone
Brief description of the Unit	Community Mental Health (CMH) provides services for adults who are experiencing significant mental health problems or mental illness. We support people to manage mental health illness and improve their mental health and well-being. We work with community partners such as family physicians, schools, the Department of Community Services and other community agencies, as needed.
Unit Orientation	Orientation is geared to the specific learning needs of the clinician. The process often involves observing clinical interactions, being observed during clinical interactions to functioning independently.
Number of Beds	N/A

Patient Care

Patient Population	<p>We provide assessment and individual and group psychotherapy.</p> <p>Some of the more common illnesses that we treat are:</p> <ul style="list-style-type: none">• Anxiety Disorders• Mood Disorders• Psychotic Disorders• Adjustment Disorders• Personality Disorders• Concurrent Disorders (both mental illness and addiction issues)
Average Patient Age Range	19-70
Nursing Model of Care	<p>Primary Nursing: _____ Team Nursing: <u>X</u> Other: _____ Total Patient Care: _____ Modified Total Patient Care: _____</p> <p>Other:</p>

Systems

Medication System	<p>Traditional: _____ Unit Dosage: _____ Other: _____</p> <p>Other: May administer long acting antipsychotic injections.</p>
Scheduling	<p>Manager: _____ Self: <u>X</u></p> <p>Staff submit their schedules to the manager for approval based on operational requirements.</p>
Average Number of Staff per Shift	<p>Days: RN _____ LPN _____ CTA _____ Evenings: RN _____ LPN _____ CTA _____ Nights: RN _____ LPN _____ CTA _____</p> <p>Hours of work are Monday to Friday with one evening shift per week (till 1930 hours). Clinicians must be able to work both independently and collaboratively with other team members.</p>
Service Hours	Monday to Friday 8:30 to 4:30 with one evening shift till 7:30.

Length of Shift	8hr: <u> X </u> 12 hr: <u> </u> Other: <u> </u> Other: One longer shift 1 day a week. Time is smoothed over 14 week schedule.
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<u>Staff</u>	
Staff Mix	RN: <u> 10 </u> % LPN: <u> 0 </u> % CTA: <u> 0 </u> %
Physician Coverage	On Call: <u> </u> On Site: <u> X </u> N/A: <u> </u> Other: <u> </u>
Multidisciplinary Team Members	Social workers, Occupational Therapists, Psychologists, Psychiatrists, and Intake Coordinator, and a Clerical team.

<u>Required Skills, Qualifications & Experience</u>	
RN <i>Registered Nurses provide professional nursing services, deliver health education programs and provide consultative nursing services to promote, maintain and restore patient health.</i>	
Responsibilities	Conducting initial "Choice" intake appointment, seeing clients in follow up to provide psychotherapy either 1:1 or in groups, symptom monitoring and medication response.
Skills Required	Assessment using DSM formulations, psychotherapy (may be different models such as CBT, SFT, MI, DBT, etc) and group facilitation skills.
Additional Responsibilities	High mental stress. Ability to tolerate the emotion and distress of others.
Additional License/Certification/Education required	Psychotherapy training

Completed by: Kim Fleming and Jamey Piedalue **Date:** August 12, 2015