

Community Outreach Assessment Support and Treatment (COAST): Dual Diagnosis Program

Contact

Nova Scotia Hospital
Mount Hope Building
300 Pleasant Street
Dartmouth, NS B2Y 3S3

- › Phone: 902-464-6025
- › Fax: 902-464-3044

COAST: 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 the COAST Team?

- The Community Outreach Assessment Support and Treatment (COAST) Team helps people reach their highest level of wellness. They serve 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)
- You will need a referral to the COAST Team. Ask your primary health care provider (family doctor or nurse practitioner) or your psychiatrist if the COAST team is right for you.
 - › **Referral form:** www.nshealth.ca/sites/nshealth.ca/files/coast_physician_referral_form.pdf
- If you do not have a learning disability, please ask your primary health care provider (family doctor or nurse practitioner) or your psychiatrist about General Adult Mental Health services.
 - › www.nshealth.ca/locations-details/Abbie%20J.%20Lane%20Memorial%20Building%20-%20QEII

Who is on the COAST Team?

The COAST Team includes:

- › Psychiatrists (doctors who assess and treat people with mental illnesses)
- › Registered Nurses (RNs) (assess for signs and symptoms of mental illness, and give education)
- › 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 safely and independently)
- › Social Worker (helps you and your loved ones with finances, employment, living arrangements, and more. They can also give psychological treatments.)

What does the COAST Team do?

The Team:

- Does psychiatric assessments to find the causes of your mental illness. These may include behaviour, functional (daily activities), and social work assessments. They give reports and recommendations about how to best support you 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.
- Gives short-term treatment and support. The goal is for you to be discharged back to your primary health care provider for long-term care.
- Works with your primary health care provider and other health care providers to give the care that is right for you.
- Helps you transition back to the community when you are discharged, if you have been admitted to the Adult Neurodevelopmental Stabilization Unit (ANSU).

See the pamphlet *Adult Neurodevelopmental Stabilization Unit (ANSU): Dual Diagnosis Program* for more information:

- › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/2313.pdf

Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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www.nshealth.ca

Prepared by: COAST Team

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.