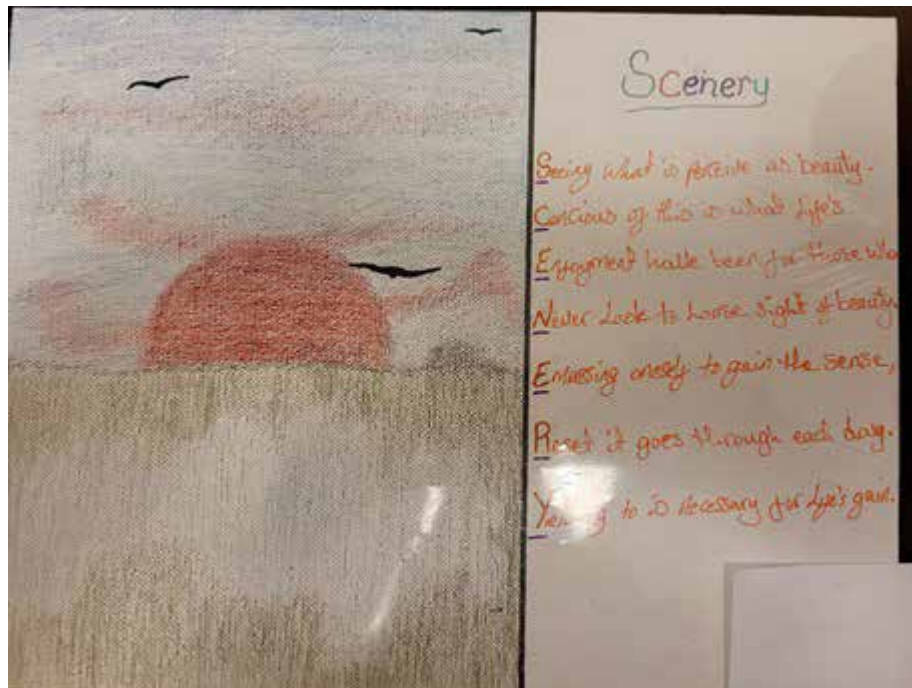


East Coast Forensic Hospital

Community Client Program



Artwork by: D. Jones

East Coast Forensic Hospital: Community Client Program

My East Coast Forensic Hospital (ECFH) community team includes:

Forensic case coordinator: _____

Phone (office): _____

Phone (cell): _____

Psychiatrist: _____

Other members of your health care team are available as needed.

Students: You can choose to have a student as part of your health care team. This choice will not affect your care.

ECFH address:

88 Gloria McCluskey Avenue, Dartmouth, NS B3B 2B8

ECFH phone numbers:

ECFH switchboard:

- › Phone: 902-460-7300

Unit A nursing station (evenings, weekends, holidays):

- › Phone: 902-460-7313 or 902-460-7314

Patient/family feedback (Patient Relations):

- › Phone (toll-free): 1-844-884-4177
- › Email: healthcareexperience@nshealth.ca

For more information, see pamphlet 0466, *Your Rights and Responsibilities*:

- › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/0466.pdf

Mental Health Mobile Crisis Team:

- › Phone (toll-free): 1-888-429-8167
- › Phone (HRM): 902-429-8167

If it is an emergency, call 911.

What is the ECFH Community Client Program?

The Community Client Program is available to help after you are:

- › given a conditional discharge from the Criminal Code Review Board (CCRB) (see page 3).
- › found not criminally responsible (NCR) for an offense and the court releases you to the community.

For more information, visit:

- › https://novascotia.ca/just/ccrb/ccrb_overview.asp

Forensic Case Coordinator

As part of the Community Client Program, a Forensic Case Coordinator (FCC) will be chosen to help you. The FCC's goal is to help you stay well and in the community. The FCC is the link between you, your ECFH health care team, and your community supports (see page 5). Your FCC will support you to:

- › find a suitable place to live.
- › plan and help you get ready for discharge from the ECFH.
- › manage your risk to reoffend, so you do not have any more trouble with the law.
- › **problem solve** to reach your goals.
- › connect with programs that can support you while living in the community.

Your FCC will also give you and your community supports a discharge binder with phone numbers and information to help you succeed in the community.

Conditional discharge

All patients who are given a conditional discharge from the CCRB must follow the conditions of their disposition (official decision). You may be required to follow discharge conditions such as:

- Keep the peace (get along with others)
- Keep good behaviour
- Maintain good mental health
- Follow the instructions of the Community Mental Health Team
- Keep all follow-up appointments with the ECFH Community Client Program

- Follow the instructions and conditions of the ECFH Community Client Program
- Do not** use alcohol, cannabis, and/or illegal drugs
- Take part in random (not planned) Urine (pee) Drug Screen (tests)
- Live in a location approved by the ECFH and follow the rules of the residence
- Tell the CCRB and the ECFH if your address changes
- Appear before the CCRB when asked
- Stay in Nova Scotia unless you get an approval in writing from the CCRB that you may leave (requests to travel outside of Nova Scotia can be made to the CCRB through your lawyer)

Other conditions may be added by the CCRB based on your risk factors. For example, you may be given a no-contact order stating that you may not have contact with anyone involved in your case.

Living in Nova Scotia

- The ECFH Community Client Program is able to support you in your home community anywhere in Nova Scotia.
 - › If you are discharged to the Halifax Regional Municipality (HRM), you will continue to be a patient of the same psychiatrist you had as an inpatient at the ECFH.
 - › If you are discharged to a community outside of HRM, you will meet with a local community mental health team for follow-up care.
- **While living in the community, you must follow the conditions set out by the CCRB conditional discharge.** You will also have regular contact with your FCC, including in-person visits. The CCRB, your ECFH health care team, and your formal community support(s) will work with you to decide how often you need to be contacted based on your support needs. You can expect:
 - › Your FCC will be in regular contact with you and/or your community support(s) to check on you. Sometimes these meetings will be in-person.
 - › Your FCC will talk with you about your mental health and risk to reoffend to decide how well you are doing in the community. This information will be shared with your health care team.
 - › Your FCC will ask you questions to find out if you have been following the conditions of your conditional discharge.

- › At times, you may need to complete a Urine Drug Screen to check for non-prescribed drugs, or illegal drugs in your urine.
- › Any of this information, from any source, will be shared with the CCRB.

ECFH Depot Clinic

- If you have been prescribed a long-acting injectable medication by your psychiatrist and you are **discharged to HRM**, you can get future injections through the Depot Clinic.
- The Depot Clinic is run by ECFH nursing staff.
- When you need your next injection, go to Reception at the ECFH. If you are not sure if you should go to the Depot Clinic, talk with your FCC or psychiatrist.
- If you are **discharged outside of HRM**, and have a long-acting injectable medication, your FCC will connect you with the right health care clinic to get your injections.

Re-admission

- You may be re-admitted to the ECFH if you have symptoms of mental illness that do not allow you to live in the community safely, or if you do not follow your discharge conditions. Before you are brought back to the hospital, the FCC will work with your health care team to:
 - › find out which community supports you have, if any
 - › ask for information from family and friends
 - › decide if you should be re-admitted
- If they decide you should be re-admitted to the ECFH, the Chairperson of the CCRB will issue a warrant for your re-admission. In most cases, the police will bring you back to the ECFH.
- If you are re-admitted, your community access level may be lowered.
- Your family members, friends, or other community supports are encouraged to contact your FCC if they have concerns about your well-being.

Absolute discharge

The CCRB may give you an **absolute discharge (you are free to go)**.

This often happens when a patient has gone back to living in the community for a period of time and is doing well. When you are given an absolute discharge, you will no longer be followed by your ECFH health care team, hospital staff, and the CCRB. Your health care team will connect you with **community-based supports**, if needed.

Community supports

Healthy Minds Cooperative

- › Phone: 902-404-3504
- › Email: healthyminds@eastlink.ca
- › www.healthyminds.ca

Nova Scotia 211

- › Phone: 211
- › Email: help@ns211.ca
- › www.ns.211.ca

Nova Scotia Health Adult Community Mental Health and Addictions Services

- › Intake line (toll-free): 1-855-922-1122
(Monday to Friday, 8:30 a.m. to 4:30 p.m.)
- › <https://mha.nshealth.ca/en/services/adult-community-mental-health-and-addictions-services>

Patient Rights Advisor Service:

- › Phone: 902-404-3322
- › Phone (toll-free): 1-866-779-3322

For more information, see pamphlet 1146, *Your Rights Under the Involuntary Psychiatric Treatment Act*:

- › www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1146.pdf

Patient feedback:

- If you wish to share a compliment or concern about the service you have been given, please talk with staff or ask to talk with the Health Services Manager.
- You may also contact the Nova Scotia Health Patient Feedback line:
 - › Phone (toll-free): 1-844-884-4277

Notes:

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>

Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: East Coast Forensic Hospital

Designed by: Nova Scotia Health Library Services

The information in this brochure is for informational and educational purposes only.
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.