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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

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

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

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Mental Health and Addictions Day Hospital

Western Zone

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Mental Health and Addictions Day Hospital

What is the Mental Health and Addictions Day Hospital?

- The Mental Health and Addictions (MHA) Day Hospital supports your recovery through:
 - › Outpatient (day) treatment
 - › Group and one-on-one therapy
 - › Helping you stay connected with your loved ones (like your Circle of Support) and the community
- The Day Hospital cares for people with intense mental health issues or concerns. We offer:
 - › More closely monitored care than what is offered by community MHA clinics
 - › Support after you are discharged from an inpatient psychiatric unit, when you no longer need 24-hour care

- The people in your Circle of Support need information so that they understand how to help you in your treatment and recovery. Please tell us who you would like in your Circle of Support and what personal information you would like us to share with them. Together, we will fill out a *Consent to Share Information with Family and Friends – Your Circle of Support* form. You can change the information in this form at any time.

What are your questions?

Please ask. We are here to help you.

How will my team decide what care I need?

During your 1st assessment, your health care team will ask questions to find out what care you need. They will work with you to make a care plan based on your needs and goals for recovery.

How can I help with my care?

You are the most important member of your health care team. You will work with the team to make your care plan.

How can my loved ones help with my healing journey?

- We encourage you to involve people who can support you in your treatment and recovery.
- Your Circle of Support is made up of your loved ones who you have chosen to help you as you recover.

How do I take part in Day Hospital programs?

You must:

- Live in the Annapolis Valley area (in the Western Zone)
 - Be 19 years old or older
 - Be referred by a psychiatrist
 - Be 1 of the following:
 - › An inpatient who could be discharged early from an MHA acute (urgent) care unit
 - › An outpatient who is at risk of being admitted to the hospital if you do not get more intensive care
 - › A person at the Emergency Department who could safely be treated and monitored in the Mental Health Day Hospital
- You may also be considered if:
- You are an outpatient who needs close monitoring as you change your medication

How do I access the Day Hospital?

- To access the Day Hospital, you must be referred by a psychiatrist. Please ask your psychiatrist or a member of your health care team (also called your Circle of Care) for more information.
- Your Circle of Care is made up of members of the health care team who are involved in your ongoing recovery. This includes doctors, psychiatrists, nurses, psychologists, social workers, and other health care providers.
- Day Hospital staff will review your referral. If the Day Hospital will support your treatment and healing, members of your Circle of Care will give you an admission date and explain the admission process.

Who is on my Day Hospital health care team?

Your Day Hospital health care team includes psychiatrists, registered nurses (RNs), social workers, an occupational therapist, a clinical therapist, a recreational therapist, and administrative support.

What are the Day Hospital's hours?

- The Day Hospital is open 7 days a week.
- You can come to the Day Hospital during the day and go home in the evening.
- You will be given a schedule with programs that are right for you. You may not need to come every day.

What care and programs does the Day Hospital offer?

The Day Hospital offers intensive care and goal-directed group and one-on-one therapy, like:

- Starting new medication, if needed
- Healthy eating education
- Checking your response to medication(s)
- Help you connect with community supports
- Coping strategies
- Recreation therapy

How long will I take part in Day Hospital programs?

Most people take part for about 4 weeks (1 month).