

East Coast Forensic Hospital

Transition Bungalow Program



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Contents

What is the ECFH?	2
What is the Criminal Code Review Board?	2
What is the Transition Bungalow Program?.....	2
Who is eligible for the Transition Bungalow Program?	3
Community access levels.....	3
What will be expected of me in the Transition Bungalow Program?.....	4
Community access passes	5
Smoking.....	5
Safety	6
Privacy	6
Contraband (not allowed) items	6
Patient feedback	7
Community supports	7

East Coast Forensic Hospital: Transition Bungalow Program

My East Coast Forensic Hospital (ECFH) health care team includes:

Transition Bungalow staff:

_____ and _____

These two staff members are available Monday to Friday, from 7 a.m. to 10 p.m. If they are not available, call Unit B nursing staff at 902-460-7315 or 902-460-7316.

Psychiatrist: _____

Medical doctor: _____

Forensic case coordinator: _____

Social worker: _____

Psychologist: _____

Occupational therapist: _____

Recreational therapist: _____

Programming coordinator: _____

Spiritual care clinician: Available on request.

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

You may also see the following staff during your stay:

- › Administrative assistants
- › Correctional officers
- › Dietitian
- › Housekeeping staff
- › Unit aides
- › Volunteers

ECFH address:

88 Gloria McCluskey Avenue
Dartmouth, NS B3B 2B8

ECFH phone numbers:

ECFH switchboard: 902-460-7300
Unit B nursing station: 902-460-7315 or 902-460-7316
Transition bungalow #1: 902-460-7384
Transition bungalow #2: 902-460-7385

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

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

What is the ECFH?

The ECFH is a medium security facility that works with the Department of Health and Wellness and the Department of Justice. Patients at the ECFH have been charged with a criminal offence. They are sent to the hospital by a judicial (court) order for assessment to find out what treatment they need.

What is the Criminal Code Review Board?

When someone is found to be unfit to stand trial or not criminally responsible for an offense, the Criminal Code Review Board (CCRB) takes over the case. Members of the CCRB are chosen by the Government of Nova Scotia. There must be one (1) CCRB member who is a psychiatrist at each hearing.

What is the Transition Bungalow Program?

- The Transition Bungalow Program lets you test and practice your skills for living on your own before being discharged. You will live in a bungalow on the hospital grounds with other patients, or in the hospital in a 1-bedroom apartment. You can learn new skills to help you when you leave ECFH, and practice the skills you already have.

- Your health care team will work with you to assess your skills while you are in the program. This will help them find which community supports you may need when you leave the ECFH. This will make sure that when you leave the ECFH, you will have all of the supports you need, already in place.

Who is eligible for the Transition Bungalow Program?

- To be eligible for the Transition Bungalow Program, you must have a community access level of 5 (Indirectly supervised overnight passes). These are consecutive (one after the other) overnight passes to the ECFH Transition Bungalow or Daily Living Suite (a 1-bedroom apartment inside the ECFH).
- There are 2 Transition Bungalow Program houses:
 - › House #1 has room for 3 patients and a staff office.
 - › House #2 has room for 4 patients.
- Each house has a kitchen, a common living space, and shared bathroom and laundry facilities.

Community access levels

- The CCRB considers **many things** before giving a patient community access. These include **public safety and whether the patient has the right supports** to reach their short and long-term goals. The CCRB will decide the highest level of community access for you. This is called the ‘community access ceiling’. You can work towards this level before your next CCRB hearing.
- **You will not automatically be given the highest level of community access after your CCRB hearing.**
 - › Your health care team will decide what community access level is best based on your recovery. They will ask for changes in your community access level as needed.
 - › Any changes in your community access level must be approved by the Community Access Oversight Committee, the ECFH Program Leader, and the Director of Mental Health and Addictions for Central Zone.
 - › Whenever you **are able to** access the community without being supervised (watched) by staff (you are out on a pass), you need to complete an **itinerary (plan)**. **While on a pass, you must tell the unit if you want to make any changes to your itinerary. You must also return to the ECFH on time.**

Community access levels:

Level	Description
1	Hospital access (to access the gym, canteen, etc.)
2	Community access supervised by staff
3	Unsupervised hospital grounds access
4	Indirectly supervised community access (day pass)
5	Indirectly supervised overnight passes: Consecutive (one after the other) overnight passes to the ECFH Transition Bungalow or Daily Living Suite
6	Indirectly supervised overnight passes: Up to 6 consecutive overnight passes in the community to a location approved by the health care team and indirectly supervised by staff
7	Conditional discharge: Up to 13 consecutive overnight passes to a location approved by the health care team, or discharge from the hospital

What will be expected of me in the Transition Bungalow Program?

- While living in the bungalows, you will take part in activities that are an important part of living on your own. These may be taking medication(s) on your own, cooking, housekeeping, and more.
- You will have community privileges. It is expected that you will have a plan for each day that includes school, work, volunteering, or other community-based programs.

You will be expected to:

- › be in your assigned house by curfew (9:30 p.m.) unless you have made special plans with your health care team.
- › take part in rehabilitation activities.
- › meet with members of your health care team and attend team meetings.
- › be respectful to staff and other patients.
- › keep your bedroom clean and free from clutter.
- › keep your personal belongings in your bedroom.
- › keep common living spaces clean and tidy.
- › keep good personal cleanliness.
- › take your medication(s) as prescribed.

- › respect the privacy and personal belongings of others. **Do not go into other dayrooms and/or bedrooms.**
- › help keep the houses safe by not taking part in arguments (fights) and reporting them to staff.
- › **not** use aggressive words or actions. If you have concerns or an argument with another patient, talk with nursing staff.
- › **not** be violent towards other people or property.
- › **not** use alcohol, cannabis, synthetic (man-made) cannabis, other illegal drugs, or non-prescribed medications.
- › talk with staff if you have concerns.
- › follow the orders of staff and all unit rules and hospital policies.

Meeting these expectations will help your time in the ECFH go smoothly and prevent delays in discharge. If your mental health status changes and/or your behaviour shows that you are not able to follow the Program expectations, you may be moved back to a unit inside the ECFH. Your health care team will decide if you are able to return to the Transition Bungalow Program in the future.

Please note: changes to these guidelines and expectations can be made to manage risk.

Community access passes

While living in the bungalows, you will be able to use full-day community passes as long as your health care team says it is OK. Your health care team will talk about this with you.

- You must tell Transition Bungalow Program staff or Unit B staff when you plan to use a community pass and what time you will be back.
- You must sign out of the pass logbook near the main door of your bungalow.
- You must tell staff when you return and sign into the logbook.

Smoking

- **Smoking is not allowed in the bungalows or on the hospital grounds.**
- For the safety and health of patients and staff, patients may only have factory-sealed packages of cigarettes brought into the hospital.
- The curfew for community passes is 9:30 p.m., but you may go to the smoking area until 11 p.m.

Safety

- Patient and staff safety is very important at the ECFH. Correctional officers help to keep the ECFH safe. Physical and verbal aggression towards yourself or others is not allowed. If it happens, it will be dealt with by staff with support from correctional officers.
- Correctional officers watch the bungalows using video cameras from another location. This is for your safety.
- If you have any safety concerns while you are in the bungalows, call the Master Control (security office) at 902-460-7370. Report all other concerns to nursing staff. If nursing staff are not there and the matter is urgent, call Unit B staff at 902-460-7315 or 902-460-7316.

Privacy

- To respect the privacy of everyone in the bungalows, **do not take photos or audio/video recordings of patients or staff**. This is part of the “*Code of Conduct to Use Personal Electronics*”. If you do not follow this Code of Conduct, you will lose the privilege to use personal electronics.
- Respect other patients’ privacy by not talking about them.
- The “*Overview of Information Sharing and Confidentiality with the Circle of Support*” document in your orientation package explains how your personal health information may be shared with others.

Contraband (not allowed) items

- The ECFH aims to provide a safe environment for the rehabilitation and recovery of patients, and for ECFH staff and the public. Any item that may be a risk to the safety and security of patients, staff, or the public is contraband. **If you are found with a contraband item, there may be changes to your community access.** Examples of contraband include:
 - › Weapons and any items changed to be used as weapons
 - › Alcohol, cannabis, synthetic cannabis, other illegal drugs, and non-prescribed medications
 - › Tobacco products and other smoking materials (such as lighters, matches, e-cigarettes, vape pens, etc.) which have not been approved by ECFH staff
 - › A patient’s personal or facility-issued items found in the possession of another patient

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

Community supports

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>

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

