

East Coast Forensic Hospital

Forensic Assessment Corrections Treatment (FACT) Unit



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Contents

What is the ECFH?	2
What is the Forensic Assessment Corrections Treatment Unit?	2
Court ordered assessments.....	3
Mental illness	3
Admission to the FACT unit.....	4
Information about the FACT unit.....	4
FACT routine	5
Safety and privacy.....	6
Visitors	7
Contact visits.....	7
Non-contact visits	7
Meals.....	7
Mail.....	8
Laundry.....	8
Haircuts	8
Shaves	8
Money	8
Canteen	9
Phone	9
Contraband items	10
Patient feedback	10
Community supports	11
Legal Aid phone numbers.....	12

East Coast Forensic Hospital: FACT Unit

My health care team on the Forensic Assessment Corrections Treatment (FACT) unit includes:

Primary nurse: _____

Associate nurse: _____

Psychiatrist: _____

Medical doctor: _____

Social worker: _____

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

FACT unit dayroom payphone numbers:

- › Dayroom #1: 902-468-9015 or 902-468-9892
- › Dayroom #2: 902-468-9014 or 902-468-9039
- › Dayroom #3: 902-468-9529 or 902-468-9527
- › Dayroom #4: 902-468-9645 or 902-468-9606

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 and are sent to the hospital by a judicial (court) order for assessment.

What is the Forensic Assessment Corrections Treatment Unit?

The FACT Unit is a 24-bed psychiatric assessment unit in the ECFH. Patients on this unit may be:

- › remanded (sent back) from the judicial system for a court ordered assessment.
- › admitted from a provincial correctional facility (prison) for treatment after becoming mentally ill.

Court ordered assessments

People remanded to the ECFH have been charged with an offence under the Criminal Code of Canada. If the court believes you are not fit to stand trial or may have had a mental illness when the offence was supposed to have happened, you may be sent to the ECFH for a psychiatric assessment. After the assessment is complete, a report is sent to the court. This report helps the court to decide if you are:

- **Unfit:** because of a mental illness, you are not able to:
 - › understand the legal steps used by courts

OR

- › talk with your lawyer.
- **Not criminally responsible (NCR):** at the time the offence happened, you could not understand the nature, quality, and consequences of the offense.
- **Criminally responsible (CR):** after being assessed by the ECFH, you cannot use a defense of Not Criminally Responsible. The judicial (legal) process then continues.

Mental illness

When a person in a correctional facility has symptoms of a mental illness and needs to be hospitalized, they are assessed by a psychiatrist at the ECFH. Then a treatment care plan may be created. The person may stay at the correctional facility during treatment or be moved to the FACT unit for treatment, if needed.

Admission to the FACT unit

- All admissions take place in the admissions area of the ECFH. When you arrive at the FACT unit, you will come from:
 - › the courts for a court ordered assessment**OR**
 - › a provincial correctional facility for inpatient psychiatric care.
- When you are admitted, you will:
 - › meet with members of the health care team who will talk with you about your needs and explain what to expect on the FACT unit.
 - › be scanned by a body scanner and be given a chance to shower and change into hospital-issued clothing.
- When you arrive on the unit, you will be:
 - › shown around the unit and your personal living quarters.
 - › examined by a medical doctor.
 - › given the chance to talk with your assigned ECFH psychiatrist.

Information about the FACT unit

Smoking

- **The ECFH is a non-smoking facility. Smoking and tobacco products are not allowed on the FACT unit.** Nicotine patches are available, if needed. Talk with nursing staff if you would like a nicotine patch.

What your health care team will expect from you

- Keep your bedroom clean and free from clutter.
 - › You must change your bed clothes once a week.
 - › Do not hide items in your bedroom.
 - › Do not store open food or liquids in your bedroom.
- Do not change or destroy facility-issued clothing.
- Do not hang pictures or posters or in any way damage the walls, windows, or doors in the dayroom or your bedroom.

Safety

- Help keep the unit safe by not taking part in arguments and reporting them to staff.
- Do not use aggressive words or actions. If you have concerns or an argument with another patient, talk with a correctional officer or nursing staff.
- Be respectful to staff and other patients. Keep your voice and TV volume at a normal level. Do not use inappropriate, loud, or rude language.
- For the health and safety of everyone on the unit, sexual behavior is not allowed.
- TV and phones cannot be used after 10 p.m. **All patients must be in their own bedrooms at this time.**
- You must wear a shirt at all times unless you are in your bedroom.

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

Privacy

- Respect the privacy and personal belongings of others. **Do not go into other dayrooms or bedrooms.**

FACT routine

The FACT unit offers:

- › organized activities, including access to the gym and rec room
- › an art group
- › a weekly movie
- › an airing court
- There are daily quiet times to support your wellness. During these times there are no patient interviews and you cannot move off the unit:
 - › 12:30 to 1:30 p.m.
 - › 6 to 7:30 p.m.
 - › 10 p.m. to 7:30 a.m.

Safety and privacy

- 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.
- There is an intercom panel connected with the Master Control (security office) in each room. If you are in distress and are not able to reach nursing staff, press the intercom button and you will be connected with the Master Control. If you are distressed by another patient's behaviour, please talk with staff.
- Respect other patient's 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.

What are your questions?

Please ask. We are here to help you.

Visitors

Contact visits

You will be allowed contact visits with:

- › Your lawyer
- › Spiritual care providers
- › Other approved community partners

All other visits will be non-contact. All visitors must show picture ID (identification) to Reception or Master Control when they arrive at the ECFH.

Non-contact visits

- Non-contact visits are booked for 30 minutes, depending on how many visits are booked that day. All visitors must show a picture ID to Reception or Master Control when they arrive at the ECFH.
- Visits take place in the non-contact room. You will be separated from your visitor by a secure window. You will talk with them using a phone.

Both non-contact and contact visits can be booked from:

- › 9 a.m. to noon
- › 1 to 6 p.m.
- › 7 to 9 p.m.

Visits must be booked 24 hours (1 day) in advance. You can book by calling the ECFH switchboard at 902-460-7300.

Meals

Meals and breaks will be taken to your dayroom. Meals are at these times:

Breakfast:

- › 8 to 8:30 a.m.

Lunch:

- › 11:30 a.m. to 12:30 p.m.

Supper:

- › 4:30 to 5:30 p.m.

Night lunch:

- › 8 to 8:15 p.m.

Mail

You may send out and get mail while in the FACT unit. All incoming mail must be opened in front of staff to check for contraband (not allowed) items.

You may not send or receive mail from anyone listed in a non-contact order.

Laundry

Laundry is picked up on Sunday, Tuesday, and Thursday evenings. You must have your laundry bag ready for pick-up on these days. Personal clothing may be washed for court appearances; talk with unit staff about this when needed.

Haircuts

A barber comes to the unit to give haircuts on Mondays. **If you would like a haircut, you must tell staff by Friday.**

Shaves

Shaves are done each day, but only if correctional officers are available.

Money

- Money for patients on the FACT Unit is managed through the Central Nova Scotia Correctional Facility.
- You must have money in your corrections account if you wish to order items through the Corrections Canteen. You may add to your corrections account using cash, a money order, or a certified cheque. You will be able to cash your government-issued Income Assistance and GST/HST rebate cheques.
- **We do not accept funds by electronic fund transfer or personal cheques.**
- If you have any questions about the process, please talk to unit staff.

Canteen

- You may place an order through the canteen if you have money. Canteen orders must be given to correctional officers by Sunday evening. You must have funds in your corrections account for the order to go through.
- Canteen orders are delivered to the unit on Wednesdays.

Phone

- There is a payphone in each dayroom. Payphones are available from 7:30 a.m. to 10 p.m. every day.
- You can get calls directly to the payphones. Staff do not answer the payphones, so please stay in the area if you are expecting a call. **Telephone privileges may be put on hold if patients are found to be abusing this privilege.**
- The payphones only accept quarters. If you need quarters, place an order for change at the canteen.
- If you are calling your lawyer and there is no answer, leave a message with your dayroom's payphone number:
 - › Dayroom #1: 902-468-9015 or 902-468-9892
 - › Dayroom #2: 902-468-9014 or 902-468-9039
 - › Dayroom #3: 902-468-9529 or 902-468-9527
 - › Dayroom #4: 902-468-9645 or 902-468-9606

Toll-free Legal Aid phone numbers are listed on page 12.

Contraband items

The ECFH aims to provide a safe environment for 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 (not allowed). 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.)
- › 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

Legal Aid phone numbers

Halifax Toll-free: 1-877-777-6583 Phone: 902-420-6583 Fax: 902-420-1260	Dartmouth Toll-free: 1-877-420-8818 Phone: 902-420-8815 Fax: 902-420-6562
Truro Toll-free: 1-877-777-5920 Phone: 902-893-5920 Fax: 902-893-6112	Antigonish Toll-free: 1-866-439-1544 Phone: 902-863-3350 Fax: 902-863-7598
Amherst Toll-free: 1-866-999-7544 Phone: 902-667-7544 Fax: 902-667-0030	New Glasgow Toll-free: 1-877-755-7020 Phone: 902-755-7020 Fax: 902-752-8733
Windsor Toll-free: 1-866-798-8397 Phone: 902-798-8397 Fax: 902-798-8345	Yarmouth Toll-free: 1-866-742-3300 Phone: 902-742-7827 Fax: 902-742-0676
Sydney Toll-free: 1-877-563-2295 Phone: 902-563-2295 Fax: 902-539-0489	Annapolis Royal Toll-free: 1-866-532-2311 Phone: 902-532-2311 Fax: 902-532-7488
Kentville Toll-free: 1-866-679-6110 Phone: 902-679-6110 Fax: 902-679-6177	Bridgewater Toll-free: 1-866-543-4658 Phone: 902-543-4658 Fax: 902-543-3044
Port Hawkesbury Toll-free: 1-888-817-0116 Phone: 902-625-4047 Fax: 902-625-5216	

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

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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.