

Mental Health and Addictions Day Hospital

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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 therapy
 - › Helping you stay connected with your loved ones 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 do not need 24-hour care

How do I take part in Day Hospital programs?

You must:

- Live in the Halifax area (Central Zone)
- Be 19 years old or older
- Be referred by a psychiatrist
- Be one 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.
 - › An inpatient on an MHA short-stay unit because there was no bed available on an acute care unit.

You may also be considered if:

- You are an inpatient on a recovery and integration unit and need help to transition back to the community as you are discharged.
- You are an outpatient client 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 you may reach out to 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 journey, members of your Circle of Care will give you an admission date and explain the process for admission.

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:

- Monitoring your response to medication(s)
- Long-acting injections (LAI) of antipsychotic medication
- Drug therapy (like clozapine)
- Blood tests

- Coping strategies for healthy living
- Physical health exam
- Healthy eating education
- Help connecting with community supports

Who is on my Day Hospital health care team?

Your Day Hospital health care team includes psychiatrists, registered nurses (RNs), social workers, and administrative support.

What are the Day Hospital's hours?

- The Day Hospital is open 7 days a week. Treatment and programs are available between 9 a.m. and 2 p.m.
- You can come to the Day Hospital during the day and return 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.

How long will I take part in Day Hospital programs?

Clients usually take part for about 4 weeks.

How will my team decide what care I need?

During your initial assessment, your health care team will ask questions to find out what care you need. They will work with you to create 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 create your care plan.

How can my loved ones help with my healing journey?

- We are committed to working with you. 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 support you.
- 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.

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 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.