

Welcome to the Mental Health and Addictions Day Hospital

Abbie J. Lane Building
Room 3118, 3rd Floor
QEII Health Sciences Centre, Halifax Infirmary Site
5909 Veterans' Memorial Lane
Halifax, Nova Scotia
B3H 2E2

- › Phone: 902-473-1680
- › Fax: 902-425-0329
- › Email: MHDH@nshealth.ca

The Day Hospital is open 7 days a week. Treatment and programs are available between 9 a.m. and 2 p.m.

Contents

What number do I call for help 24/7?	1
Mental Health Mobile Crisis Team	1
811.....	2
What is the Mental Health and Addictions Day Hospital?	2
What is an initial assessment?.....	3
How can the program help me?	3
What are some common challenges I may face?.....	3
What will happen each day?.....	4
Medications	4
Group therapy	5
What will my treatment focus on?.....	6
Loved ones and my community	6
Relapse prevention	6
Confidentiality.....	6
Team approach	6
Responsibility.....	6
Mental health awareness.....	7
Holistic (whole person) approach.....	7
Dignity and respect	7
Research	7
What is expected of me?	8
Group guidelines.....	9
What can I expect from my health care team?.....	10
How can my loved ones help with my healing journey?	11
How do I give feedback about my care?	11
How do I get to and from the Day Hospital?	11
Where can I park?	12
Commonly used terms.....	12

Welcome to the Mental Health and Addictions Day Hospital

This guide will answer questions you may have about attending the Mental Health and Addictions (MHA) Day Hospital. This guide explains:

- › What is expected of you
- › What you can expect from the program and your Day Hospital health care team members
- › How you will be involved in your care and recovery
- › How loved ones and friends who are part of your Circle of Support can be involved in your recovery, if you choose
- If you have questions after reading this guide, please ask a Day Hospital team member. We are here to support and encourage you as you recover.
- Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products.

What number do I call for help 24/7?

Mental Health Mobile Crisis Team

- The Mental Health Mobile Crisis Team (MHMCT) provides help for children, youth, and adults experiencing a mental health crisis or mental distress. The service is available 24 hours a day, 7 days a week. The MHMCT can help you cope with issues like:
 - › Suicidal thoughts
 - › Self-harming thoughts or behaviours
 - › Anxiety
 - › Depression
 - › Trouble coping with distress
 - › Psychotic or distorted thinking
 - › Substance use
 - › Any other mental health concern
- The MHMCT also supports families, friends, community agencies, and others to manage a mental health crisis through education, outreach, and consultation.
 - › Phone: 902-429-8167 or 1-888-429-8167 (toll free)

811

Call 811 to talk with a registered nurse 24 hours a day, 7 days a week. They can help with non-urgent, health-related issues. They may:

- › give information and advice to care for yourself at home.
- › suggest seeing your primary health care provider (family doctor or nurse practitioner).
- › suggest going to the nearest Emergency Department.

If it is a medical or mental health and addictions emergency, call 911 or go to the nearest Emergency Department right away.

What is the Mental Health and Addictions Day Hospital?

The MHA Day Hospital supports your recovery through:

- › Outpatient (day) treatment
- › Group and one-on-one therapy
- › Helping you stay connected with your loved ones and the community (like your Circle of Support).
- You can come to the Day Hospital during the day and return home in the evening. The Day Hospital offers:
 - › Treatment
 - › Help with monitoring your medications
 - › Group and one-on-one therapy
- You will be involved in your care starting with your initial (first) assessment (see page 3). The Day Hospital team will work with you to create a care plan based on your needs and goals for recovery.
- Most people usually take part in Day Hospital programming for about 4 weeks (1 month).

What is an initial assessment?

- 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.
- They may ask questions like:
 - › Is this the right time for you to attend a program like the MHA Day Hospital?
 - › Will this program meet your needs?
 - › What are your goals for the program?
 - › Are your living arrangements stable?
 - › Are your drug and/or alcohol problems under control?
 - › Do you have people who support you (Circle of Support)?

Your health care team will help you fill out a consent form, identify members of your Circle of Support, and complete other forms.

How can the program help me?

Possible benefits include:

- › Support and encouragement
- › Feeling empowered
- › Feeling more stable
- › Learning new things and developing your skills
- › Meeting new people and making connections
- › Greater understanding and insight into everyday issues
- › Improving your relationships
- › Making changes in your life
- › Improved sense of wellbeing
- › Helping your recovery last

What are some common challenges I may face?

Starting a new program can be hard. You may:

- › Feel overwhelmed
- › Feel uncomfortable talking about your problems
- › Find it hard to change
- › Find new problems
- › Find it hard to move in or out of a program(s)

What will happen each day?

- Most people feel nervous on their first day. If you feel like “This may help some people, but not me”, or “I can’t talk in front of other people”, or “I can’t handle this”, **you are not alone**. Your health care team is here to support you in reaching your recovery goals.
- Your health care team will schedule treatment and care appointments for you, as needed.
- You will attend group therapy sessions based on your needs and goals.
- Depending on your treatment plan, you may not need to come to the Day Hospital every day.
- If you are at the Day Hospital all day, you will be given a light lunch. There is a space in the Day Hospital for you to eat.

Medications

- If you need medication(s) for your mental health, a psychiatrist will talk with you about this while you are in the Day Hospital.
- **If you are not attending the Day Hospital for treatment related to medication:**
 - › You can keep taking your medication(s) as usual.
- **If you are attending the Day Hospital for treatment related to medication:**
 - › Your psychiatrist or program nurse will give you medication during the day. There is no cost for this.
- Your medication will be managed by the Day Hospital health care team. If you have insurance (a drug plan), you can keep getting your medication from your local pharmacy.
- If you have another medical condition, we will refer you to a doctor (usually your primary health care provider).
- Your Day Hospital health care team works with your primary health care provider and outpatient psychiatrist. We will send your primary health care provider and psychiatrist a report about your treatment at the Day Hospital (for example, when you are discharged). **Please tell us if your primary health care provider makes any medication or treatment changes while you are attending Day Hospital programs.**

- If the Day Hospital health care team makes any changes to your medications, your psychiatrist or program nurse will tell you right away. If your dose (amount you take) needs to be lowered, this must be done slowly. **Do not stop taking your medication(s) suddenly.**
- If you have questions about your medication(s), like what it is for, or when and how to take it, please ask your nurse.
- With all medications, there is a chance of side effects (like changes in sexual function, changes in sleep, or upset stomach). Please tell your primary clinician (see page 12) if you have any side effects.

Group therapy

The information you learn in each group combines with each other group. Missing groups identified in your care plan means you will not get the most out of the program.

Staff will facilitate (lead) the group. They will work with the group to set expectations. They will help everyone taking part feel comfortable and safe.

This pamphlet is just a guide. If you have questions, please talk to your health care provider. We are here to help you.

What will my treatment focus on?

Your treatment will focus on:

- › Helping you better understand your mental health
- › Coping strategies
- › Making you more aware of the present
- › Attitudes

Loved ones and my community

You will work with the team to make treatment goals that keep your loved ones, work, and community in mind.

Relapse prevention

The goals of the program are to help you:

- › function better in your community.
- › prevent or lower future mental health concerns.

Confidentiality

- Group sessions are confidential (private). **Do not talk about what was discussed in group outside of group sessions.** Please respect everyone's personal information (even if you do not use the person's name). All health care team members will respect your right to confidentiality.
- Sometimes hospitals, doctors, or therapists are required by law to release certain information. Please ask a member of your health care team if you would like more information about this.

Team approach

All health care team members are involved in your treatment. The team meets each week to stay up-to-date on your goals and progress.

Responsibility

You are responsible for:

- › setting your own goals.
- › working on these goals at the Day Hospital and at home.

Mental health awareness

You will learn about your mental health issues and concerns.

Holistic (whole person) approach

Your treatment will focus on all parts of your health. This includes physical, emotional, and intellectual well-being.

Dignity and respect

You and the team members will treat each other with dignity and respect.

Research

The Day Hospital does research studies to make sure we are helping people. You may be asked to take part in a study. This is completely up to you. Your decision will not affect the quality of care you receive. If you choose to take part, you may be asked to:

- › fill out questionnaires before and after the program.
- › take part in an interview.
- › If you are invited to take part in a study, the research team will give you information about it.

You can choose to not take part at any time.

What is expected of me?

- You are in charge of getting better. We expect you to decide what your concerns and issues are, and what changes you need to make. Your health care team is here to help.
- You are expected to arrive at the Day Hospital on time for your appointments and group therapy sessions. If you are going to be late or cannot make it to an appointment, call and tell the Day Hospital clerk or another team member.
 - › Phone: 902-473-1680
- You are expected to attend and be on time for all groups and appointments. If you arrive late, you will not be able to join the group until the next session.
- The support you get from other group members is important in your treatment. Sometimes these relationships can get too close. It is important to have good boundaries so that you can stay focused on your recovery goals.
- We discourage using social networking sites (like Facebook, Instagram, Twitter) while you are at the Day Hospital, including during group sessions. This is part of having good boundaries and keeping information confidential.
- You are expected to set goals each week related to the changes you wanted to make when you first started the program.
- You are expected to tell your assigned team member about any changes that are happening in your life, as well as any drug or alcohol use relapses.
- You are responsible for taking your medications as prescribed. You are also responsible for telling your assigned team member about any concerns you have, or changes in your medications.
- You may be asked to choose a support person (from your Circle of Care) to come to the Day Hospital to meet with you and your assigned team member.
- You will have opportunities to give feedback, including what helped and what did not help.

Group guidelines

These guidelines were written by group participants. They apply to all groups.

We will respect each other by:

- › Being on time
- › Staying with the group during a session
- › Being responsible for what we say and using “I” statements
- › Keeping everything said in the group confidential
- › Not talking about others when they are not present
- › Not judging others
- › Being honest
- › Letting each person talk without interrupting
- › Listening carefully and respectfully
- › Turning off cell phones
- › Not using electronic devices
- › Not physically comforting others. This lets them learn how to settle and soothe themselves.
- › Not swearing. This lets everyone in the group feel safe.

What can I expect from my health care team?

- Your Day Hospital health care team includes psychiatrists, registered nurses (RNs), social workers, and administrative support. These team members form your Circle of Care.

Your health care team will:

- › support and encourage you to follow through with your care plan.
 - › help you work towards completing the program within a time frame you can manage.
 - › provide therapy to help you recover.
 - › be present and on time for all groups for which they are responsible.
 - › respect your right to confidentiality within the Day Hospital.
 - › give you feedback about how you are doing.
 - › listen to your feedback about your treatment and Day Hospital programming.
- If a care or treatment session needs to be cancelled or rescheduled, a Day Hospital team member will contact you.
 - If a group therapy session needs to be cancelled or rescheduled, a group discussion will take place (when possible) and/or a Day Hospital team member will contact you.
 - There are differences between group therapy and friendship. To offer you the best care, your health care team must be objective and professional. Team members cannot also be your friends, although they will be caring and friendly. If team members interact with you in any other way (like giving you a job or giving legal or financial advice), this may be a conflict of interest and your treatment may not be as successful.

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 whom 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.

How do I give feedback about my care?

- We encourage you to give feedback to your Day Hospital health care team. They are available to listen and talk with you.
- You can also fill out a client feedback survey. You do not have to give your name and your responses will be kept private. You can request a paper copy from your team or fill it out online:
 - › www.nshealth.ca/MHA-surveys
- If you are not comfortable talking about your concerns or sharing feedback directly with your team members, you may contact Patient Relations at:
Halifax Regional Municipality, Eastern Shore, and West Hants areas
 - › Phone (toll-free): 1-844-884-4177
 - › Email: healthcareexperience@nshealth.ca

How do I get to and from the Day Hospital?

If you need help finding transportation to and from the Day Hospital, please talk with a Day Hospital team member.

Where can I park?

While you are at the Day Hospital, you can park in the Veterans' Memorial Building underground parking lot. The entrance is off Jubilee Road (on Veterans' Memorial Lane).

Commonly used terms

Circle of Care

Your Circle of Care is made up of members of your health care team who are involved in your care. This includes health professionals like:

- › Primary clinician
- › Doctors
- › Psychiatrists
- › Nurses
- › Psychologists
- › Social workers
- › Other health care providers
- › Administrative support

Circle of Support

Your Circle of Support is made up of your loved ones who you have chosen to support you. Ask staff for the pamphlet *Circle of Support and Circle of Care: Sharing Information and Working Together*.

- › <https://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1849.pdf>

Primary clinician

You will be assigned a primary clinician when you are referred to the Program. They may be a social worker, psychiatric resident (doctor), or nurse.

Your primary clinician:

- › Helps you decide what goals you want to work on while at the Day Hospital.
- › Meets with you one-on-one, as needed.
- › May meet with you and a support person.
- › Reviews your progress each week to see if you are having any trouble.
- › Refers you to a specialist, if needed.
- › Plans follow-up treatment with 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

Prepared by: Mental Health and Addictions Program

Designed by: Nova Scotia Health Library Services

The information in this pamphlet 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.