

Maritime Hall

Psychosocial Rehabilitation



Capital Health

Nova Scotia Hospital

Mount Hope Centre

Maritime Hall

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Welcome to Maritime Hall

This handbook belongs to:

Name: _____

Room Number: _____



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Introduction

We wrote this handbook to introduce you to Maritime Hall.

- Maritime Hall is a rehabilitation unit.
- We serve people with serious mental illness.
- Your hospital stay will be guided by the principles of psychosocial rehabilitation (**PSR**).

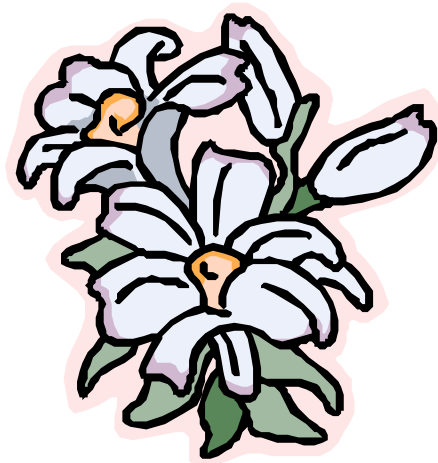
PSR is an approach based on:

- recovery
- community re-integration
- better quality of life

There are many **program opportunities** such as:

- early access to vocational options.
- community based social activities.
- support at and beyond discharge.

We use a technology called **Growth and Recovery**. It will assist you to reach your goals.

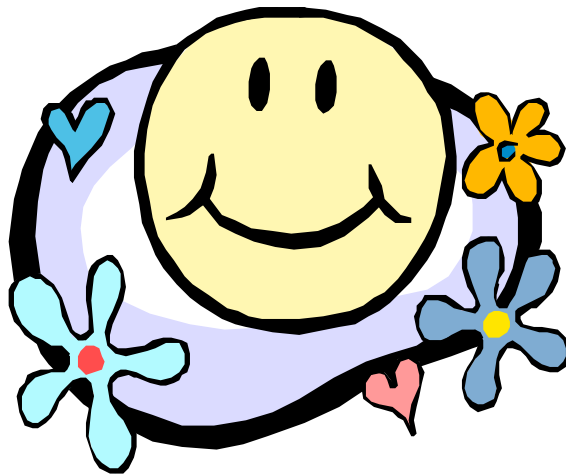




How can PSR help me?

PSR (Psychosocial Rehabilitation)

- Focuses on your strengths
- Helps you set and achieve your goals
- Helps you to develop and learn new skills
- Improves your quality of life
- Is based on the belief that you can be more independent
- Promotes **recovery and hope**



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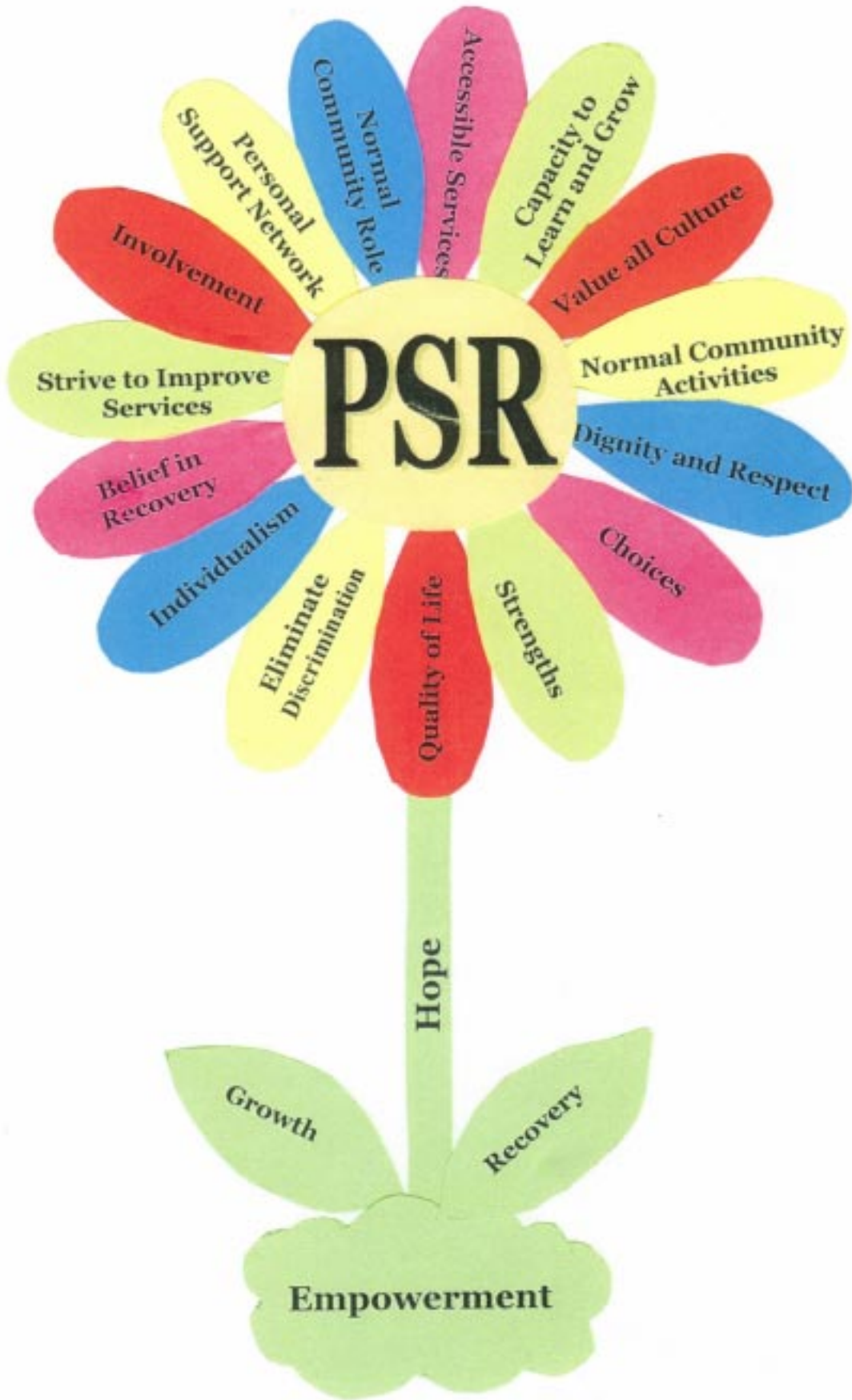


What are the core principles of PSR?

Core Principles of Psychiatric Rehabilitation*

1. **Recovery is the ultimate goal** of Psychiatric Rehabilitation. Interventions must facilitate the process of recovery.
2. Psychiatric Rehabilitation practices help people **re-establish normal roles** in the community and their reintegration into community life.
3. Psychiatric Rehabilitation practices facilitate the development of **personal support** networks.
4. Psychiatric Rehabilitation practices facilitate an **enhanced quality of life** for each person receiving services.
5. All people have the capacity to **learn and grow**.
6. People receiving services have **the right to direct their own affairs**, including those that are related to their psychiatric disability.
7. All people are to be treated with **respect and dignity**.
8. Psychiatric Rehabilitation Practitioners make conscious and consistent efforts to **eliminate labelling and discrimination**, particularly discrimination based upon a disabling condition.
9. **Culture and/or ethnicity** play an important role in recovery. They are sources of strength and enrichment for the person and the services.
10. Psychiatric Rehabilitation interventions build on the **strengths** of each person.
11. Psychiatric Rehabilitation services are to be **coordinated, accessible and available** as long as needed.
12. All services are to be designed to address the **unique needs** of each individual, consistent with the individual's cultural values and norms.
13. Psychiatric Rehabilitation practices actively encourage and support the involvement of persons in **normal community activities** such as school and work, throughout the rehabilitation process.
14. The **involvement and partnership of persons receiving services and family members** is an essential ingredient of the process of rehabilitation and recovery.
15. Psychiatric Rehabilitation practitioners should constantly **strive to improve** the services they provide.

*US Psychiatric Rehabilitation Association
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What is Growth and Recovery Technology?

Growth and Recovery Technology

On Maritime Hall you will be introduced to **Growth and Recovery**. This is a technology based on **PSR**. Members of the team (see page 12 and 13) have been trained to provide this service. You will talk about what you are satisfied and dissatisfied with in your life and identify what changes you want to make.

There are three stages of Growth and Recovery:

- Assessment
- Planning
- Intervention

You will focus on areas such as:

- Living
- Learning
- Working
- Socializing

This process helps you identify and set your goals. The focus is on positive change.

Growth and Recovery will assist you to:

- Identify your strengths
- Learn more about yourself
- Review your current skills
- Learn new skills
- Re-establish roles
- Develop new roles
- Identify what support you will need when you are discharged

Recovery is a process. It is a way to approach each day and work through challenges. Recovery restores a sense of control over your life.



What is offered on Maritime Hall?

What is offered on Maritime Hall?

Community Meeting

Everyone meets to take part in unit planning and activities.

Current Events Group

Read the newspaper and talk about common interests over coffee.

Exercise and Fitness

Individual program or as a group. Gym and weight rooms are available.

Independent Living Skills

Learn skills needed to live in the community.

Leisure Planning Group

Special events and outings will be decided on and planned.

Relaxation

Evening group in a quiet setting.

Special Events/Activities

- holiday celebrations
- camps
- community outings
- leisure events

Understanding Your Illness

A group to increase your knowledge about mental health and wellness.

Vocational Exploration

Work activities to develop work skills.



Multidisciplinary Team

PSR Practitioner

He/She will guide you through the Growth and Recovery Technology. You will meet regularly to identify areas of your life that you would like to change.

Health Services Manager

He/She is available to meet for management issues Monday to Friday.

Medical Doctor

He/She visits daily Monday to Friday to assess and take care of all medical concerns.

Registered Nurses (RNs)/Licensed Practical Nurses (LPNs)

The nurses will assist you with your daily activities. They will assess and provide education about your personal needs. You will be encouraged and supported in your goals and plan of care. Nurses are available 24 hours a day to assist you with any concerns. They will work closely with other team members where needed.

Occupational Therapist/Occupational Therapy Assistant

They will help you to lead a productive, independent and satisfying life. You may be helped with self-care activities such as dressing, eating and shopping or activities that allow you to work or enjoy free time. Together, they will help you to find the best way to meet your goals.

Psychiatrist

The psychiatrist is available daily Monday to Friday. You will be able to meet with the psychiatrist often. He/she is involved in all aspects of your care. There are usually 1–2 psychiatric residents on the unit to help with your treatment plan. Residents are doctors studying to be a psychiatrist.

Recreation Therapist

He/She will work with you to explore values and healthier ways to enjoy life. You will discover how leisure can improve the recovery process.

Social Worker

During your stay, the social worker will assist you and your family with any special needs and is available Monday to Friday. He/She will help you with planning for housing and community living.

Support Staff

They work closely with the team members on the unit to assist you with activities of daily living. The support staff enhance unit atmosphere and functioning.

Team Support Clerk

He/She provides clerical support for the team and unit, Monday to Friday.



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Recovery Plan Meeting (RPM)

Recovery Plan Meeting (RPM)

You will be meeting with the team to discuss your goals and to develop your Recovery Plan. The meetings are held on a regular basis. The first meeting will be within 2 weeks of your admission. Your nurse will keep you informed of future meetings.

The Recovery Plan meetings are helpful in supporting you to direct your plan of care. The plan is developed by you and the team to meet your individual needs based on your goals. Your Recovery Plan will be reviewed and updated at each meeting. Following each RPM, your nurse will review the updates and give you a copy of your plan.





Expectations

You will be expected to:

- Respect others.
- Not use any drugs and/or alcohol.
- Follow the smoking policy of Capital Health.
- Maintain personal space and hygiene. Assistance is provided if needed.
- Take part in the program (such as work, community meetings).
- Take part in the treatment plan chosen by you and the team.



Conclusion

Your recovery journey is unique. On Maritime Hall, you will be an active participant in your recovery plan. Team members will help you to identify what skills and supports you need to be successful in the community.

On Maritime Hall, we believe that with proper support and information you will reach your greatest potential. Each person has the ability to learn and grow. These beliefs lead to a hopeful and satisfying future.



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Weekly Schedule

Name: _____ Date: _____

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
8:00							
8:30							
9:00							
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Evening Activities							

Looking for more health information?

Contact your local public library for books, videos, magazine articles and online health information.
For a list of public libraries in Nova Scotia go to [HTTP://publiclibraries.ns.ca](http://publiclibraries.ns.ca)

Capital Health promotes a smoke-free and scent-free environment. Please do not use perfumed products. Thank you!

Capital Health, Nova Scotia
www.cdha.nshealth.ca

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