

2011

Mental Health Day Treatment Program

Program Guide

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)

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Please do not use perfumed products. Thank you!**

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

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The information in this brochure is provided for information and education purposes only.
The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.

Parking

While you are in the Program underground parking in the Veterans' Memorial Building is free of charge. The entrance is off Jubilee Road (Veterans' Memorial Lane). This is the only parking lot whose cost is covered by our Program. You will need to have your parking ticket stamped by the Program secretary. (If you do not have your ticket stamped you will have to pay cash and we will be unable to reimburse you.)

Video taping

As part of your treatment you will be given the option to have your assessment interview(s) video taped. The taping will help you and your therapist accurately track your progress. Seeing how you progress will often make the therapy more meaningful and rewarding. You can choose to view the video tape or not. No one else will view the tape without your permission. It will be erased after your discharge.

From time to time groups may be video taped with the participants' knowledge and consent.

Website

www.cdha.nshealth.ca

- Click on Capital A – Z (top of page)
- Click on M
- Click on Mental Health Day Treatment

We have a website that you are invited to visit.

It includes an overview of our program and the descriptions of our groups. It also has general practical information regarding the role and responsibilities of both patients and clinicians.

In addition, we have links to our theory of wellness as well as our approach to illness. We add presentations that we have done that might be of interest as well as articles and other information that might be of use to both the public and professionals.

You will also find links to other community and professional organizations.

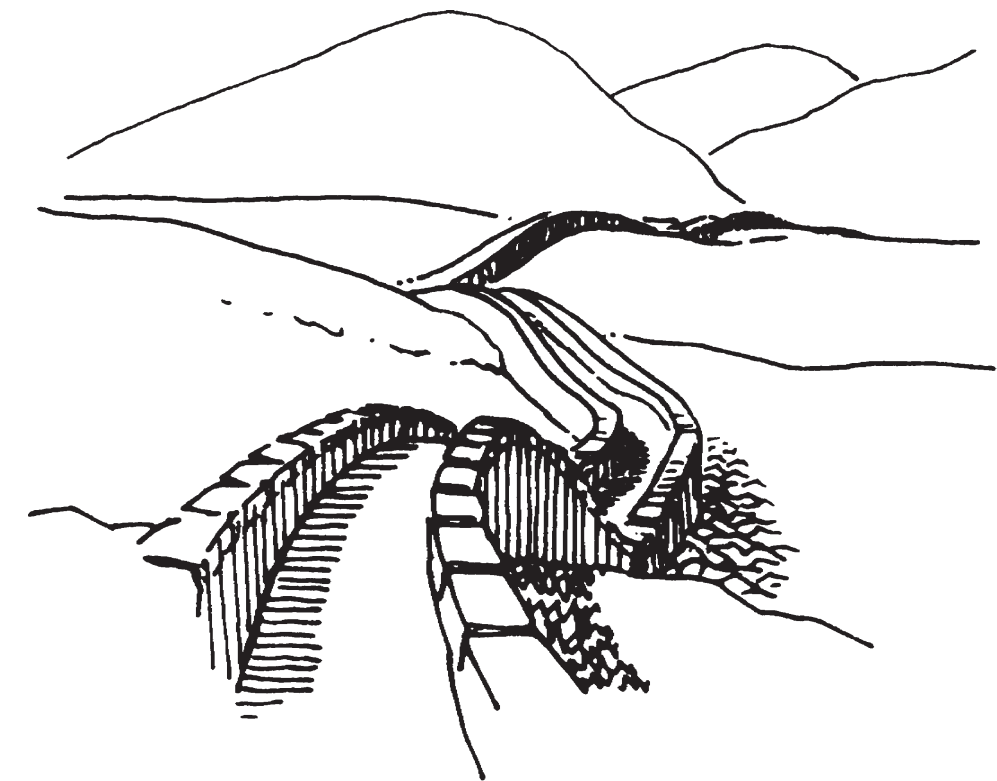
Mental Health Day Treatment Program

Program Guide

If you are considering or are about to begin the Day Treatment Program you probably have a lot of questions. The purpose of this handbook is to provide you with some answers to those questions.

This handbook will help you feel more comfortable in knowing what is expected of you, what you can expect from the program and what you can expect from the staff.

If you have any questions after reading this handbook ask a member of the Day Treatment Program staff. We are here to help you.



How to Get Through Your First Day

Most people are very nervous their first day. If you are feeling; “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. Many people during their first days in the program express these same thoughts and feelings.

The best advice others have given is “give yourself a chance”, and “sit back and observe”. Try to talk to the other participants.

- Written by graduating group member

What is the Mental Health Day Treatment Program?

The Mental Health Day Treatment Program offers a 6 week intensive group experience. Your psychiatrist has referred you to help you gain knowledge and skills to:

- increase your self-awareness.
- develop your strengths.
- improve your communication.
- organize your daily life.
- set realistic goals.
- cope with mental health problems.
- prevent future mental health problems.

To help you decide what changes you want to make, ask yourself the following questions:

- How are my relationships?
- Do I enjoy my leisure activities?
- Am I satisfied with my work?
- Do I feel productive?
- Do I have enough structure in my day?
- Am I able to say what I want or need from others?
- Am I able to say no without feeling guilty?
- Can I express how I feel?
- How do I deal with the stresses in my life?
- How do I deal with feelings of guilt, shame and low self-worth?

Your answers to the above questions will help you to set your program goals.

Leisure Group

Leisure and recreation can support your wellbeing in many ways. Leisure activities can give you the opportunity to socialize, increase your confidence and self esteem, relax and be physically active or express yourself creatively.

Doing the things that you enjoy may also help with motivation when you face challenges. Mental health problems can start a pattern of withdrawal and avoidance, so this group offers a chance to explore your interests and practice making leisure a part of your routine.

Acupuncture Group (optional)

This group helps you feel clearer, calmer and more focused. It may help you with your sleep and energy level. After you have completed the program you may continue to attend this group in Day Treatment. There are also groups available throughout Capital Health.

Community Day

Wednesday - all day

It is the purpose of the Day Treatment Program to help you to function at your best and successfully in your community.

Community Day occurs every Wednesday. This is an opportunity for you to practice the skills you are learning and to work on your goals outside the Program.

Community Day is used for many things:

- doing your errands
- volunteer work
- job search
- other appointments
- home work



Noon Hour Meal

Lunch is provided for anyone attending the Day Treatment Program. A meal ticket is given out each day and can be used in the cafeteria. What you eat is your choice. If the amount of food you choose is more than the amount on the meal ticket you are responsible for paying the difference.

Stress, Emotions and Your Health

Stress is present in daily life, stress causes emotional upset. Learning to deal with stress is a necessary skill for maintaining your mental health. This group will help you manage stress more effectively. Sessions will be spent looking at:

- symptoms of stress
- positive and negative coping methods
- techniques to manage stress
- anger styles and management

Relationships with Self and Others

The purpose of this group is to strengthen our relationship with ourselves and others. This is a skill building group. The six sessions will include topics such as:

- self-esteem
- shame
- boundaries
- relationships
- attachment styles
- love languages

Assertiveness Training

During the course of our daily lives we need to interact with others. Learning to express our needs directly, while respecting the position of others, is a vital tool to keep us feeling well and secure. This group helps you develop communication skills including:

- expression of feelings
- learning to cope with people who make unreasonable demands
- basic conversation skills
- expressing needs

You will develop greater self confidence and a sense of control.

The group is organized with a review of homework from the previous week.

The skill will be determined each week by you, followed by role play and feedback.

Medication

If you need medication for your mental health it will be managed for you by a psychiatrist in the Program. If you are not on a drug plan the medication will be free of charge while you are attending the Day Treatment Program.

This medication may be picked up from the pharmacy in the Halifax Infirmary. If you have a drug plan you can continue to get your medication from your local pharmacy. Our program focuses on mental health while remaining aware of physical issues. If you have a medical/physical problem we will refer you to an appropriate doctor (usually your family doctor). In keeping with this, our pharmacy only supplies medication used for mental health reasons.

We, as a team, work with your family doctor. A full report about your stay in the program will be sent to your family doctor at the end of the program. We expect you to inform us if your family doctor has made any medication/treatment changes while in the program.

If any changes are made to your mental health medication by the team you will be informed immediately by either the psychiatrist or your case coordinator.

If you are having any difficulties understanding what your medication is for, or when and how to take it, please ask your case coordinator.

If your medications are to be reduced this needs to be done slowly. Do not stop your medication abruptly.

Medications have a variety of side effects. For example, changes in sexual functioning, changes in sleep and stomach upset may occur. Please report any of these to your case coordinator.

Treatment Principles

Here and Now Focus:

Real change can only happen in the present. Therefore, the emphasis of treatment is on increasing your **present** awareness, coping strategies and attitudes.

Family/Community Focus:

We see you as part of your community, work and family. Your treatment goals will be made keeping this in mind.

Relapse Prevention:

The aim of the program is to help you to improve how you function in your community and prevent or reduce future mental difficulties.

Group Focus:

Most of the treatment is obtained in a group setting.

Confidentiality:

No group matters should be discussed outside group sessions. Discussion of personal information, even without names, can be harmful. Staff members will respect your right to confidentiality within the Program. There are circumstances in which hospitals, doctors, or therapists are required by law to release certain information. If you would like more information about this we can refer you to the department in the hospital that deals with this issue.

Team Approach:

All staff will be involved in your treatment. Weekly team meetings keep staff informed of your goals and progress.

Responsibility:

You are responsible for setting your goals. You are also responsible for working on these goals within the program and at home.

Mental Health Awareness:

You will learn about your own mental health problem. If you are taking medication it will be managed in the program.

Community Meeting

Community Meeting is a meeting in which volunteer positions are chosen for the week. During your 6 weeks at the Day Treatment Program you are considered a member of our community. With that common role, come shared responsibilities. The volunteer positions ensure the day to day functioning of the program.

Feelings Group

Feelings Group is a group in which all staff and participants meet together. It is a time to share your emotional experiences with others and to understand how this relates to your life. It is also the group in which participants who are finishing the program say their goodbyes and review their experiences.

Goal Group

During this group you are asked to set small goals for the week. Goals should be in keeping with your overall treatment goals. Overall treatment goals will have been set by you and your case co-ordinator. The goals set should be **SMART**:

Specific
Measurable
Action-oriented
Realistic
Time-limited

Goals are therapy-related challenges that you have had difficulty doing before you came to day treatment. They are not simply the every day chores which we all have to deal with.

Goals are also reviewed from the previous week or weekend to find which have or have not been reached.

Physical Activity Group

There is a connection between your physical and mental health. Exercise decreases anxiety and raises your mood.

This group offers you an opportunity to get moving at a level that is possible for you. The physical activity group samples different exercises, group games and adapted sport, using simple and easy routines and equipment. The importance of physical activity, motivation to get started, safety, good nutrition and hydration will also be explored. This group will help you experience the benefits of exercise and find enjoyment in making it part of your life.

Groups

The team believes in care for the mind, the body and the spirit. Groups reflect this whole person focus.

All participants are required to take part in **all** groups. The groups link together, therefore, missing some groups will effect the overall benefit you may gain from the program.

Group Guidelines

These guidelines were developed by participants and apply to all groups.

We will respect each other by:

- being on time
- staying in the group
- 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
- being non-judgemental
- being honest
- allowing only one conversation at a time
- listening carefully and respectfully
- switching off pagers and cell phones
- no use of electronics - for example: iPods, computers
- not physically comforting others during group. This allows them the opportunity of learning to settle and soothe themselves

Relaxation

Anxiety is very distressing. In this group you will learn to reduce your anxiety and will learn six different relaxation techniques. Learning how to relax is one of the most important skills taught in this program. Learning other skills, such as how to deal with your emotions or to be more assertive, will only happen if you can first learn how to settle your body and mind. Relaxation techniques may not feel natural at first, but with practice, they are skills you can use throughout the day to give you a sense of calmness and peace.

Holistic (Whole person) Approach:

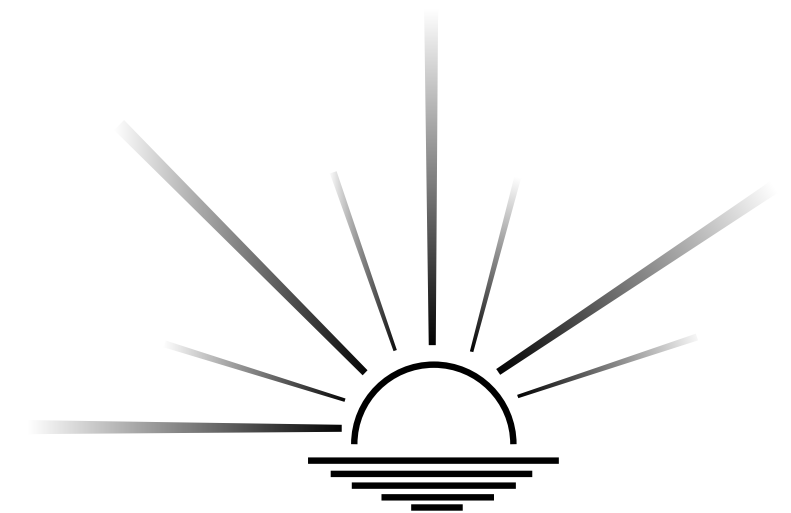
Treatment focuses on all aspects of mental health including **physical, emotional, and intellectual.**

Dignity and Respect:

You and the staff are expected to treat each other with dignity and respect.

Research:

In order to ensure that we are being effective, we have an active research program. We conduct a variety of studies, one of which you may be asked to take part in. These projects may consist of completing a series of questionnaires before and after the program or taking part in a more in-depth interview. One of our research staff will discuss the details of any study you are invited to participate in.



What Can You Expect From Staff?

- **Your staff members:**
 - The staff will be present and on time for all groups for which they are responsible.
 - Each staff member will respect your right to confidentiality within the Program.
 - All staff as leaders of the various groups will contribute to giving you feedback.
 - All case coordinators are available for input or feedback on program functioning.

- **Your case coordinator:**

You are assigned to a case coordinator when you are referred to the Program. Your case coordinator might be a social worker, psychologist, psychiatric resident, nurse, or occupational therapist.

Who:

- helps you decide what goals or problems you want to work on while at the Day Treatment Program.
- sees you individually as needed.
- may see you with a friend or family.
- reviews your week to week progress and any difficulties you are having.
- refers you to a specialist if needed.
- plans follow-up treatment with you.

There are important differences between therapy and friendship. In order to offer participants the best care, the therapist's judgement needs to remain objective and professional. Your therapist cannot also be your friend, although he or she will be caring and friendly. If you and your therapist were to interact in any other way, such as employing you or giving legal or financial advice, the therapist might have a conflict of interest with you and you might not be as successful in therapy.

- **Your assessment:**

You are thoroughly assessed by your case co-ordinator. Some questions which will be asked in the assessment are:

- Is this the right time for a program like this?
- Would this program meet your needs?
- What are your goals for the program?
- Are your living arrangements stable?
- Would you like to spend a few days as a visitor to the program to help you decide if the program is right for you?
- Do you have your drug and/or alcohol problems under control?
- Do you have supportive people in your life?

What Is Expected Of You?

- The most important thing we expect of you in the Day Treatment Program is that **you** are in charge of your improvement. You decide what problems you have and what changes you need to make. The staff are here to help you with this task but, in the end, it is up to you to work on making these changes.
- You are expected to arrive at the Day Treatment Program everyday on time. If you are going to be late or absent you are expected to call (473-2500) and let your case co-ordinator know this.
- You are expected to attend all groups and be on time for all groups and appointments. If late, it is expected that you will not join the group until the next session.
- The support you get from relationships with other group members is important in your therapy. You are at a vulnerable time in your life and sometimes these relationships can become too close. It is important to be aware of this and have good boundaries so that you can keep the focus on your program goals.
- As part of having good boundaries and in the interest of yours and others confidentiality, use of social networking sites (such as Facebook, Twitter etc.) is discouraged.
- Each week you are expected to set goals which relate to the changes you wanted to make when you first started the Day Treatment Program.
- You are expected to let your case co-ordinator know of any changes that are happening in your life, as well as any relapses of drug or alcohol use.
- It is your responsibility to take your medications as prescribed. You are also responsible to let your case co-ordinator know about any concerns or changes in medications.
- You may be expected to select a family member or friend to come to the Day Treatment Program for a meeting with you and your case co-ordinator.