



**Unit Name** Cole Harbour Community Mental Health

**Unit Location** Cole Harbour Community Centre

**Program** Mental Health

**Nova Scotia Health Authority Outpatient Service Profile**

**The purpose of this Profile is to provide Nurses with an overview of each service area.**

| <u><b>General Information</b></u>    |   |
|--------------------------------------|---|
| <b>Service</b>                       | Cole Harbour Community Mental Health  |
| <b>Site</b>                          | Cole Harbour Community Centre   |
| <b>Brief description of the Unit</b> | Community Mental Health (CMH) provides services for adults who are experiencing significant mental health problems or mental illness. We support people to manage mental health illness and improve their mental health and well-being. We work with community partners such as family physicians, schools, the Department of Community Services and other community agencies, as needed. |
| <b>Unit Orientation</b>              | Orientation is geared to the specific learning needs of the clinician. The process often involves observing clinical interactions, being observed during clinical interactions to functioning independently.  |
| <b>Number of Beds</b>                | N/A   |

## Patient Care

|                                  |  |
|----------------------------------|--|
| <b>Patient Population</b>        | <p>We provide assessment and individual and group psychotherapy.</p> <p>Some of the more common illnesses that we treat are:</p> <ul style="list-style-type: none"><li>• Anxiety Disorders</li><li>• Mood Disorders</li><li>• Psychotic Disorders</li><li>• Adjustment Disorders</li><li>• Personality Disorders</li><li>• Concurrent Disorders (both mental illness and addiction issues)</li></ul> |
| <b>Average Patient Age Range</b> | 19-70  |
| <b>Nursing Model of Care</b>     | <p>Primary Nursing: _____ Team Nursing: <u>X</u> Other: _____ Total Patient Care: _____<br/>Modified Total Patient Care: _____</p> <p><b>Other:</b></p>  |

## Systems

|  |  |
|--|--|
| <b>Medication System</b>                 | <p>Traditional: _____ Unit Dosage: _____ Other: _____</p> <p><b>Other:</b> May administer long acting antipsychotic injections.</p>  |
| <b>Scheduling</b>                        | <p>Manager: _____ Self: <u>X</u></p> <p>Staff submit their schedules to the manager for approval based on operational requirements.</p>  |
| <b>Average Number of Staff per Shift</b> | <p>Days: RN _____ LPN _____ CTA _____<br/>Evenings: RN _____ LPN _____ CTA _____<br/>Nights: RN _____ LPN _____ CTA _____</p> <p>Hours of work are Monday to Friday with one evening shift per week (till 1930 hours). Clinicians must be able to work both independently and collaboratively with other team members.</p> |
| <b>Service Hours</b>                     | Monday to Friday 8:30 to 4:30 with one evening shift till 7:30.  |

|                        |   |
|------------------------|---|
| <b>Length of Shift</b> | 8hr: <u>  X  </u> 12 hr: <u>    </u> Other: <u>    </u><br><br><b>Other:</b> One longer shift 1 day a week. Time is smoothed over 14 week schedule. |
|------------------------|---|

| <u><b>Staff</b></u>                   |  |
|---------------------------------------|--|
| <b>Staff Mix</b>                      | RN: <u>  15  </u> %      LPN: <u>  0  </u> %      CTA: <u>  0  </u> %          |
| <b>Physician Coverage</b>             | On Call: <u>    </u> On Site: <u>  X  </u> N/A: <u>    </u> Other: <u>    </u> |
| <b>Multidisciplinary Team Members</b> | Social workers, OT, psychologists, psychiatrists, and clerical.                |

| <u><b>Required Skills, Qualifications &amp; Experience</b></u>  |   |
|---|---|
| <b>RN</b><br><i>Registered Nurses provide professional nursing services, deliver health education programs and provide consultative nursing services to promote, maintain and restore patient health.</i> |   |
| <b>• Responsibilities</b>   | Conducting initial “Choice” intake appointment, seeing clients in follow up to provide psychotherapy either 1:1 or in groups, symptom monitoring and medication response. |
| <b>• Skills Required</b>  | Assessment using DSM formulations, psychotherapy (may be different models such as CBT, SFT, MI, DBT, etc) and group facilitation skills.                                  |
| <b>• Additional Responsibilities</b>  | High mental stress. Ability to tolerate the emotion and distress of others.   |
| <b>• Additional License/Certification/Education required</b>  | Psychotherapy training  |

**Completed by:** Kim Fleming

**Date:** July 30, 2015