

Welcome to the Mental Health and Addictions Day Hospital

Western Zone

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The Day Hospital is open 7 days a week.

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Welcome to the Mental Health and Addictions Day Hospital

This pamphlet will answer questions you may have about attending the Mental Health and Addictions (MHA) Day Hospital. It 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 pamphlet, 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?

Provincial Mental Health and Addictions Crisis Line

- The Mental Health Mobile Crisis Team (MHMCT) with the Provincial Mental Health and Addictions Crisis Line helps children, youth, and adults experiencing a mental health crisis or mental distress. The service is available 24 hours a day, 7 days a week. They 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
- They also support families, friends, community agencies, and others to manage a mental health crisis through education, outreach, and consultation.
 - › Phone: 902-429-8167
 - › 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 a mental health and addictions emergency, call 911 or go to the nearest Emergency Department right away.

What is the MHA 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 (like your Circle of Support) and the community.
- You can come to the Day Hospital during the day and go home in the evening. The Day Hospital offers:
 - › Treatment
 - › Help with monitoring your medications
 - 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 take part in Day Hospital programs 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 make 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?
 - › Do you have people who support you (like your Circle of Support)?

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

How can the program help me?

Possible benefits include:

- › Support and encouragement
- › Feeling empowered
- › Feeling more stable
- › Learning new things and skills
- › Meeting new people and making connections
- › Better understanding of 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. You may have thoughts like:
 - › “This may help some people, but not me”
 - › “I can’t talk in front of other people”
 - › “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 go to 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 for your mental health, a psychiatrist will talk with you about this while you are in the Day Hospital.
- **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 private insurance coverage (a drug plan), you can keep getting your medication from your local pharmacy.
- **If you are not attending the Day Hospital for treatment related to medication:**
 - › You can keep taking your medication(s) as usual.
- 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 the Day Hospital.**

- If the Day Hospital health care team makes any changes to your medication(s), your psychiatrist or program nurse will tell you right away. If your dose (amount) 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 if you have any side effects.

Group therapy

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

Staff will lead the group. They will work with the group to set expectations. They will help everyone 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 a 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.

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: 902-678-8361
- You are expected to attend and be on time for all group sessions and appointments. **If you are 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 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.
- Please share with your assigned team member about any changes that are happening in your life. This may include changes in how you are feeling or acting, changes related to substance use, life stressors, and anything else that is happening in your life.

- 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 medication(s).
- You may be asked to choose someone from your Circle of Care to come to the Day Hospital to meet with you and your assigned team member.
- You will have the chance 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
- › Focusing on 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, an occupational therapist, a clinical therapist, a recreational therapist, 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 programs.
- 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 (not affected by personal relationships). 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 give feedback by:
 - › Phone (toll-free): 1-844-884-4177
 - › Email: healthcareexperience@nshealth.ca
 - › www.nshealth.ca/contact-us/patient-feedback

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.

Commonly used words

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 care providers like:

- › Primary clinician
- › Doctors
- › Psychiatrists
- › Nurses
- › Psychologists
- › Social workers
- › Clinical therapists
- › Occupational therapists
- › Recreation therapists
- › 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*.

- › www.nshealth.ca/patient-education-resources/1849

Primary clinician

You will be assigned a primary clinician when you are referred to the Day Hospital. They may be a social worker, a nurse, a clinical therapist, or an occupational therapist.

Your primary clinician:

- › helps you decide what goals you want to work on while at the Day Hospital.
- › meets with you one-on-one.
- › 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.

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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