

*This pamphlet tells you about the Psychiatric Outpatient Day Program at the Grey Nuns Community Hospital.*

## What is the Psychiatric Outpatient Day Program?

This program offers daytime groups, which have a focus on understanding life long patterns, learning new information and skills, developing insights and dealing with concerns.

The group format is supported by the concept that problems begin and are learned as we relate with others, including family members and friends. One way to see and address these problems is to work in a small group setting.

### Where is the program offered?

It is offered at the Grey Nuns Community Hospital, on the main floor in the Mental Health wing.

The hospital is at:

1100 Youville Drive West  
Edmonton, AB  
T6L 5X8

### When is the program offered?

This 12 week program runs from Tuesdays to Fridays between the hours of 9:15 am and 3 pm.

### Who provides the program?

While you are in the program you will remain under the care of your doctor. Each person will have a therapist who guides him or her to develop and achieve personal goals.

The group therapist may be a:

- nurse
- psychologist
- spiritual care chaplain
- social worker
- psychiatrist

### Important information:

- parking passes may be bought from the Security secretary
- a person needs to attend and take part in all 12 weeks of the program
- abuse of alcohol or drugs that hinders a person's ability to take part in the program will lead to discharge from the program

## Groups...

### Anger Group

This group assists people to better understand their anger on a thinking, behaving and feeling level. It includes teaching and group exercises.

### Assertiveness Training

This group focuses on improving a person's feelings of self-worth, confidence and communicating skills. Aggressive, assertive and passive behaviours will be defined and talked about.

### Cognitive Therapy

This group helps people be aware of irrational thoughts that trigger excessive feelings of guilt, shame, sadness, hurt etc. By challenging these negative beliefs about themselves and focusing on positive aspects of themselves, the members will increase their self worth and confidence.

Cognitive therapy believes that a person's irrational, unproductive thoughts and beliefs create some of the person's problems.

### Communication Skills

This group assists people to learn skills to communicate well with others and to understand other people's ideas, feelings, and suggestions.

### **Emotional Awareness**

This group helps people to understand how emotions can play a positive, creative and enriching role in one's life. The members look at identifying and expressing emotions. Through group work people will become more aware of their own attitudes, values, behaviours and emotions.

### **FLARO (Family Life and Religious Orientation)**

This group helps members see how their families of origin have had an impact on their lives with respect to morals, values, expectations, and communications.

### **Coping Skills**

This group actively looks at positive ways to cope more effectively.

### **Sexuality**

This group explores issues around sexuality, which include intimacy and orientation.

### **Relationships**

This group examines issues, which present as we relate to others.

### **Insight**

Working in this group people increase they're understanding of themselves. There is a focus on attitudes, behaviours, emotional reactions, self-image and problem solving.

## **Follow-up Group**

### **Insight Follow-up Group**

This is a time-limited group for patients who have been discharged from the program but will benefit from more group therapy.

### **DECSA (Distinctive Employment Counselling Services of Alberta)**

A counsellor from DECSA comes to the program once to discuss the services they offer. The information focuses on writing a resume and cover letter, searching for a job, interview skills and career counselling.

## **Referrals**

Any Mental Health Professional can make referrals to the program.

**For more information call:**

**(780) 450-7119**

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# **Psychiatric Outpatient Day Program (POP)**

## **General Information**

**Mental Health Program  
Grey Nuns Community  
Hospital**