

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 second floor of the Day Clinic Support Building just east of the main building.

The address is:

1090 Youville Drive NW
Edmonton, AB
T6L 5X8

When is the program offered?

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

Tuesdays & Fridays - 9:15 - 1:00
Wednesdays & Thursdays - 9:15 - 3:00

Who provides the program?

While you are in the program you will remain under the care of your doctor and/or therapist. Each person will have a primary 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 Parking personnel on the main floor of the hospital
- 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 exploration, teaching and various group exercises.

Assertiveness Training

This group focuses on improving a person's feelings of self-worth, confidence through communicating skills. Aggressive, assertive and passive behaviours are defined and explored.

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 therapists believe 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 better with others and

to understand other people's ideas and feelings.

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 emotional processes.

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, communications and relationships.

Coping Skills

This group teaches skills to cope more effectively with stresses particularly as they relate to depression and anxiety.

Sexuality

This group explores issues around sexuality, including intimacy and self-esteem.

Relationships

This group examines current relationships issues including expectations, control and conflict.

Insight

Working in this group, people increase their understanding of themselves. There is a focus on attitudes,

behaviours, emotional reactions, self-image and relational patterns.

Follow-up Group

Follow Up Insight Group

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

Discharge Planning

This is done individually with those who have attended the P.O.P. program. Specific plans are made depending on an individual's need. Referral/liaisons with other agencies are included.

Admission to the Program

Any Health Professional can make referrals to the program.

For more information call:

(780) 735-7119

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Psychiatric Outpatient Day Program (POP)

General Information

**Mental Health Program
Grey Nuns Community
Hospital**