

*This pamphlet will tell you about the Psychiatric Partial Hospitalization Program (P.P.H.P.) on Unit 93 at the Grey Nuns Community Hospital*

## **What is the Psychiatric Partial Hospitalization Program (P.P.H.P.)?**

This is an acute mental health day program that may be an option to a person being admitted or transferred from the inpatient units.

We promote:

- ◆ wellness
- ◆ people being responsible for their life and feelings
- ◆ mental health through education for patients and their families
- ◆ and support research, which helps us to learn more about caring for people with mental illness

## **What does the program offer?**

The program offers group therapy, one to one therapies, and a variety of other acute mental health treatments.

To involve patients and to support them in taking responsibility for themselves, we:

- ◆ make treatment contracts
- ◆ assist in the setting and meeting of goals
- ◆ welcome input about the program

## **Who benefits from this program?**

The program is for adults with a mental health problem who need active treatment. This program may help a person to maintain their mental health, and/or prevent a relapse.

A person can attend the program on a full or part time basis.

## **Services offered include:**

- ◆ acute mental health care
- ◆ group psychotherapy
- ◆ planning for return to the community
- ◆ outpatient E.C.T.
- ◆ I.V. Anafranil treatment
- ◆ medicine adjustment

## **Groups offered include:**

- ◆ exercise
- ◆ assertiveness
- ◆ anger
- ◆ task
- ◆ creative expression
- ◆ social interaction
- ◆ pool relaxation
- ◆ relaxation
- ◆ stress management
- ◆ self awareness
- ◆ medication teaching

## **Who provides the program?**

The treatment team consists of a dietitian, nurses, occupational therapists, spiritual care, pharmacist, psychiatrist, psychologist, social workers and support staff. Other services can be brought in as needed.

## **How do people register in the program?**

People come to us from the in-patient psychiatry unit or by a referral from psychiatrists working at the Grey Nuns Hospital.

## **When is the program offered?**

P.P.H.P. is open Mondays to Fridays (except holidays) from 8:30 am to 4:30 p.m.

## **Where is the program offered?**

It is offered at the Grey Nuns Community Hospital on Unit 93 in the Mental Health Program.

**The hospital is at:  
1100 Youville Drive West  
Edmonton, AB  
T6L 5X8**

**We believe:**

- ◆ *all people with mental illnesses have the right to receive care*
- ◆ *each person is unique*
- ◆ *a person’s treatment plan must fit for him or her*
- ◆ *the best way for us to work with patients is as a team that works well together*
- ◆ *we must think of the “ whole person” when we plan care with a patient*
- ◆ *patients benefit from having their families involved, and in return the family members receive support and teaching*
- ◆ *people have the right to confidentiality with regards to their admission, care and discharge*
- ◆ *people move more easily back to the community when there are community supports in place*

**Where can you get more information?**

**Capital Health Link  
408-LINK (5465)**

**Notes**

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**Psychiatry Partial  
Hospitalization  
Program  
(P.P.H.P.)**

**General Information**

**Mental Health Program**

**Grey Nuns Community  
Hospital**