

Psychiatry . . . is the special care of people with an illness that is related to their thoughts and feelings. These problems vary in type and degree, but can seriously disrupt a person's life.

People come to our program because they:

- have an illness such as depression, anxiety or schizophrenia
- need the safety of the hospital (may be suicidal or not thinking clearly)
- are having trouble coping with the everyday struggles of life and need help to make changes
- need to see someone who specializes in mental health
- require treatment offered in the hospital

Who provides care?

Depending on what a person needs, the following specially trained team members may provide care:

Dietitians, Doctors (Psychiatrists, other specialists, Residents and Interns), Nurses, Occupational Therapists, Spiritual Care workers, Pharmacists, Physiotherapists, Psychologists, Recreational Therapists and Social Workers.

We offer

Inpatient care

Unit 92 is a psychiatric special care unit (PSCU) for very ill patients in need of a safe place.

Units 91 and 93 are for patients not well enough to be at home and who need 24 hour care.

Outpatient care

Psychiatric Partial Hospitalization

Program (PPHP) offers care and support for people who do not need 24 hour care. There are various psychotherapy groups as well as educational groups available. Additionally there are medication management programs and other treatments available on an out patient basis.

Psychiatric Outpatient Program

(POP) is a day group therapy program for people who want to make healthy, positive changes in their lives. This twelve week program combines several types of groups to help people explore and reflect and move toward improved mental health.

Psychiatric Outpatient Clinics are offered for:

- people to see a specialist in mental health
- panic disorder

- social phobia
- bipolar affective disorder
- obsessive compulsive disorder
- dissociative disorder
- sexual dysfunction (gender identity disorder)

Psychiatry Day Centre

This program is for people who have had a mental illness for a long time and will benefit from social and leisure activities. The program offers support and helps people to maintain their independence in the community.

Couple's Communication Skills

Group is for couples who have experienced a decrease in communications skills due to mental illness or other relationship problems. This group meets weekly for twelve weeks.

Cognitive Behaviour Therapy Group

is offered for individuals to explore the effect of depression and/or anxiety on thoughts and behaviours. It provides a step by step method of change.

Managing Motherhood is offered through a partnership with community services. It provides support and information to mothers of new babies.

Satellite Club is an evening social and recreational club for people with a mental illness who are in the hospital or out in the community. The members and volunteers plan activities, with some

help from staff. The Canadian Mental Health Association supports this club.

Support and community programs

There are various programs and support groups available in the hospital or neighbouring communities. Some of these program related to mental illness some relate more to daily living. You can contact a Community Social Worker as they will have access to current information on what is available.

The following groups hold their meetings at the hospital:

- Alcoholics Anonymous
- Alanon
- Gamblers Anonymous
- Obsessive Compulsive Disorder

How do people access these services?

Inpatient Services

Admission is arranged by a hospital psychiatrist.

Outpatient Services

A letter or phone call from a doctor, nurse, psychologist or social worker is needed.

Support and Community Programs

For dates and times call a community social worker or the Support Network.

Where can you get more information?

- Ask your doctor or nurse
- Call Health Link - (780) 408-5465
- Ask your Community Social Worker

Notes _____

This information was written by the Education Committee of the Mental Health Program, Caritas Health Group ©March 2006. Permission is given to photocopy as is. Reorder Form # 90279



Mental Health Program

General Information

Information for Patients and Families

Mental Health Program Grey Nuns Community Hospital