



## **PSYCHIATRIC OUTPATIENT PROGRAM (POP)**

**Information for Patients and Families  
Covenant Health  
Mental Health Program  
Grey Nuns Community Hospital  
Misericordia Community Hospital**

### **What Is The Psychiatric Outpatient 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 Marguerite d'Youville 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 9:30 am and 3 pm.

Tuesdays & Fridays - 9:30 - 1:00

Wednesdays & Thursdays - 9:30 - 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, social worker or 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
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## **Groups...**

### **Anger Group**

This group assists people to better understand their anger on the 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. Including:

### **Sexuality**

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

### **Relationships**

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

**Coping Skills**

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

**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 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 Psychiatric Out Patient Program. Specific plans are made depending on an individuals need. Referral/liasons with other agencies are included.

**Where can you get more information?**

- ask your doctor or nurse
- call Health Link - 780-408-5465

This information was produced by the Patient Education Committee in the Mental Health Program, Covenant Health in April 2010. Permission is given to photocopy as is. Reorder Form # 50501