Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Who We Serve
Adults with severe and persistent mental illnesses such as schizophrenia, bipolar disorder and major depression.

What We Do
Provide a comprehensive individually tailored group treatment program in three broad categories.

**Support for stabilization helps acutely ill individuals get better faster.**
- Alternative to inpatient care
- Supports transition from inpatient to outpatient care
- Structured routine gently increases tolerance for movement, concentration and social interaction
- Daily function-based assessment of stabilization

**Education and skill development helps stable individuals gain knowledge and independence.**
- Illness education and management
- Coping skills
- Daily living skills

**Recovery and health promotion helps individuals expand beyond the illness.**
- Develop a healthy lifestyle
- Integrate into community roles
- Explore meaning and purpose
Referral Criteria

- Must have a primary Axis I diagnoses
- Must be under the care of a psychiatrist
- Must be 17-65 years old
- Individuals with developmental disabilities or head injuries are better served by other resources in the community

Referral Process

- Referrals can be made by any health care professional involved in the individual's care.
- Internal Mental Health and Addiction Services referrals are made on Pathways. Be sure to use a current complete clinical profile.
- External referrals can be made through mental health intake. Phone: (250) 381-3444
- New referrals will be reviewed for suitability and are generally contacted within 3 business days.
- Self-directed individuals can be referred to attend a single group. Those in need of a more comprehensive program will meet with a Psychiatric Day Hospital therapist, or "Recovery Coach", who will help individuals create a group treatment program to meet their specific rehabilitation needs.

For questions about referral criteria or to request a referral form, please phone: (250) 370-8126
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Treatment Group Descriptions

Categorization and descriptions of groups are meant for general information only.

The Psychiatric Day Hospital staff will help individuals create a group treatment program to meet their specific rehabilitation needs.

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Descriptions of specific groups are found alphabetically below.
Psychiatric Day Hospital
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Cognitive Behavioural Therapy (CBT) for Psychosis

What
Learn and practice basic CBT skills and apply them to psychotic symptoms (hallucinations, paranoia, delusions) and the depression, anxiety, amotivation and isolation that often accompany them.

Who
- Individuals who are receptive to thinking and behaving differently in order to feel better.
- Individuals who can tolerate a 60-minute group setting.
- Individuals who can commit to doing homework.

Why
- Individuals want to learn how to cope and manage better with ongoing psychotic symptoms.
- Individuals need to be provided with structure and support to initiate learning new ways of thinking.
- Remove some of the barriers of isolation by sharing similar experiences, thoughts, and feelings with others.

Facilitators
Dr. N. Baess, psychologist, Darryl Jackson, social worker, Heather Murphy, nurse.

When
Monday, Wednesday and Friday, 2:00 p.m. – 3:00 p.m.

Where
Room 609B, 6th floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital
- Once accepted, participants may start immediately
- Length of participation is flexible but regular attendance is required
- Should you require additional information or would like to discuss a referral, please contact Darryl Jackson MSW local 12146 or Heather Murphy, RN local 18128.
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Choices
Contemplative Group for Substance Use

This group is facilitated in partnership with Youth and Family Mental Health and Addiction Services

What
Raises self-awareness and provides information about drug and alcohol use.

Who
- Younger individuals (age 17-24 years old) who misuse alcohol and/or street drugs and who have experienced psychosis.
- Are open to thinking about their use of alcohol and/or street drugs, but have not made a decision to decrease their use.
- Are able to participate in a group of 8 people for 45 minutes.

Why
- Need to get information about drug and alcohol use in the context of self-assessment
- Need to become more self-aware regarding drug and alcohol use
- Need to evaluate one’s relationship with drugs and alcohol
- Need to orient themselves to formal treatment services in the community

When
Wednesday, 11:00-11:45 am

Where
Room 601B, 6th Floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital
- New referrals are interviewed and screened for suitability
- Once accepted, participants can start immediately
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Managing Depression (CBT Skills Training)

This group is facilitated in partnership with Psychology services.

What
Cognitive Behavioural Therapy (CBT) addresses cognitions (“thoughts”) and behaviours (“actions, things you do”) in order to help people develop the skills to manage depression.

Who
- Must have a primary diagnoses of unipolar depression or depression with anxiety
- Not suited for people with psychoses, bipolar disorder or primary Axis II disorder
- People at any level of acuity are welcome
- Must be able to be present without being disruptive to the group process

Why
- Need to learn the importance of and practice skills for managing depression including:
  - identifying and changing unhelpful thinking patterns
  - healthy lifestyle behaviours
  - communication skills
  - making changes by setting small SMART goals
- Need to learn information about symptoms and diagnosis

When
Tuesdays and Thursdays 10:00-11:00am

Where
Room 609B, 6th floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital.
- Once accepted, participants can start immediately.
- Length of participation is flexible and based on individual needs.
Power Walking

What
Uses power walking on a community track to increase general fitness. Designed to provide a structured exercise routine in a supportive environment. Clients can gain a sense of accomplishment and increased confidence. Provides opportunities to integrate into community walking events.

Who
- Individuals whose symptoms have stabilized and who are ready to increase their physical activity
- Have shoes and clothing appropriate for walking in all weather conditions (sunscreen is provided; second-hand shoes & shorts available)
- Have a minimum walking tolerance of 20 minutes
- Have medical clearance for participation
- Are able to participate for 1 hr 15 minutes three times a week
- Are able to safely participate in a community setting with moderate to minimal supervision

Why
- Individuals who need to improve their general fitness
- Need to increase confidence with exercise
- Need to develop exercise regime to manage illness
- Need to develop leisure activities
- Need an opportunity for socialization

When
Monday, Wednesday, Friday, 2:15-3:30pm

Where
Group takes place at the track behind Recreation Oak Bay
Meet at the elevators on the 6th floor, EMP at 2:00 pm or meet at the track at 2:15 pm.

How
- Participation requires a referral to the Psychiatric Day Hospital
- After the referral is received medical clearance is obtained from the GP. Once medical clearance is given, participants can start at any time.
- Participants are asked to commit to attending three days a week for at least six weeks to fully benefit from this program.
- Length of participation is flexible and depends on individual needs.
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Qi Gong

What
Simple structured movements gently exercise the body and relax the mind.

Who
- Individuals in the stabilization or recovery phases of mental illness
- Have sufficient balance and stamina to stand and gently move for up to 30 minutes

Why
Individuals whose symptoms are not yet stable and
- Need to reduce muscle tension
- Need to increase tolerance for being around others
- Need to calm and focus thoughts
- Need to develop a daily routine

Individuals whose symptoms are stable and
- Need to manage or prevent anxiety and stress
- Need to develop a leisure activity
- Need to integrate into community based Qi Gong programs

When
Monday-Friday, 11:00-11:30 am

Where
Room 538, 5th Floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital
- Once accepted, participants can start immediately
- Length of participation is flexible and depends on individual needs
Relaxation Clinic

What
Increases awareness of the symptoms, causes and management of stress. Provides instruction and practice in a variety of relaxation techniques including progressive muscle relaxation, passive muscle relaxation, basic stretching, deep breathing, and meditation.

Who
- Individuals who have stabilized and are ready to learn illness management techniques
- Are not actively experiencing psychosis
- Are able to participate for 30 minutes, five days a week
- Are not disruptive to the group process

Why
- Need to increase awareness of symptoms and causes of stress
- Need to manage or prevent anxiety and stress
- Need to develop an ongoing independent relaxation practice

When
Monday-Friday, 11:30-12:00

Where
Room 538, 5th Floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital
- Once accepted participants can start immediately.
- Participants are encouraged to attend five days a week for at least six weeks to fully benefit from this program
- Length of participation is flexible and depends on individual needs
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Sage

What
Support for the recovery process. Illness education and self-management skills for mental illness. Includes psychosis, schizophrenia, depression, bipolar and schizoaffective disorder.

Who
- Individuals who have experienced several years or several episodes of mental illness. (Younger individuals with psychosis are better suited to the Springboard Group).
- Individuals whose symptoms are stable and are ready to move beyond the patient role
- Able to participate in a 1-hour group
- Are not disruptive to the group process

Why
- Need a “home room” in which to experience peer support while participating in other Psychiatric Day Hospital groups
- Need an opportunity to explore and make sense of the illness experience
- Need to learn information about symptoms, diagnoses and medications
- Need to learn strategies for relapse prevention
- Need to learn strategies for coping with stress and other symptoms
- Need to learn self-management skills
- Need to increase awareness of personal strengths
- Need to develop a sense of hope and purpose
- Need support in setting small weekly goals and taking smalls steps toward developing roles and meaningful activities beyond the patient role

When
Monday to Friday, 1:00-2:00 pm

Where
609A, 6th Floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital
- Once accepted, participants can start immediately
- Length of participation is flexible and depends on individual needs
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Springboard

Participants in the Springboard Group may also wish to participate in the Springboard – Staying Well Group.

What
Support for the recovery process.

Who
- Younger individuals who have been diagnosed with a psychotic illness within the past five years (older individuals or those who have experienced several episodes may be better suited to the Sage Group)
- Are able to participate in a 45-minute group

Why
- Need a “home room” in which to experience peer support while participating in other Psychiatric Day Hospital groups.
- Need an opportunity to explore and make sense of the illness experience.
- Need to increase awareness of personal strengths.
- Need to develop a sense of hope and purpose.
- Need support in taking smalls steps toward developing roles and meaningful activities beyond the patient role.

When
Monday, Wednesday, Thursday, Friday, 1:00-1:45 pm

Where
Monday, Thursday, Friday, Room 609B, 6th floor EMP
Wednesday, Recreation Oak Bay Lounge

How
- Participation requires a referral to the Psychiatric Day Hospital
- Once accepted, participants can start immediately
- Length of participation is flexible and depends on individual needs
Springboard – Staying Well

Participants in the Springboard – Staying Well Group may also wish to participate in the Springboard Group.

What
Illness education and self-management skills for first-break psychosis

Who
- Younger individuals who have been diagnosed with a psychotic illness within the past five years (older individuals or those who have experienced several episodes may be better suited to the Sage – Staying Well Group)
- Are able to participate in a 45-minute group

Why
- Need to learn about psychosis:
  - Stages and symptoms
  - Causes
  - Stress and vulnerability
  - Course and outcome
  - Medication and other treatment
  - Alcohol and Drugs
  - Relapse prevention

When
Tuesday, 1:00-1:45 pm

Where
Room 609B, 6th floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital.
- Once accepted, participants can start immediately
- Material delivered in a series of 12 repeating modules. Participants can repeat the modules as many times as needed to understand the material. Length of participation is flexible and based on individual needs.
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Strength Training

What
A community-based exercise program that is designed to increase awareness of the positive benefits of activity, to establish a fitness routine and to promote ongoing use of a community exercise facility. The strength training group is facilitated by recreational therapists, occupational therapists and a personal trainer.

Who
- Individuals with a mental illness whose symptoms have stabilized and are motivated to become more physically active
- Have medical clearance to participate
- Are able to participate in a 1-hour group twice a week for 12 weeks
- Are able to safely participate in a community setting with moderate to minimal supervision
- Are able to record participation in an exercise journal (basic reading and writing skills)

Why
- Need to increase physical activity and overall wellness
- Need to increase self-awareness of how activity affects mood
- Need basic education on exercise components (strength, cardio, flexibility)
- Need to develop comfort and familiarity with using a community exercise facility
- Need assistance in applying for the LIFE pass.
- Need a starting place to develop ongoing healthy lifestyle habits

When
Tuesday and Thursday, 2:30-3:30 pm

Where
Recreation Oak Bay Fitness Studio

How
- Participation requires a referral to the Psychiatric Day Hospital
- After the referral is received medical clearance is obtained from the GP.
- Once medical clearance is given, participants can start.
- Often this popular group reaches capacity and participants may be placed on a wait list until an opening is available
- Participants are asked to commit to attending two days a week for at least twelve weeks to fully benefit from this program.
- After discharge participants can continue to exercise in the same community facility at the same time to provide familiarity and continuity.
Smoking Reduction and Cessation Group for People Living with Mental Illness

What
Provides education and support for tobacco addicted individuals at various stages of the addiction continuum - from contemplation to relapse prevention.

Who
- Individuals living with mental illness who use tobacco products
- Are open to thinking about their use of cigarettes
- May or may not have made a decision to decrease their use
- Able to participate in a one-hour group
- Are not disruptive to the group

Why
- Need to become more aware regarding use of tobacco products in a personal context (learning about effects of cigarette use, strategies for reduction and cessation, dealing with withdrawal and cravings, nicotine replacement therapy, etc)
- Need to become more aware regarding use of tobacco products in a social context (ie: historic normalization of tobacco use in psychiatric context, need to be exposed to tobacco industry denormalization).
- Success is enhanced by participation in and support from a social realm that does not include tobacco use.

When
Wednesday, 1:00-2:00 pm

Where
Room 609B, 6th floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital
- Once accepted, participants can start immediately
- Length of participation is flexible and depends on individual needs
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

Victoria AM Task Group

What
Structured task-based morning group. Provides daily functional assessment of stabilization.

Who
- Individuals who are stabilizing from an acute episode of mental illness
- Are able to participate in a 40-minute group

Why
- Need support and continuity while transitioning from inpatient to outpatient care
- Need support and daily assessment as an alternative to hospital admission
- Need structured morning activity to begin establishing a daily routine
- Need opportunity to increase concentration and social interaction
- Are preparing to participate in more challenging Day Hospital programs

When
Monday-Friday, 10:00-10:40 am

Where
Room 605, 6th Floor EMP

How
- Participation requires a referral to the Psychiatric Day Hospital.
- Once accepted, participants can start immediately.
- Length of participation is flexible and based on individual needs.
Psychiatric Day Hospital
Participation requires a referral to day hospital. Call (250) 370-8126.

West African Drumming

What
Learn to play fun and energetic poly-rhythms on West African drums in a safe and friendly environment. No musical experience needed.

Who
• Individuals in all stages of illness and recovery are welcome
• Are able to sit and concentrate for 60 minutes
• Are open and willing to try to participate
• Suitable for individuals who may have difficulty participating in verbal groups

Why
• Need distraction from distressing or intrusive symptoms
• Need an activating and engaging activity to increase motivation
• Need an alternative means of self-expression and social connection when verbal interaction is difficult or disorganized
• Need to increase attention, concentration, memory and coordination
• Need the opportunity to take risks in a supportive environment
• Need to experience success and build self-esteem
• Need to develop focus and roles outside of the patient role
• Need opportunities to integrate into community activities

When
Wednesday, 12:00-1:00 pm

Where
Room 609A, 6th Floor EMP

How
• Participation requires a referral to the Psychiatric Day Hospital
• Once accepted, participants can start immediately
• Length of participation is flexible and depends on individual needs
Psychiatric Day Hospital
Participation requires a referral to the Day Hospital. Call (250)370-8126

Why Weight – Healthy Lifestyle Support Group

What
Learn more about healthy lifestyle and exercise. Set weekly lifestyle goals and practice self-monitoring. Receive support and encouragement.

Who
- Individuals with metabolic syndrome or at risk of developing metabolic syndrome.
- Are interested in making healthy lifestyle changes
- Are able to participate in a 90 minute group

Why
- Need to learn about healthy eating and exercise.
- Need support to make and maintain changes in eating and exercise habits.

When
Friday, 10:00-11:30am

Where
Room 135, Victoria Mental Health Centre

How
- Participants must be clients of the Victoria Mental Health Centre
- No referral required. Referring clinician is asked to add clients name to the attendance binder located in the VMHC chart room.
- Length of participation is flexible and depends on individual needs. Participation of at least 6 months is recommended.