

# Psychiatric Day Hospital

*Participation requires a referral to day hospital. Call (250) 370-8126.*

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## 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

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### **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.

<b><i>Support for stabilization</i></b>	<b><i>Education and skill development</i></b>	<b><i>Recovery and health promotion</i></b>
<ul style="list-style-type: none"><li>• Qi Gong</li><li>• Relaxation</li><li>• Vic AM</li><li>• West African Drumming</li></ul>	<ul style="list-style-type: none"><li>• CBT for Psychosis</li><li>• Managing Depression (CBT Skills Training)</li><li>• Relaxation</li><li>• Sage</li><li>• Springboard - Staying Well</li></ul>	<ul style="list-style-type: none"><li>• Choices</li><li>• Power Walking</li><li>• Sage</li><li>• Springboard</li><li>• Smoking Cessation</li><li>• Strength Training</li><li>• West African Drumming</li><li>• Why Weight</li></ul>

***Descriptions of specific groups are found alphabetically below.***

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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.

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# **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, 6<sup>th</sup> 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

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# **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, 6<sup>th</sup> 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.

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### **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 6<sup>th</sup> 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.

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## 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, 5<sup>th</sup> Floor EMP

### How

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- Once accepted, participants can start immediately
- Length of participation is flexible and depends on individual needs

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### **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, 5<sup>th</sup> 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

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## 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 small steps toward developing roles and meaningful activities beyond the patient role

### When

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

### Where

609A, 6<sup>th</sup> Floor EMP

### How

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- Once accepted, participants can start immediately
- Length of participation is flexible and depends on individual needs

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### **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 small 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, 6<sup>th</sup> 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

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## **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, 6<sup>th</sup> 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.

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# **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.

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# **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, 6<sup>th</sup> 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

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### **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, 6<sup>th</sup> 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.

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# **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, 6<sup>th</sup> 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

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# **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.