

Referral Process:

For internal referrals within the Mental Health and Addictions Program, please complete the **Community Division Continuity of Care Form** which can be found at

www.easternhealth.ca as well as a **Day Treatment Program Continuity of Care-Supplementary form** which can be obtained by contacting the Day Treatment Program Office. These can be sent to:
MHADayTreatment@easternhealth.ca

For all other referrals, please email a completed **Mental Health and Addictions Program Referral Form** (including the client's current diagnosis as described in the DSM-V) to: MHAIntake@easternhealth.ca or fax to: 709-752-6852.

A copy of the referral form can be found at:
www.easternhealth.ca



DAY TREATMENT PROGRAM

Mental Health and Addictions Program

3rd Floor West
St. Clare's Mercy Hospital
154 LeMarchant Road
St. John's, NL A1C 5B8

Telephone: (709) 777-5252

E-mail:
MHADayTreatment@easternhealth.ca

Hours of Operation:

Monday to Friday
8:00am – 4:00pm

Healthy People, Healthy Communities



DAY TREATMENT PROGRAM

Mental Health and Addictions Program

Tel: (709) 777-5252
E-mail: MHADayTreatment@easternhealth.ca
www.easternhealth.ca



DAY TREATMENT PROGRAM

The Day Treatment Program is a Provincial, in-person, eight week, holistic group therapy program for adults who have been diagnosed with a major psychiatric illness.

The goals of the Day Treatment Program are to help clients:

- Understand their psychiatric illness
- Reduce symptoms of their illness
- Develop healthy coping skills
- Promote recovery and wellness

Group Therapy is provided through:

- Group discussions
- Psycho-Educational groups
- Activity-based groups
- Skill-building groups

These groups assist clients to gain knowledge and insight into their illness and empower them to make positive changes in their lives. Clients are encouraged to apply the skills learned in the Program to their everyday lives.

In addition to group therapy, clients have access to a weekly individual therapy session.

The Day Treatment Program follows the recovery model of practice.

Weekly Themes:

- Support Systems
- Self-Awareness
- Self-Esteem
- Motivation
- Recovery & Relapse Prevention
- Emotions
- Reducing & Managing Stress
- Finding a Balance

Group Therapy Schedule:

Monday to Wednesday
9:00am–12:00pm
Thursday
9:00am–2:00pm

Interdisciplinary Team:

2 Full-time Psychiatric Registered Nurses
1 Full-time Occupational Therapist
1 Part-time Occupational Therapy Assistant
1 Part-time Secretary
1 Spiritual Care Clinician (who facilitates a weekly spirituality session)
1 Program Manager

Referral Criteria:

- Adults (18 years and older)
- Diagnosed with a Major Psychiatric Illness such as: depressive, bipolar, anxiety and other related disorders
- Stable in terms of illness symptomatology such as:
 - Not actively suicidal
 - Not abusing substances
 - Not experiencing symptoms of psychosis
- Have stable housing
- Able to commit to an eight week program
- Able to work in a group setting
- Able to establish goals and be motivated to work towards these goals

