



Referral Process:

Please e-mail a completed Mental Health and Addictions Program Referral Form, including the name of the psychiatrist following the client and the client's current diagnosis as described in the DSM-V (The Diagnostic and Statistical Manual of Mental Disorders) to:

MHADayTreatment@easternhealth.ca

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



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DAY TREATMENT PROGRAM

The Day Treatment Program is a Provincial 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 positive coping skills
- Promote recovery and wellness

Group Therapy is provided through:

- Group discussions
- 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.

The Day Treatment Program follows the recovery model of practice.

Weekly Themes:

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

Group Therapy Schedule:

Monday to Thursday
9:00am – 2:00pm

Interdisciplinary Team:

2 Full-time Psychiatric Nurses
1 Full-time Occupational Therapist
1 Part-time Occupational Therapy Support Worker
1 Part-time Secretary
1 Spiritual Care Clinician (who facilitates a weekly spirituality session)



Referral Criteria:

- Adults (18 years and older)
- Diagnosed with a Major Psychiatric Illness such as: depressive, bipolar, anxiety and other related disorders
- Currently followed by a psychiatrist who is willing to consult with team, as needed, while client is attending the Program
- Stable in terms of illness symptomatology such as:
 - Not actively suicidal
 - Not abusing substances
 - Not experiencing symptoms of psychosis
- Able to commit to an eight week program
- Able to work in a group setting and follow instructions
- Able to establish goals and be motivated to work towards these goals