

Important Information

- Smoking is not permitted on the unit. For those who do not have off-unit privileges, smoking cessation options are available.
- Phones are available on the unit for patient use between the hours of 8 a.m. and 10 p.m. Please restrict call length to 10-15 minutes as a courtesy to others. Phone use will also be restricted to accommodate therapeutic and group interactions.
- Safety is an essential part of effective treatment. As such, abusive behaviour is not acceptable and may warrant discharge from the Short Stay Unit.
- Upon admission there will be a safety check during which any sharp objects, medications or other safety concerns may be removed from your belongings for the duration of your stay. This includes items such as belts, scissors and hairdryers. These items will be secured but may be used with supervision. This is to ensure both your safety and the safety of others. As well, any items brought by visitors will be checked for safety.
- Alcohol and non-prescription drug use are not permitted in the hospital. Because the use of these substances may interact negatively with you medications, it is strongly recommended that you refrain from their use while under treatment. Use of drugs or alcohol may result in immediate discharge.
- A TV/VCR/DVD Player will be available in the public area between 6 p.m. and 9:30 p.m. There are a variety of games, puzzles and activities to help pass the time between therapeutic contacts.

What Else Should I Know?

To contact the multidisciplinary station, please call:
416-530-6000 ext: 4479

The patient phone number is:
416-530-6000 ext: 4491.

Your Psychiatrist's name is:

Your Social Worker's name is:

If you have any other questions or concerns please feel free to ask the unit staff, as they would be happy to assist you.

Introduction to the Mental Health Short Stay Unit

*at St. Joseph's Health
Centre*



Mental Health Short Stay Unit

Welcome to the Mental Health Short Stay Unit

This unit is intended to address the short-term psychiatric needs of individuals requiring a maximum hospital stay of 96 hours. This pamphlet is designed to give you information on what to expect and to assist you to achieve your treatment goals here. Please feel free to ask the staff any questions you may have.

Treatment Team

Physicians

A Psychiatrist and a General Practitioner will manage most of your care, with some assistance from on-call support Psychiatrists. These doctors will prescribe your medications and help determine your care plan, unit privileges and observation level.

Nurses

The nurses on the unit will be involved in managing your care, including giving you your medications, discharge planning, and providing therapeutic interactions and education to assist in achieving your treatment goals. They will also be there to ensure that the unit is a safe and therapeutic environment.

Mental Health Workers

The Mental Health Workers will be available for individual supportive interaction and activities, providing recreational and educational groups, as well as working with the nurses to ensure a safe and therapeutic environment.

Social Workers

Our social workers will be available during the

day, seven days a week, to assist you with discharge planning, community referrals, individual and family counseling/intervention, and developing and/or maintaining relationships with outside agencies and supports.

Unit Clerk

The unit clerk is on the unit to assist in the many administrative tasks of a busy inpatient ward. She may be available to answer some questions, but most questions should be directed to the nursing or mental health staff.

Support Services

Occupational Therapy, Chaplains, Pharmacy Services, Interpreter Services and other community agency services may be available for you if required.

Individual Therapy

Therapeutic Contact will occur throughout the daily activities of the unit, involving the entire multi-disciplinary team. It is an expectation of your admission that you will participate as much as possible in the planning and direction of your care.

Groups

Groups will be available on a daily basis and it is an expectation that you will attend as part of your treatment plan. There will be a schedule of available groups posted on the unit. Please ask staff if you have any questions or concerns.

Activities of Daily Living

Meals will be delivered to the unit three times a day at 7:45 a.m., 11:45 a.m., and 4:45 p.m. It

will be expected that everyone eat in the common area, unless otherwise specified. Snacks will be available in the unit. Specific dietary needs will be accommodated when possible.

The nurses will administer medications. Patients will be expected to be available for medications at regular medication times. It is important to be knowledgeable about your medications (their uses and times), as it will be part of your discharge planning to manage them independently.

There is a shower available and basic hygiene is encouraged while in hospital. Toiletries are limited, so it would be best to have your own delivered or to bring them at admission. Passes off the unit and privileges will be granted as per discussion with your care team. These privileges may be revoked at any time at the discretion of the care team, in the interest of maintaining your personal safety or the safety of the unit.

The unit is a locked ward and therefore, in the interest of your safety, off-unit privileges will be restricted between the hours of 10 p.m. and 8 a.m. daily. At other times, it will be expected that you sign in and out when leaving.

Visiting hours are 2-4 p.m. and 6-9 p.m., with a limit of two visitors per person. Patients with off unit privileges are encouraged to visit off the unit. Children under age 14 are welcome to visit patients with off unit privileges, but are restricted from visiting on the inpatient unit.