

# Groups on 3NE



**northern health**  
*the northern way of caring*

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# Program Guidelines

- Upon admission, some client's may be certified under the Mental Health Act. If this pertains to you, please speak to your care team with any questions.
- In order to provide a safe and supportive environment a search of your belongings will be completed upon intake and upon return from a pass. Daily unit safety checks are conducted. This includes room checks and personal belongings searches.
- Violence, threats of violence, abusive or foul language, or attempts to intimidate others will not be tolerated while in the program. The safety of all clients, staff, and guests is important to Northern Health.
- Contraband items not allowed include: weapons, sharp objects, personal medications, lighters, scissors, knitting needles, razors. Any exceptions to this will be stored at the front desk and monitored by staff.
- Personal electronic items allowed with supervision include: curling irons, blow dryers, personal electronics.
- Illicit substances (drugs and alcohol) are not permitted on the unit, and should not be used during your admission. To maintain the safety of the unit random screens may be completed at staff discretion.
- Clothing privileges can be discussed with your nurse.
- TV Hours:
  - 6 AM – 11 PM weekdays
  - 6 AM – 1 AM weekends
  - Off during all Community Meetings.
- Programming and groups are a part of your plan of care. To allow these therapeutic interventions to be effective the following guidelines are followed as closely as possible:
  - TV(s) will be turned off during Community Meetings.
  - Visiting hours are between 4PM and 8PM on weekdays and 10AM to 8PM on weekends.
  - No FABS (fresh air breaks) during group time.
- Any Client or Physician's request for exceptions to the above will have to be approved by the care team and noted on their plan of care.
- UHNBC is a non-smoking property. All staff, patients, and guests are asked to smoke off UNHBC grounds. Nicotine replacement is available if you would like to request this during your admission.
  - **DURING COVID THERE MAY BE RESTRICTIONS ON FRESH AIR BREAKS AND OFF FLOOR PRIVILEGES:**
- During your admission FAB's may be ordered and administered at your care team's discretion. Please check with your Nurse if you are allowed to go off the unit. FAB's are a privilege and come with the following expectations: PLEASE NOTE:

## There Are No Fab's During Group Time:

- Please return to the floor on time. FAB's are 15 minutes in length. If you are late a team member will have a conversation with you to address barriers of checking back on the unit on time. If you are late a second time, off ward privileges will be discontinued for the rest of the calendar day and reviewed the next morning.
- You will be asked to stay on the unit in the morning until you have received morning medications.
- Everyone will be encouraged to dress appropriately for any off unit privileges (eg. weather appropriate attire). Please ask a staff member if you require additional clothing as we do have access to a clothing closet.
- The first Fab is at 0900 next is at 1:00 pm. And the last one is at 5pm. All Fabs will be accompanied.
- Everyone has a right to personal space and boundaries. Intimate relationships with other clients are not permitted during admission. Clients are not allowed in other client's rooms - no exceptions.
- Photos of staff and patients will not be allowed.
- Upon completing treatment we ask that you allow a month to pass before returning to visit any friends or acquaintances who remain patients on the adult psychiatric unit so that they may continue with their own treatment.
- Everyone needs to dress appropriately. We know everyone has their own sense of style, but as long as you are here, "dressing appropriately" means:
  - Tops that cover the shoulder (no tank tops/ muscle shirts) and the midriff and shorts/skirts that approach at least the middle of the thigh. Staff will talk to you about clothing that is "overly revealing" and ask you to not wear this clothing during your stay. Also please do not wear clothing promoting illicit substance use, racism or profanity.
- Please eat meals in the dining room unless other arrangements have been made. When meals are complete, please return trays to the meal cart. If you have concerns or would like to request changes to your meals please talk to a staff member.
- Please note that energy drinks are not permitted while in the program. This includes while on outings or passes.
- Everyone is encouraged to practice good hygiene. UHNBC is a scent free zone, which includes all perfumes, colognes, and/or body sprays.
- During your stay, you play a role in keeping this place clean, tidy and comfortable. This includes keeping personal space clean.
- UHNBC is not responsible for lost or stolen items. Please turn in valuables and cash to staff.
- We understand that some of the above program guidelines may not be principles or rules that guide your everyday life, but we ask that you respect them while you are here.

# Code Of Conduct Guidelines

## **Confidentiality:**

I agree to not share the names of other group members, anything that was said in group and conversations between group members. I am free to talk about my personal feelings and experiences.

Group issues are not to be discussed outside of group.

Group Leaders are part of your treatment team and take an active role in your treatment planning.

If you break confidentiality you could be removed from group for the protection of your fellow group members.

## **Respect Fellow Group Members:**

Show respect by treating others with kindness and support, both with words and actions. Recognize the rights of others to be different, allow members to disclose at their own pace, avoid being judgemental and using labels towards members.

## **Using Words Rather Than Actions:**

Express your feelings in a non threatening manner. Avoid swearing, raising your voice or aggressive actions.

I understand that intimidation or threatening behavior in group will not be tolerated. No violence.

## **Offer Constructive Helpful Feedback**

Give sensitive and honest feedback to members

## **Arrive On Time:**

Your time and your group member's time is valuable. Group sessions last for 45 to 60 minutes.

## **Cell Phones Turned Off For Duration Of Group**

Having cell phones off allows for uninterrupted group time and will allow members to focus on group material.

## **Only Water In Group - unless provided by Group Leaders**

	Monday	Tuesday	Wednesday	Thursday	Friday
1000-1100	Team Time				
1100-1200	Mood Management Activity Group	Crisis Coping OT Assessments	Art Heals Wellness	Mood Management OT Assessments	Crisis Coping Lego
1430-1530	Wellness Group TBD	Wellness (cooking) Group TBD	Wellness Addictions	Wellness Group TBD	Wellness Group TBD
1600-1700	Social Games	Coffee Group & Social Games	Social Games	Coffee Group & Social Games	Social Games
1900-2000	Relaxation	Relaxation	Relaxation	Relaxation	Relaxation
2030	Community Group	Community Group	Community Group	Community Group	Community Group
2100	Evening Snack	Evening Snack	Evening Snack	Evening Snack	Evening Snack

# Coping Skills

## LEARN TO LIVE WITH THE STORMS

These modules discuss difficult situations that you might find yourself in and teach you skills to cope in a healthier way.

**Tuesday and Friday @ 11:00 am**

## COPING SKILLS GROUP

### Topics Covered:

#### Module 1: Breathing

Lower your stress with deep breathing

#### Module 2: Grounding Techniques

Hit the reset button and live in the present

#### Module 3: Drop Anchor

Learn to weather emotional storms

#### Module 4: STOP Skill

Stop and think before acting

#### Module 5: Stress Management & Coping Strategies

Organize skills to control stress

#### Module 6: Self Soothing

Learn how to improve the moment



# Mood Management

## LET US HELP YOU SHED SOME LIGHT ON YOUR PROBLEMS

Learn how our thoughts, emotions, body sensations and behaviours are all linked.

**Monday and Thursdays @ 11:00 am**

## MOOD MANAGEMENT GROUP

### Topics Covered:

#### Module 1: Break the Cycle

Don't let your thoughts spiral out of control

#### Module 2: Behavioural Activation

You can not start, until you start

#### Module 3: Opposite Action

Try something new

#### Module 4: Unhelpful Thinking Styles

Recognize how you are limiting your life

#### Module 5: Changing Unhelpful Thoughts

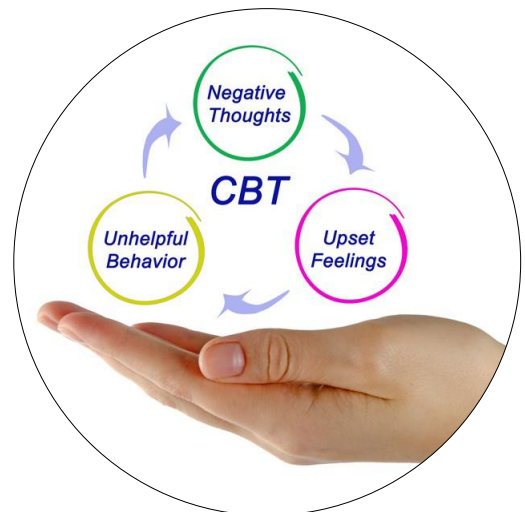
Change how your thoughts can control your emotions

#### Module 6: Core Beliefs

How are past experiences continue to effect our lives

#### Module 7: Healthy Lifestyle

Putting it all together







# Relaxation

## LEARN WAYS TO HELP YOU RELAX AND SELF SOOTH.

Join us for a relaxing way to end your day. The session will teach tips and techniques to help you relax and find healthier ways to deal with stress. It is a great way to get ready for bedtime.

**Monday to Friday @ 7:00 pm**

### RELAXATION GROUP

#### Topics Covered:

#### Module 1: Mindful Relaxation

Mindful grounding and breathing and relaxation techniques.

#### Module 2: Progressive Relaxation

Focus on tightening and relaxing major muscle groups.

#### Module 3: Passive Relaxation

Noticing the tension in your body and learning to relax it.

#### Module 4: Guided Imagery

Focusing on your five senses to help with relaxation.

#### Module 5: Mindful Relaxation

Mindful grounding and breathing and relaxation techniques.



# Relax and Unwind

**JOIN US AT THESE FUN ACTIVITIES THAT ALLOW YOU TO SOCIALIZE AND PARTICIPATE IN THE ACTIVITIES HAPPENING ON THE UNIT**

## **Social Games**

Come join us for a variety of card games and board games led by staff and clients

**Monday, Wednesday and Friday @ 4:00 pm**

## **Art Heals**

Join our art therapist from Two Rivers Gallery to create an art project of your own

**Wednesdays @ 11:00 am**

## **Coffee Group**

Get to know your fellow clients in a casual discussion and enjoy some coffee or tea

**Tuesday & Thursday @ 4:00 pm**

## **Community Group**

Discuss the day's events and review rules of the ward

**Monday to Friday @ 8:30 pm**

## **Movie Night**

Join us for a movie and some popcorn

**Friday & Saturdays @ 9:00 pm**



# Adult Addiction Day Treatment Program

## **MENTAL HEALTH AND ADDICTION SERVICES IS OFFERING ADULT ADDICTIONS DAY TREATMENT.**

The Program runs with continuous intake, with a weekly orientation session. This is a self-referral, 8 week program running Mondays, Tuesday, Thursdays and Fridays from 9am-12pm. It is currently a modified phone conferencing program, based out of the Northern Interior Health Unit (located at 1444 Edmonton Street, 3rd floor).

The Adult Addiction Day Treatment program provides a client-centered approach to wellness and focuses on assisting clients to achieve greater responsibility for their individual recovery, access to resources that provides on-going support, and to improve the overall quality of life by recognizing individuals' knowledge, strengths, and abilities.

Please contact the Adult Addiction Day Treatment Program at 250-645-7776 to book an orientation session, and then after the orientation session you will be booked with an intake session.

NOTE: Intake MUST be completed prior to attending the group

# Contact Information

## Adult Psychiatry

## University Hospital of Northern British Columbia

250-565-2000

(UHNBC)

250-565-2450

1475 Edmonton Street

Fax: 250-565-2793

Prince George, BC V2M 1S2

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Community Outreach Assertive Services Team (COAST): 250-645-7730

Community Acute Stabilization Team (CAST): 250-645-7740

Assertive Community Treatment (ACT): 250-645-3845

Intensive Case Management (ICM): 250-645-3830

Early Psychosis Intervention (EPI): 250-645-7430

Crisis Prevention Intervention &  
Information Centre for Northern B.C.: 250-563-1214 or  
1-888-562-1214







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*the northern way of caring*



#healthynorth

[northernhealth.ca](http://northernhealth.ca)