

## FEEDBACK FROM FORMER CLIENTS

"I found out that I am not alone."

"I know that it's ok to feel this way for now."

"I learned to be more assertive and confident in my goals and abilities."

"This program gave me an opportunity to discover things about myself that I never considered before."

"I realize now that I'm not lazy, weak or "different."

"I learned the ability to say "no" and that I have the ability to make positive changes and have options in my life."

"I discovered that I am in control of my health, my attitudes and my life."

"I found out there is hope."

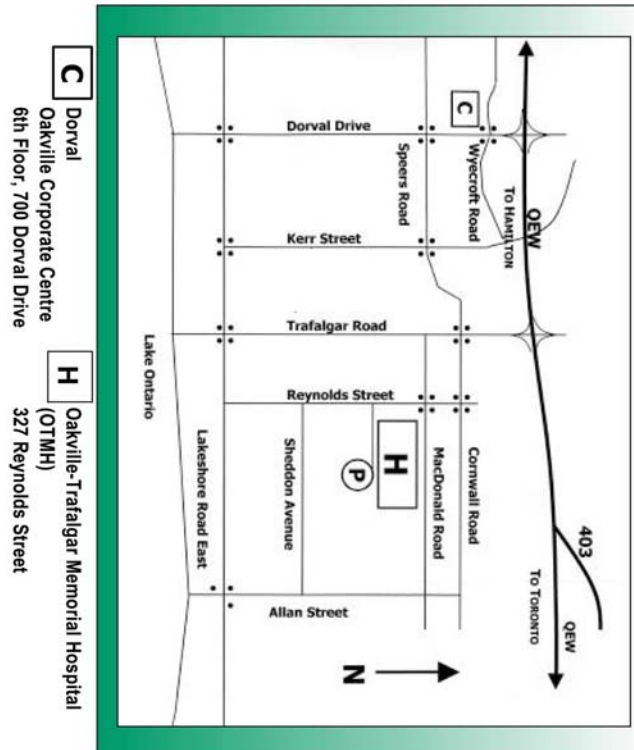
## WHERE WE ARE

Mental Health Day Program offices are off-site from Oakville Hospital. We are located in the Oakville Corporate Centre, 6th Floor, 700 Dorval Drive (enter from Wycroft Road).

Phone: 905 338 4630 Fax: 905 815 5096

Free parking is available.

We look forward to working with you on your treatment goals.



Halton Healthcare  
Oakville-Trafalgar Memorial Hospital  
Phone: (905) 845-2571  
[www.haltonhealthcare.com](http://www.haltonhealthcare.com)

Halton Healthcare is a multi-site healthcare organization providing the highest quality care possible, close to home. If you would like to help support the Mental Health/Social Services Program at HHS please call the Oakville Hospital Foundation at 905-338-4642, specifying that you wish to direct your donation to mental health. Donations will be used only to further quality client care. Visit our website at [www.haltonhealthcare.com](http://www.haltonhealthcare.com).

# Mental Health Day Program



Halton Healthcare

# There is hope.

A short-term adult, group based program for people struggling with a mental illness. The various treatment options help clients cope with and overcome their challenges.

## ADMISSION CRITERIA

- 18 years and older
- Diagnosis of mental health disorder
- Willingness to actively engage in jointly developed treatment plan
- Requires immediate and intensive intervention and education
- Retains sufficient supports to continue to live in the community

## EXCLUSION CRITERIA

- Primary substance abuse diagnosis
- Active psychosis
- Behaviour that compromises the emotional and physical safety of the group



## TREATMENT

This is a psychoeducational group focused program that is 4-6 weeks in length. Education-based groups focus on learning new coping skills, self-reliance and personal growth. Topics for groups available include:

- Anxiety
- Stress Management
- Coping Skills
- Communication
- Relationships
- Illness education
- Medication Education

Your program may include a combination of psychiatric treatment, crisis management, individual counseling, and education involving cognitive behavioural therapy.

## CONFIDENTIALITY

Group members agree not to discuss the names or content of problems presented by other members.

## DAYS AND HOURS OF OPERATION

The program area is open from 8:00 a.m. to 4:00 p.m. and staff is available during those hours for assistance.

The core group program runs:

Monday to Thursday from	9:00a.m. - 2:00p.m.
Friday from	9:00a.m. - 12:00p.m.

## COST TO PATIENT

This program is covered by OHIP. You are responsible for your own lunch and transportation.

## REFERRAL SOURCES

- Inpatient psychiatry
- HHS psychiatrists
- Crisis service contact with psychiatric consult
- Central Intake Service