



# Mental Wellness Day Program

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We walk with you on part of  
your recovery journey ...

“Recovery” refers to individuals’ abilities to guide their own wellness journeys, and live satisfying, hopeful, and contributing lives, even though mental health and substance use problems may cause ongoing limitations.



*Recovery is not only possible, it is expected.*

## What we do

We provide a comprehensive, individually-tailored, group treatment program in three broad categories.

### **Support for stabilization helps acutely ill individuals get better faster.**

- Alternative to inpatient care
- Supports transition from inpatient to outpatient care
- Structured routine gently increases tolerance for movement, concentration and social interaction
- Daily function-based assessment of stabilization

### **Education and skill development helps stable individuals gain knowledge and independence.**

- Wellness education
- Self-management skills
- Coping skills

### **Recovery and health promotion helps individuals expand beyond the illness.**

- Develop a healthy lifestyle
- Begin or return to community activities
- Explore meaning and purpose

## About Us

The Mental Wellness Day Program is a group-based, recovery-oriented psychosocial rehabilitation program.

We serve adults with diagnosed mental health problems such as schizophrenia, psychosis, bipolar disorder and major depression.

Our team includes occupational therapists, nurses, a social worker and a recreation therapist.

We are an adjunct to the primary mental health clinician and psychiatrist and help support the treatment goals created with them.

For more information visit:

[www.islandhealth.ca/our-services/mental-health-substance-use-services/outpatient-treatment-mental-health](http://www.islandhealth.ca/our-services/mental-health-substance-use-services/outpatient-treatment-mental-health)

## Referral Criteria

Referrals can be made by any health care professional involved in the individual's care.

Intended for individuals who have a primary Axis I diagnosis and who are 17-75 years old

Individuals with developmental disabilities or head injuries are better served by other resources in the community.

Participants must be receiving care from a psychiatrist

Referrals external to Mental Health and Substance Use Services can be made through Mental Health Intake.

Internal referrals are made via Pathways.