

Welcome to the Psychiatric High Acuity Unit

Royal Columbian Hospital

Mental Health and Substance Use Wellness Centre
330 East Columbia St
New Westminster, BC V3L 3W7

Care Team Base: 604-527-2907



We have included QR codes to online resources in this booklet.

A QR code (short for 'quick response' code) is a type of barcode that you scan with your smart device's camera. Once scanned, it takes you to that web page.

Welcome

Our goal is to create an environment where we provide crisis intervention, psychiatric assessment, and stabilization

Your care team works with you to:

- Identify your mental health and/or substance use concerns and help you manage them.
- Stabilize any initial crisis.
- Make a treatment plan that meets your specific needs.
- Identify coping strategies and skills that you can use when you go home.
- Create a plan for when you return to the hospital you were originally admitted to.

We are a locked unit. Our patients are under close observation to help us decide the most appropriate next level of care. For safety reasons, you cannot come and go from the unit.

How long you stay in this unit depends on your health care needs. You might stay for 1 or 2 nights or longer.

We will transfer you back to the hospital that you were originally admitted to when the doctor and care team feel that you have completed your treatment goals at our unit.

Your Care Team

You are a key member of your care team. We work with you and help you move through this time of illness.

You will see a Psychiatrist every day. However, it might not be the same Psychiatrist every day.

Our hospital is a teaching hospital. We often have residents and medical students or trainees from various health professions working with us and supervised by us.

Your team might include:

- psychiatrist
- medical doctors
- nurses
- mental health care workers
- social workers
- pharmacists
- unit clerks
- occupational therapists
- recreational therapists
- family and friends

Be involved in your health care. It is a partnership.

Ways to be involved and things you can do:

- ✓ Ask questions and talk about your concerns.
- ✓ Learn what medicines you take and why to take them.
- ✓ Make sure you know what to do when you leave the hospital.

Visiting

We recognize that your family and friends can give important support to your recovery.

- Visitors age 17 and older are welcome to visit.
- For visitors aged 12 to 16 years, please ask your nurse. It depends on what is happening on the unit at the time.
- For safety reasons, we do not allow children under the age of 12 years on the unit.

Visiting hours

Monday to Sunday

11:00a.m. to 8:00p.m.

Please call at least 30 minutes before coming to the unit.

Sometimes we cannot allow visitors. This depends on activities within the unit. If visitors arrive without notice, we might have to turn them away.

Smoke-Free Policy

All our buildings and surrounding property are smoke-free, inside and outside. No one is allowed to smoke in hospital buildings, on stairs, or outside on hospital property. This includes electronic cigarettes and marijuana.

We encourage you to stop smoking. However, we know for some people this might be a challenge. We can offer Nicotine Replacement Therapy to keep you comfortable. Ask us about the options available.



Admission to Hospital

It can be very traumatic to be admitted to the hospital.

Perhaps it involved a severe crisis. You might have been brought against your will under the Mental Health Act.

If you were brought in here ‘against your will’ (an involuntary patient), you have certain rights and the hospital has certain obligations. Your nurse reviews your rights with you.

A full copy of the Mental Health Act is available at the Care Team Base as well as online.

BC’s Mental Health Act in Plain Language

www2.gov.bc.ca

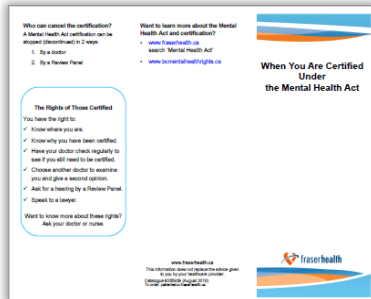
Health / About B.C.’s Health Care System / Partners / Colleges, Boards and Commissions / Mental Health Board / Related Links

(or use this short link goo.gl/ZvxwAv)



Scan QR Code to access

Please ask for a copy of the “When you are Certified Under the Mental Health Act” brochure that is located at the Care Team Base.



To view online, scan this QR Code.



My Notes

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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