



## Welcome to I South

Our Team's aim is to support and promote your mental wellbeing by providing your care in an environment that meets your unique health needs.

## Working with you, your family and supports we will:

- Assess your needs
- Design a treatment plan
- Teach and assist with medication
- Provide both individual and group learning opportunities about mental health
- Suggest connections to helpful resources
- Support your return home

## Our Team

- Nurses – Registered Nurses
  - Registered Psychiatric Nurses
  - Licenced Practical Nurses
- Social Workers
- Occupational Therapists
- Physicians
- Psychiatrists
- Health Care Assistants
- Aboriginal Patient Navigators
- Dietician
- Chaplain

## What to Expect

### Process

Staff will look through all belongings brought to the ward. Pills, sharps, some electronics and scented items will be removed. Items deemed risky will be securely stored.

We recommend that you do not borrow or lend money or personal items.

### Personal Belongings

Please give your valuables to family, or friends to take home, if possible.

Some belongings may be restricted based on safety.

Cash exceeding \$20.00 will be kept in a safe in admitting.

### Safety

Let staff know if you feel uncomfortable or bothered by what is going on around you.

Tell staff how they can help you deal with anger or frustration in a safe, non violent way.

Respect the privacy and confidentiality of others: patients, their families and staff and not intrude on others' personal space.

Make any concerns known promptly and discuss them in a non threatening environment.

## Environment

We aim to provide an environment where you will be:

- Safe from verbal, physical, sexual, emotional or financial abuse; harsh or unfair treatment.
- Safe from discrimination based on race, age, sex, religion, national origin, sexual orientation, disability or marital status.

### Treatment Planning

We aim to provide treatment in the least restrictive setting possible.

Determine the amount of involvement you want your family to have in your treatment.

Be available to participate in social, religious and community groups of your choice.

Know the name of the medication you are taking, why you are taking it and what its possible side effects might be.

Participate in ward programming, take this time to focus on your recovery journey.

You may be asked for a urine sample after a pass to test for alcohol and drugs. A refusal of this request will lead to an assumption of use.

Attending to personal hygiene, bed space and do your personal laundry.