

Mental Health Intensive Day Program (MHIDP)

MHIDP is a 4-week outpatient and voluntary program which is open to participants Monday-Friday, 9am-3pm.

The program is designed for participants, 18 and over who are experiencing moderate to acute symptoms of a psychiatric diagnosis which do not necessitate an inpatient 24-hour hospitalization and who need more than traditional 1:1 weekly sessions.

The MHIDP's purpose is to offer intensive mental health care in a group setting while participants can stay closely connected with their own supports, and to prevent future hospitalization due to mental health.



Referral Process

Referrals accepted from psychiatrists, community mental health clinicians and primary health care providers.

Please refer to the admission criteria prior to referral

How to make a referral

Cerner: Place a future order for **MHIDP Referral (Physician/MH Clinician)**

Email a completed MHIDP referral form to **MHIDP@ihis.org**

Fax a completed MHIDP referral form to **(902) 620-3108**

Contact the MHIDP at **(902) 288-1274** for referral forms

Health PEI

Mental Health Intensive Day Program
2nd Floor Hillsborough Hospital
115 Deacon Grove Lane
Charlottetown, PE
Phone: (902) 288-1274

<https://www.princeedwardisland.ca/en/information/health-pe/mental-health-intensive-day-program>



MENTAL HEALTH INTENSIVE DAY PROGRAM

HEALTH PEI

The MHIDP is designed to assist participants to gain knowledge and insight into their own mental health and empower them to make positive changes.

MHIDP goals

- Help individuals understand their mental health and manage with a psychiatric diagnosis
- Reduce the symptoms being experienced
- Develop positive coping skills
- Promote recovery and wellness
- To prevent or shorten a hospital admission

Six 6 main themes include

1. Thoughts-Feelings-Actions Connections
2. Distress Tolerance
3. Mindfulness
4. Interpersonal Effectiveness / Healthy Relationships
5. Emotional Regulation
6. Self-Care Planning / Management

MHIDP Daily Structure is primarily group based with an emphasis on psychoeducation in healthy living and skill-building with access to mental health clinicians and psychiatry *(as needed)*

Interdisciplinary Team:

Psychiatry
Social Work
Nursing
Occupational Therapy
Social Support Workers
Administrative Clerk

Program Partners

Spiritual Care (QEH)
CMHA Peer Support
MHA Psychology
MHA Dietetics



Referral/Admission Criteria

- Adults (18+) who can function independently
- Capacity and willingness to participate in a 4-week a group educational program
- Has moderate to acute symptomology, but does not require 24-hour hospital admission
- Is **not** currently experiencing psychotic symptoms or other states to such a degree that the individual may become more symptomatic in a predominantly group-oriented treatment setting
- Demonstrate cognitive abilities to actively participate in group based intensive programming
- Is **not** at imminent risk of harm to self or others
- Able to independently administer their own medications
- Can commit to being substance-free during scheduled day programming
- Individual does **not** have primary housing, custodial, or respite needs.

**Participants must have their basic socio-economic and legal needs met in order to have success in this program. Clients with these needs will be referred to a different Mental Health and Addictions program.*