

## 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.



## 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:

**Island Health**  
viha.ca



### *Mental Wellness Day Program*

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# Mental Wellness Day Program



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

## **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.

### **What we do**

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

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***Hope is the foundation on which recovery is built.***

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**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



*Empowerment is not a privilege bestowed, but a right acknowledged.*

**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