

# Better Access for Islanders to Mental Health and Addictions Services and Supports

November 2013

## INVESTING IN LONGER TERM RESIDENTIAL TREATMENT – 10 BED TRANSITION UNIT

**Q: What is the new 10-bed transition unit?**

A: Early recovery is a time of transition, and one not fully available in PEI's current residential treatment options. The new 10-bed transition unit is intended as a safe place for clients to stay when finished withdrawal management. Programming, group and individual support, and case management services will be provided to help people transition back to the community with a recovery plan designed to help them meet their goals and remain connected to supports in the community.

Inpatient rehab programming beds that have been underutilized will be reassigned for this new transition unit. Inpatient rehab beds were only available during an inpatient rehab program. Admission to the new transition unit will be more accessible. The transition unit will incorporate programming for the same population that has accessed inpatient rehab as well as for persons requiring longer term stays.

**Q: How is someone referred to this unit?**

A: The transition unit is being established for persons requiring longer term stays. Admissions will be managed by the program supervisor and are expected to come as transfers from the inpatient withdrawal unit. As with all Addiction Services programs, consideration will be made for ensuring the right treatment for the person based on individual assessment.

**Q: Will programming be offered?**

A: Yes. Life skills and recreational therapy, opportunity for personal reflection, and recovery planning will all be a part of the programming within the transitional unit. Programming will focus on relapse prevention and support for early recovery. Connection to community-based and outpatient addiction services such as counseling services would also be an important part of helping people transition.

**Q: How will the transition unit be staffed?**

A: The staffing model is under development, however, it is anticipated that the transition unit will include social work, addictions counseling, support staff and nursing support.

**Q: When will the transition unit be opened?**

A: Planning is underway and the goal is for the transition unit to be operational in February 2014.