

Child and Adolescent Transition Day Program

What is my role in getting better?

You are the most important member of the treatment team. The way to get the most out of your program is to:

- Take part in all parts of the treatment plan
- Set goals with your clinician and work hard to meet them
- Talk about what's on your mind
- Be honest and accurate
- Attend the day program regularly
- Ask questions freely.

For more information, please contact:

Child and Adolescent Transition Day Program Humber River Health

1235 Wilson Ave.,
Toronto, Ont.
M3M 0B2

Tel: (416) 242-1000 ext. 43200

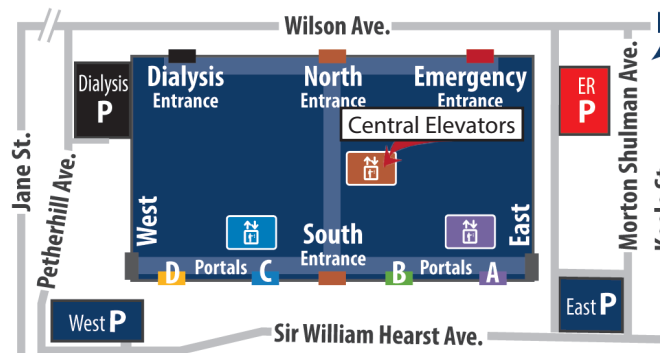
Closest hospital entrance is through either the North or South entrance. Then take the Central elevators to the 5th floor.

What happens when I leave the program?

You will leave the program with skills to help you cope with your illness day-to-day. A transition case manager may work with you for a short time to ensure you have a smooth return to your community.

When does the program run?

The program runs 9:00 a.m. to 3:00 p.m., Monday to Friday.



HUMBER RIVER HEALTH
1235 Wilson Ave., Toronto, Ont., M3M 0B2

English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

What is the Child and Adolescent Transition Day Program?

The Transition Day Program helps children and adolescents, 18 years and under, who have been in hospital for treatment of a mental health issue and are registered in school.

We are committed to helping you recover from your illness and return to your home and school as soon as possible with the skills you need to help you succeed.

Who can apply to the program?

You can apply if you are a child or adolescent who:

- Has been recommended by your family doctor
- Has been discharged from Humber River Health's inpatient mental health unit and needs support returning to school or home
- Is currently receiving treatment on the inpatient unit and is ready to begin the program
- Is registered in school.

What does the program offer?

We offer a combination of support and education that best suits you, such as:

- Developing skills and strategies to help you deal with social interactions, anger management, and day-to-day living, both at home and school
- Academic education current with your community school's program
- Education and skills to help you manage your illness, medicines, and personal issues
- Help in setting and meeting personal goals.

What will I learn in the program?

We will help you learn:

- More about yourself
- How to get healthy and stay healthy
- How to improve your communications with other people at home, school, and elsewhere
- About your medicines, what they do and how to deal with any side effects
- How to manage your illness.

How is the program run?

We run the program in small groups and individual sessions. Your treatment may include:

- School work
- Exercise
- Therapeutic groups
- Individual counselling.

Who will I see in the program?

The following people are available to provide you with support, as needed:

Teacher: To help with academic school work

Social Worker: To discuss personal and family concerns

Child and Youth Worker: To help you with personal life skills

Registered Nurse: To help with health and medicine needs

Child and Adolescent Psychiatrist: To manage your diagnosis and treatment.

What happens when I arrive in the program?

When you start the program, you will have an interview with each team member. Together, you and the team will create a treatment plan.