



# **Welcome to the Pediatric Eating Disorders Program**

*Information about the  
Day Hospital Program*

The Pediatric Eating Disorders Program  
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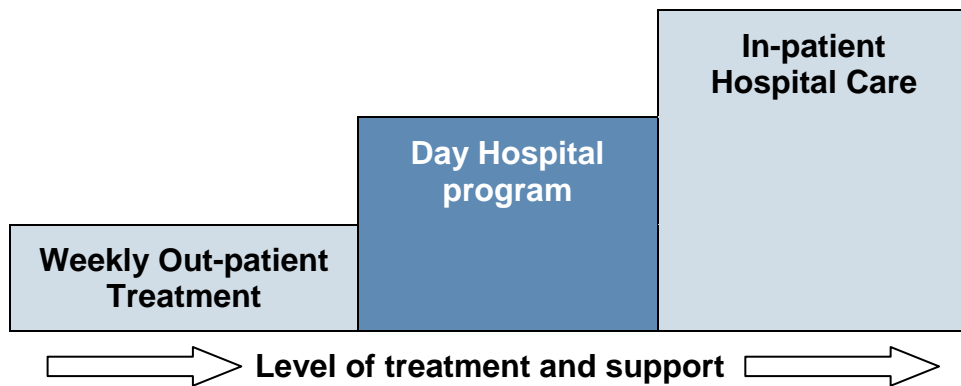
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## What is ‘Day Hospital’?

The Pediatric Eating Disorders Day Hospital is a program that provides you with mental health care and nutritional support during the day. You do not stay in the hospital overnight. This lets you stay involved with your family, school and social activities in the evenings and on weekends.

Day Hospital is a good choice if you need a ‘step up’ from weekly outpatient treatment or a ‘step down’ from inpatient hospital care.



In the Day Hospital program you will receive intensive group treatment and support from a team of health professionals. This helps you get through the challenges that are part of recovery from your illness:

- restoring your weight to a safe level and keeping it stable.
- eliminating bingeing and purging behaviours.
- regulating and normalizing your eating.
- regulating your moods and managing emotions.
- eliminating eating disorder thoughts.

The Day Hospital program can improve your mental health and help you progress with the outpatient program.

## How long is the Day Hospital program?

**The Day Hospital program requires a significant commitment from you and your parents.**

**Deciding to attend the program is up to you.**

We ask families to make a 6-week commitment to attending Day Hospital. Depending on your needs, the team may recommend that you stay longer. We will discuss this with you and your family, and decide on a plan together.

Before you are accepted to the program, you will meet with a member of the team who will:

- Explain the rules of taking part in the program and what is needed to be successful.
- Help you fully understand the commitment that you and your family need to make.
- Help you to set realistic goals.

## How many people take part in the program?

The program is designed to provide intensive treatment for up to 4 patients at a time. Having small groups lets us focus on each patient's needs.

Some of our services are shared with the hospital's inpatient program. Up to 6 inpatients may take part in the meal support and groups offered at Day Hospital.

## Who will be involved in my care?

Your care will be planned and provided by a team of people. You and your parents (or guardian) are important members of the team.

Other team members include:

- Pediatric Nurses
- Nurse Practitioner
- Child Life Specialists
- Social Workers
- Psychologists
- Registered Dietitian
- Adolescent Medicine Pediatricians
- Child Psychiatrists
- Teachers
- Pharmacist
- Students who are training to become health professionals

**We provide  
family-centred care.**

**This means that we  
focus on the unique  
needs of each  
patient and family.**

## Do I need to visit my Pediatrician while in Day Hospital?

The Nurse Practitioner, Psychiatrist and Pediatric Nurses will monitor your health while you are in Day Hospital. However, your needs and relationship with your doctor are unique. Talk with your Pediatrician about the level of care that is right for you.

## What can patients and parents expect?

- ✓ You can expect that the Day Hospital staff will communicate with you and your parents in a compassionate and respectful manner.
- ✓ Your parents can expect to be included in your care and to be taught new ways of managing challenging eating disorder behaviours.

**These expectations are not negotiable:**

- You and your parent (or guardian) must be willing to take part in all aspects of the Day Hospital program.
- You must commit to reducing eating disorder symptoms.
- You and your parent (or guardian) must make a minimum 6 week commitment.
- Your parents must attend the parent education and support group, and the goal setting group. They must follow the rules for morning drop-off and evening pick-up.
- You must follow medical recommendations; including admission to hospital or using emergency psychiatry services, if needed.

## **What should I bring to Day Hospital?**

Each day, please bring:

- Your Ontario Health Card (OHIP).
- Any medications that you will need to take during the day (see below).
- Your homework that was assigned in your groups.

### **Medications**

For your safety, we need to know what medications you will be taking during the day while at Day Hospital. We will ask you to fill out a medication list before starting in the program.

**Bring your own medications to take during the day.**

**We do not supply your medications.**

Each day, bring the medications that you will need to take while at Day Hospital.

Each Day Hospital patient is given a small locker. When you arrive and check in, we will ask you to store your medication in your locker. When it is time for your medication, you can get it and take it yourself.

## What would be best to leave at home?

Please leave anything valuable at home. Do not bring money, credit cards, iPods, MP3 players or cell phones to Day Hospital. The hospital and staff are not responsible for lost or stolen items.



**Any electronic devices that you bring to Day Hospital (including a cell phone) must be turned OFF and cannot be used during program hours.**

They will be secured until you leave Day Hospital.

## What does the program look like?

(See Program Schedule included in admission package)

The program is designed to meet the needs of teens and parents, and what they tell us would make managing the illness at home more successful.

### **We require your participation in all groups**

Each day starts with your arrival on the ward at 7:45 am to check in with the nurses. You can leave after your evening meal at 5:45 pm. On Fridays, Day Hospital ends at 3 pm.

Your parents are expected to bring you to the ward for check-in and pick you up there after the evening meal. Talk with the care team if you need to make other arrangements.

Day Hospital is open Monday to Friday, including school PA Days. We are closed on statutory holidays, such as Easter Monday and Canada Day. We are open during the summer but will have a modified schedule.

## **Do you provide transportation?**

No, we do not provide transportation to the Day Hospital program. This is your responsibility, along with your parents and caregivers.

## **What about parking?**

A monthly parking pass can be purchased from the Parking Office (in the red section of the hospital underground parking lot).

We encourage parents to buy a monthly pass while their child is in Day Hospital, so that parking issues do not prevent them from taking part in parent groups, family meetings and treatment sessions. Parking at the hospital may be included as a medical expense on an income tax return.

For fast access or pick-ups, there is parking near the main entrance of the hospital (not underground). The first 15 minutes are free, then there is an hourly rate. Please note that the hourly rate and daily maximum are higher for these spaces than for underground parking. Passes are not available for this parking lot.

Do not park outside the front door of the hospital. This area must be clear for ambulances and buses.

## **Do you provide meals?**

The Day Hospital will provide 3 meals and 2 snacks each day. You will eat your meals and snacks with the group, and with support from the nursing staff and Child Life Specialist or Registered Dietitian.

The Registered Dietitian will work with you to determine your nutrition needs. We are able to accommodate food allergies and intolerances, religious beliefs, and many food preferences.



## What about my school work?

You will attend school at Day Hospital with a teacher from the Hamilton Wentworth Board of Education. School takes place from 9 am to 12 noon each day, with a break mid-morning for group snack. We provide education for elementary and high school students. We follow the normal school schedule from September to June with a summer break.

The teacher will work with you and communicate with your community teachers to ensure that the work you need is available to you.

## What therapy groups are offered?

We offer a range of groups to meet the needs of patients and parents. Information about each group follows on the next few pages.

Therapy groups are based on the principles of DBT (Dialectical Behavioural Therapy). DBT is a model of treatment that has been found to be effective for people experiencing sadness, anxiety and distress from eating disorder thoughts.

Therapy groups help you to:

- ✓ Build skills to tolerate distress.
- ✓ Learn to regulate your emotions more effectively.
- ✓ Improve relationships with others.
- ✓ Learn to relax.

### Body Image

- This is a Cognitive Behavioural Therapy (CBT) group that focuses on improving how you feel about your body.
- The nurses will work with you after each group to identify areas where you can begin to apply each new skill.

### **Mindfulness Based Stress Reduction (MBSR) Group**

- In this group you will learn how to focus on the present, to reduce your anxiety about the future.
- The group skills help you to become more self-aware, and reduce negative thoughts about yourself.

### **Creative Coping Skills**

- In this group, the Child Life Specialist will help you build new skills and interests.
- You are encouraged to ‘give it a try’ and begin to add new habits and hobbies. You can try a variety of activities that will help you relax and distract you from eating disorder thoughts and behaviours.

### **Goal Planning Group**

- Setting goals is a way to make an important commitment to your health. Goals keep you on track and help you recognize your success within the program.
- Each week you will be asked to set and review your goals.
- In this group, you will have an opportunity to teach your parents the skills you have learned during the week.

**Parents are required to attend this group.**

### **Parent Support and Education Group**

**We feel it is vital that parents understand how to support their child during recovery from an eating disorder.**

- Your attendance and involvement is important as a model for your child. This helps your child transfer the skills learned at hospital to home, for continued success.

- Parents must attend this group while their child is in Day Hospital or the inpatient program. We encourage both parents to attend if possible.
- The group facilitator will discuss a new topic each week and encourage questions. Topics are chosen to meet participants' needs and are posted each week at the nursing station. See the Day Hospital schedule for more details.

### **What individual therapy is available?**

Your therapist will talk with you and your family about his or her role in your care at the Day Hospital. Your therapist will be kept informed of your progress through team meetings.

Based on the team's assessment of your needs, individual therapy may be put on hold, or the therapist may choose to:

- work with your parents,
- offer full family therapy, or
- see you individually while you are at the Day Hospital.

### **Will my personal information be kept confidential?**

Yes. We will respect the privacy of your personal information, including the concerns that you share with us. This information is only shared within your care team.

Your written permission is needed to share information about you with anyone outside the hospital. However, the law requires us to make some exceptions. We have a duty to report any suspected harm, abuse or neglect. We will discuss this with you when you begin Day Hospital.

**We are committed to keeping you safe.**

## Who do I call if I am going to be late or I am unable to attend Day Hospital?

Please call the Pediatric Eating Disorders Unit at **905-521-2100**, ext. **73289** or **73291**.

### What if I am sick?

- If you have a cold, cough, fever or feel sick, please call before coming to the hospital.
- The nurse will help you to decide if you should come to Day Hospital or stay home that day.

### What if the weather is bad?

- Please use your judgment when travelling to Day Hospital in snowy, slippery or unsafe conditions. If driving gets worse throughout the day, we may need you to go home early for your own safety. We will contact your parents.
- We follow school closures as a guide for your attendance. If the Hamilton schools are open; Day Hospital will be open too.
- If you live outside of Hamilton and your school is closed, please call and let the nurse know.

We take cancelled or missed days seriously,  
no matter what the reason.

If you are not taking part in the program,  
you cannot progress towards your goals.

**If you do not attend the program, you may  
be discharged from Day Hospital.**

Please review your treatment contract.

## What if I need help after hours?

We do not provide emergency care. If you need help when Day Hospital is closed, the following options are available to you:

### If you live in Hamilton:

- Contact your family doctor
- Call Crisis Outreach and Support Team (COAST) at 905-972-8338
- Go to the Pediatric Emergency Department at McMaster Children's Hospital or the Urgent Care Centre
- Call 911

### If you live outside Hamilton:

- Contact your Family Doctor
- Go to your local Emergency Department
- Call your local crisis team
- Call 911

## How do I give feedback about my experience with the program?

**We welcome  
your feedback.**

**This information  
helps us improve  
our services.**

The Eating Disorder Day Hospital Team welcomes your feedback as it helps us to understand the needs and experiences of patients and parents.

We use your feedback to change and develop our program to better meet your needs.

We appreciate hearing directly from you. We invite you to share your comments, compliments and concerns by talking with a staff member during your stay.

We may also ask you to complete an exit survey at the end of your Day Hospital treatment.

You can give feedback confidentially to the Program Manager, Paul Agar, at 905-521-2100, ext. 77671.

If you feel that you or your family received excellent care, you can contact Public Relations at 521-2100, ext 75387 to nominate a person, group or team who has gone above and beyond to enhance health care at Hamilton Health Sciences.



### **Questions?**

If you have questions or would like more information, please speak with any member of the Pediatric Eating Disorder Team.



