

Participants' Contract for McMaster Day Treatment Program

Instructions for patients and parents:

1. Read the booklet "Information about the Day Treatment Program" to make sure this program matches your needs.
2. Read this contract to make sure you know what is expected of patients and parents during the program. Program staff will review these expectations with you.
3. Talk with staff if you need more information or have any questions or concerns.
4. Sign page 4 of this contract if you understand and agree to the program's expectations.

Expectations	Description
<input type="checkbox"/> Commitment	<ul style="list-style-type: none"> • Patients and parents must make a commitment to stay in the program for at least 6 weeks. • During the first 6 weeks, the team will review the treatment plan and recommend whether the patient would benefit from an additional 6 weeks in the program or return to outpatient care.
<input type="checkbox"/> Attendance and contingency	<ul style="list-style-type: none"> • Arrival no later than 7:45 am each day. • Patients who arrive after 8 am will need to eat breakfast <u>with a parent</u> before joining group. • The program runs from 7:45 am to 5:45 pm Monday to Thursday and 7:45 am to 3 pm on Friday. • A total of 3 days missed in 6 weeks will result in a meeting with the team (unless prior approval).
<input type="checkbox"/> Drop-off and Pick-up	<ul style="list-style-type: none"> • Parent/guardians are requested to come to the unit to drop off and pick up their adolescent for Day Treatment. This allows staff to check in as needed for updates and information. • If safety allows, and depending on progress in day treatment, a front door drop off or pick up may be negotiated. • Parents/guardians are expected to pick up their adolescent within 2 hours of dismissal for a therapy interfering behaviour.

Expectations	Description
<input type="checkbox"/> Nutrition	<ul style="list-style-type: none"> • Patients will eat 3 meals and 2 snacks during programming. • Parents are responsible for providing an evening snack, unless otherwise discussed. • The program can accommodate certain dietary requests such as Halal, celiac and allergy related. • The program cannot accommodate a vegan diet. • Ensure (liquid supplement) will be substituted for food that cannot be eaten by the patient.
<input type="checkbox"/> Refusing nutrition	<ul style="list-style-type: none"> • Staff will coach patients to accept their required nutrition. • Patients who are not able to accept food will be offered a liquid supplement. • Patients who are not able to accept the supplement will be asked to leave for the day and a parent will be called to pick them up. <ul style="list-style-type: none"> - Parents must pick up their child before the next meal. For example, if morning snack is declined at 10, pick up will be before 12. - If the parent can coach their child to accept the meal and the additional missed nutrition, the patient can re-enter the program for the day. If not, the patient must leave program. • A total of 3 refusals of nutrition/replacement over 6 weeks will result in a family meeting (outcome of the meeting may include discharge and return to outpatient eating disorder program or readmission or discussion regarding more intensive services).
<input type="checkbox"/> Patient's participation	<ul style="list-style-type: none"> • Patients will take part in all aspects of the program including meals and snacks, school and therapy groups. • Patients will attend progress meetings with their parents every 2 weeks (on Tuesday mornings) while they are in the program. • Given that absences can result in discharge, it is recommended that non-urgent appointments (such as dentist, check ups, school visits or hair cuts) are not scheduled during day treatment hours. • Vacation should not be planned within the first 6 weeks of starting day treatment.

Expectations	Description
<input type="checkbox"/> Parents' participation	<ul style="list-style-type: none"> • Parents will attend progress meetings with their child, every 2 weeks (on Tuesday mornings) during the program. Inability to be able to attend these meetings will result in discharge. • Parents also will be expected to attend visits with their child's therapist.
<input type="checkbox"/> Self injury	<ul style="list-style-type: none"> • Self-injury is not to be discussed with other patients. • Self injury within the program hours may result in discharge from the program. Parents will be asked to pick their adolescent up within 2 hours. A team meeting will be made to discuss suitability to the program. • Self injury outside of the program will be disclosed to a Day Treatment team member. • Patients will wear clothing to cover any self-injury scars. • Patients are expected to use their local Emergency Department if they are feeling suicidal or if their self harm requires medical attention.
<input type="checkbox"/> Re-applying to Day Treatment	<ul style="list-style-type: none"> • Patients discharged from the program because they did not meet expectations must re-apply to the Day Treatment Program. • Patients must wait a minimum of 3 months before they will be considered for re-admission to Day Treatment. • Patients must continue to be active in outpatient Eating Disorder care to re-apply for Day Treatment.
<input type="checkbox"/> Therapy Interfering Behaviours resulting in a meeting and possible discharge	<ul style="list-style-type: none"> • Aggressive behaviours in program • Inappropriate conversations (including but not limited to self-harm, suicidality or of a sexual nature) • Self-harm in program • Purging in front of patients • Admission for medical instability or suicidality

please turn over →

Please tell us your vacation plans, so we can plan your stay at the Day Treatment:

I understand and agree to meet the Day Treatment Program expectations:

	Printed name	Signature
Patient		
Parent		
Witness		