

## Addictions & Mental Health

### ST. JOSEPH'S CARE GROUP

St. Joseph's Care Group (SJCG) has a wide range of placement opportunities for students looking for experience in addictions, mental health, long-term care, rehabilitation, chronic disease management and end-of-life care. We are committed to fostering a positive learning environment for students by providing appropriate support and resources throughout their placement period. As a learner, you will work as part of our healthcare team to provide safe and individualized client-centred care.



### What it Means to Work in Mental Health and Addictions Services

Pursuing a placement with addictions and mental health will provide you with a unique and highly rewarding educational experience. You will work with interdisciplinary team members to provide clients with a stable and supportive environment. These environments allow for therapeutic relationships with clients in order to help them reach their personal wellness goals.

### Skills and Roles

Common skills you will commonly practice in mental health and addictions services:

- Administration and education provision of psychiatric medications
- IM injections
- Therapeutic Interviewing
- Learn about and utilize many clinical rating scales for monitoring client wellness and safety (COWS, CIWA, AIMS)
- Harm reduction
- Nonviolent Crisis Intervention (NCI)
- Develop therapeutic communication skills
- Safe restraint education and methods of least restraint.



## Student Testimonials

What was the most rewarding part of your placement's practice environment at St. Joseph's Hospital?

"I loved the concept of a rehabilitative model of care. I felt like I was making a difference in helping people get back into the community."

"The staff are all great and very helpful, which created a safe environment to learn where I wasn't afraid to ask questions or get out of my comfort zone."

"I really valued that this experience allowed me to work on my therapeutic interviewing skills. By the end of the placement, I felt like I was able to develop a good therapeutic rapport with clients and felt like I was making a difference in their rehabilitative journey."

## SJCG's Mental Health and Addictions

**St. Joseph's Hospital:** In the new addition at St. Joseph's Hospital there are two dormitory-style floors designed to reflect a home-like environment for client's requiring mental health rehabilitation. Services specialize in providing post-acute mental health and psychosocial rehabilitation to clients with severe, persistent, chronic and/or reoccurring mental illness.

**Lodge on Dawson -** The Lodge on Dawson provides transitional housing for people living with addiction and mental health issues to continue their recovery by having their basic needs met, such as a safe place to live, healthy food and professional supports for skill development to live interdependently in the community.



**Addiction Treatment** is provided at Sister Margaret Smith Centre located at 301 Lillie St. N. and provides outpatient and live-in treatment for addiction to substances, behavioural addictions and eating disorders.

The Sister Margaret Smith Centre location provides many outpatient treatment programs for addiction recovery, behavioural addictions and eating disorders. Live-in programs are also available for those who need intensive treatment. Live-in treatment allows the client to focus on self-discovery, their health and future. The programs runs over four weeks and includes group therapy, individual counselling, education sessions, life skills development, and introduction to self-help and leisure and recreation opportunities.



**Withdrawal Management** at Balmoral Centre is a 24-bed, medically-supervised withdrawal management stabilization centre. Balmoral Centre provides a safe place for people 16 years+ to withdraw/detox from substance use. We are open 24 hours a day, 7 days a week. Services provided at Balmoral centre include: Support and care during the acute stages of intoxication, referrals and linkages for medical, counselling, addiction treatment, harm reduction and mental health services, discharge planning in collaboration with community partners and Indigenous cultural services.



**Mental Health Supportive housing -** Guided by the principles and values of psychosocial rehabilitation, Supportive Housing provides community living for people who have a serious mental illness and require treatment, rehabilitation and support in completing activities of daily living including maintaining personal hygiene, nutrition and safety, managing finances, legal issues, medication and personal health etc. In this recovery oriented program there are two types of accommodation provided, high and medium, based on level of support required.

Mental Health Outpatient Program (MHOP) - Mental Health Outpatient Program is an interprofessional, time-limited, goal-oriented team approach to mental health treatment. The program aims to provide timely access to mental health services using an evidence-based decision guide model that is focused on matching mental health needs to the appropriate service(s) available. We aim to support individuals in making better informed, strength-based and holistic choices for their mental health treatment.



### Benefits of Choosing SJCG Once You Graduate

- Competitive salary and benefit package
- Tuition loan program
- Supportive team environment and ongoing professional development
- Employee and Family Assistance Program
- Employee discounts
- Participate in research and teaching initiatives
- Multiple health and wellness resources
- Employee Recognition Program

### We are hiring!

Learn more about applying for caring career at St. Joseph's Care Group by visiting <https://recruitment.sjcg.net/eRecruit/> or by using the QR code below.

