

## **Habilitation and Day Treatment**

### **Classes/Groups:**

Academic Enrichment

Adult Basic Education

Aftercare

Anger Management

Anxiety Management

Arts & Crafts

Bible Class 101

Cognitive Skills for the Forensic Patient Class

Communication Skills

Community Recovery

Conflict Resolution

Coping Skills with Religious Overtones

Courtroom Education

Decision Making

Engagement Music Therapy

Impulse Control

Interpersonal Relations

Job Readiness Class

Medication Education and Nutrition classes

Mental Illness and Substance Use

MICA & MICA Aftercare groups

Mood Management

Peer Bridgers

Peer Engagement

Pharmacy Education

PREP I & PREP II

Problem Solving

Rational Thinking

Recovery Care Academy & Phase Time

Relaxation

Resocialization

Rights & Responsibilities

Spirituality Support Group

Staying Fit\*

Stress Management

Twelve Step Recovery Support Group

Understanding Depression

Understanding Schizophrenia

Understanding Your Mental Illness

Work Therapy\*

**\*MD approval required for this class.**

*Additional groups are held on each living area for those unable to attend off living area activities. These may include groups such as Coping Skills, Road to Recovery, Recovery Independent Daily Duties, Reality Orientation, and Self-Awareness. Recreational opportunities are offered daily and may include Exercise/Leisure*



## **The Patient's Guide to Habilitation and Day**



**BRYCE HOSPITAL  
TUSCALOOSA, AL**

## WELCOME

If you are about to begin the Habilitation/Day Treatment Program, you may have questions. The purpose of this guide is to provide you with some answers to those questions.

The guide contains a list of classes and groups offered at Bryce Hospital. We hope this guide will make you feel comfortable in knowing what is expected of you, what is expected from the program, and what you can expect from the staff. If you have any questions after reading this guide, please ask for the Director of Habilitation. We are here to help you.

## TEAM APPROACH

All staff will be involved in your treatment. You will have meetings with your treatment team to discuss your goals and progress. You will be treated with dignity and respect.

**CONFIDENTIALITY:** Staff members must respect your right to confidentiality.

Discussion of your personal information without consent violates hospital policies.

## RESPONSIBILITY

You are responsible for setting your goals and being involved in treatment. You are also responsible for following all rules and regulations of the program. If medication is a part of your treatment regimen, you are expected to take your medications as prescribed by your doctor. You may feel that your medications need adjusting, and if so, please discuss this with your team.

**Do not stop taking your medications without your physician's approval.**

## THE HABILITATION/DAY TREATMENT PROGRAM

The Habilitation/Day Treatment Program offers a group experience. Your treatment team referred you to help you gain knowledge and skills to:

Increase self-awareness

Develop your strength

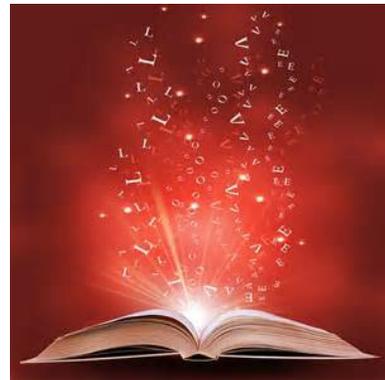
Improve your communication

Set realistic goals

Cope with mental illness

Prevent future mental health problems

Understand your mental health



## TREATMENT PRINCIPLE

You are here, so what are you going to do? Treatment will focus on increasing your present awareness, coping skills, and attitudes.

## WHAT YOU CAN EXPECT FROM STAFF

The staff will be present and on time for all classes/groups for which they are responsible.

All staff members will respect your right to confidentiality.

All group leaders will supply written feedback to your treatment team in the form of a weekly progress note.

The staff are always willing to discuss any concerns or difficulties you may have within the program.