

BCMHA

The Burnaby Centre for Mental Health and Addiction

Client Information Package

Program

The staff at the Burnaby Centre for Mental Health and Addiction (BCMHA) wants to welcome you to the centre and hope that your stay allows you to achieve your recovery goals. To help you achieve your goals, The BCMHA uses the recovery model, which is “recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential”. The BCMHA bases all therapy decisions on this model.

Once you arrive at the centre you will meet with the staff to discuss your strengths, any medical or mental health concerns, withdrawal concerns, medication concerns, and your general goals. At this time the staff will expect your participation in any withdrawal or treatment programs. After approximately one month at the centre, the staff will start to discuss future treatment needs. If at any time while at the centre you or the staff determines that the BCMHA is not the right care environment for you we will work together to find the right alternative treatment.

After the initial assessment and stabilization period of approximately one month you will transfer to the treatment phase. In the treatment phase you will work with many different clinical staff members to achieve your goals. During this time the staff will expect your participation in group therapy that focuses on addiction issues, healthy living, and mental health issues.

The staff at the centre expect that you follow a healthy living lifestyle which includes; feeding yourself, bathing yourself, dressing yourself, grooming yourself, working, schooling, and leisure activities such as music or art. As part of the centre’s belief in the healthy living lifestyle, the centre provides acupuncture and yoga. Special consideration is given to people that have experienced severe trauma. In these cases staff will provide skills to help cope during times of emotional stress.

The centre is there for you to achieve your goals that you develop together with centre staff. The centre bases it’s programs on individual recovery and builds plans for each person coming into the centre. Due to this individual approach the centre offers a wide variety of support and can make adjustments to meet everyone’s needs.

While at the centre, staff will ensure that you stay in contact with your community health provider to discuss your progress and make plans for your return to you home community. The time spent at the centre may vary from six months to nine months depending on your needs. Due to the high level of demand at the centre, there is no ability for you to stay longer than nine months.

IMPORTANT INFORMATION:

- The BCMHA has both single and double rooms.
- You and BCMHA Staff are the only ones allowed in your room, other clients or visitors are not allowed to visit within your room.
- No parking will be provided, so please do not bring a vehicle to the site.
- During the initial assessment and admission period, all visitations are determined by the care team and clients – many clients and their care team find it is best to limit visitations during these initial few weeks. Regular visiting hours: 6pm-8pm on weekdays and 1pm-8pm on weekends.
- The centre is not responsible for any of your personal belongings.
- Phones are available at the centre for clients, therefore, please do not bring/store or use any cell phones while at the centre.
- Computers with internet access are available at the centre.
- No electronic devices (e.g. computer, MP3 player, tablet, T.V., recording devices etc.) are allowed to be used/brought/stored at the Centre.
- The centre does not provide any storage.
- Do not to bring in valuables or large sums of money to the centre.
- Physical violence, onsite drug use/dealing/sharing, or recruitment of others into gangs or prostitution will result in a discharge from the program.
- Weapons or items that can be used as weapons (i.e. knives, razor blades, scissors, tools etc.) during your stay at the Centre will be confiscated and appropriately disposed of.
- An Employment & Assistance Worker (EAW) will be assigned to you for your stay at the Centre if you are on income assistance. You will receive your comfort allowance if qualified while being at the Centre.
- Free laundry facilities are available.
- All Food, snacks, and coffee are provided.
- The Centre is a scent free environment, so any perfumes or scented products will not be allowed in the building. Shampoo, soaps, deodorant, toothpaste will be provided to you.
- The Centre and grounds will be a designated smoke free environment. The current and limited exemption allowing smoking will be phased-out over the **spring of 2012** in accordance with Vancouver Coastal Health, Municipal, Work Safe and provincial guidelines. The centre has a well established program for smoking cessation – full range of nicotine replacement treatments are available at the centre.
- Personal items will need to fit in a Rubbermaid container (107cm: length x 53cm: width x 42cm: height). This will be provided upon admission, all belongings need to fit in this container during your stay at the centre.
- Belongings left after discharge from the centre will be donated to charities.

WHAT SHOULD YOU BRING:

- Clothing that is comfortable, appropriate, and suitable for in-residence living and outings to the general community (under garments, sweat pants, long/short sleeved shorts, sweater, socks etc.).
- Personal make up (scent free).
- Bring two days' worth of prescriptions. All prescription and non-prescription medications will need to be provided to your care team on arrival who will then initially take responsibility for ensuring you receive medication as prescribed by your physicians. The centre does have a self management medication program that if accepted to the program, you may become part of later in your stay.

DIRECTIONS AND MAP

The Burnaby Centre for Mental Health and Addiction is located at 3405 Willingdon Avenue in Burnaby, B.C., V5G 3H4, Building # 28.

For further information please call Reception at 604-675-3950 and press 0.

Arriving By Car from Hwy 1:

- Take exit marked Willingdon Avenue south bound.
- Head south bound along Willingdon Avenue past Canada Way.
- There will be a driveway entrance on your right hand side ½ block past Canada Way. You will see a government sign at the entrance to the parking area.
- Once you turn right into the drive way, over flow parking will be directly in front of you and to your left. To reach the main facility you must go right.
- Once you turn right from the driveway PAC facility will be on your left hand side DO NOT park there as this is another facility not affiliated with BCMHA.
- BCMHA will be located at the large parking lot towards the corner of Canada Way and Willingdon Avenue.

Parking will be located in front of the facility where you will notice a large Canada flag.

Once you have parked a parking pass MUST be placed on your dash. The parking passes can be found at the front reception. Front reception can be found by going up the curved stair case at the front of the building.

Arriving By Bus from Brentwood Mall:

- Head south bound down Willingdon Avenue.
- The following busses can be taken from Brentwood South bound:
- # 123 New Westminster Station: You must exit the bus at Canada Way and Willingdon Avenue. You must then cross the road West Bound where they will find the Facility at Willingdon Avenue and Canada Way.
- # 25 UBC and # 130 Metrotown: Patrons must exit the bus just past Canada Way and Willingdon Avenue. This bus stop is located in front of the Burnaby Centre for Mental Health and Addiction.

Arriving By Bus from Metrotown Mall:

- Head North Bound towards the Burnaby Centre for Mental Health and Addiction.
- Head North bound down Willingdon Avenue.
- You must catch the # 130 heading towards Brentwood Mall, Hastings, Kootenay Loop, or Phibbs Exchange.
- You must exit the bus at the corner of Canada Way and Willingdon Avenue.
- The facility can be located across the road, west side of Willingdon Avenue.

For further information please call Translink at 604-953-3333 for specific traveling details.

The following is a Google Map of the area.



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