



**DIGNITY
HOUSE**

REHABILITATION PROGRAM

APRIL 1, 2023

DIGNITY HOUSE LTD.

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INTRODUCTION

To **Restore, Improve** and **Empower** is the motto for Dignity House Limited. These words embody the importance of the journey of each person that is admitted into our care. Our staff are trained in ongoing Dialectical Behavioral Therapy (DBT) and Cognitive Behavior Therapy (CBT). It is with these tools that we endeavour to change the lives of the people we are here to serve.

RESTORE

Restore refers to a client's desire to return to their former selves prior to being diagnosed with a mental health challenge. Through support and care, we can assist with this goal.

IMPROVE

Most people want to be the best they can be in any situation. It is with pride that people hold up their heads high because they are better than their former selves through the use of Dialectical Behaviour Therapy and Cognitive Behaviour Therapy. Evidence of improvement will vary for each individual. Our staff are committed to assisting all clients in their journey to improve.

EMPOWER

It is the overall goal of Dignity House to empower clients to believe in themselves so that they will have the skills to accept the things they cannot change and change the things they can. Through the use of DBT & CBT, clients will be able to look forward to the positive changes they see in themselves.

REHABILITATION

This service assists people in recovering from the difficulties of long-term mental health challenges. It will help support individuals who struggle to cope with everyday life and get along with others. It differs from the recovery model which allows for the individual to choose what they desire to implement. Whereas rehabilitation strongly encourages the engagement of clients to challenge their fears and weaknesses.

PURPOSE

The purpose of the Residential Program is to assist adults with mental health challenges to live and improve their quality of life beyond what it currently is.

OBJECTIVE

Individuals with mental health challenges will engage in meaningful activities to support their personal growth; individual and group sessions will be utilised to assist in developing valuable coping and life skills.

GOAL

For individuals to utilise their learned skills to aid in sustaining their stability over time.

TARGET MARKET

Adults diagnosed with Mental Health challenges, from ages 18 years to 65 years old.

INTENDED TIME FRAME

Dignity House offers three different programs: An Alcohol Detox Program, seven (7) to fourteen (14) days; An eight (8) week intensive program and a three (3) months to six (6) months program.

PROGRAM DETAILS

Alcohol Detoxification Inpatient Program – seven (7) to fourteen (14) day program
Medically assisted alcohol detox implemented under medical supervision. The program is created to meet individual needs, providing support throughout the process. Family involvement is strongly encouraged by the treatment facility. Twenty-four (24) support, a modern therapeutic bedroom and a range of well-being activities for the purpose of client enrichment.

EIGHT (8) WEEK INPATIENT INTENSIVE PROGRAM

This program offers weekly assessment by the Psychiatrist, along with a visit from the Psychologist twice per month and Occupational Therapy Sessions 2-3 times per week. Clients' vital signs will be monitored daily by a nurse, in addition to engaging with their Case Manager and Mental Health Support Workers. Each client will have an individual service plan drafted in collaboration with the staff at Dignity House. Therapeutic communication techniques will be utilised to provide support to clients in an objective and professional manner.

Therapeutic communication used by staff will include Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT). DBT is the tool used to help the residents to accept themselves, feel safe and manage their emotions. It also helps to alter potentially destructive or harmful behaviours to more manageable and socially acceptable ones. CBT helps the residents realize that their thoughts may become problematic and provides techniques to redirect them. DBT and CBT skills will be given to inpatients as part of their personal tool kit to use when needed.

EIGHT (8) WEEK OUTPATIENT INTENSIVE PROGRAM

This program will provide therapeutic services from 8 am-8 pm as an alternative to inpatient intensive treatment. This program offers a monthly assessment by the Psychiatrist once a month, a visit from the Psychologist twice per month and Occupational Therapy Sessions 2-3 times per week. Clients will also receive Nursing care, Case Management and Mental Health Support daily.

Therapeutic communication used by staff will include Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT). DBT is the tool used to help the residents to accept themselves, feel safe and manage their emotions. It also helps to alter potentially destructive or harmful behaviours to more manageable and socially acceptable ones. CBT helps the residents realize that their thoughts may become problematic and provides techniques to redirect them. DBT and CBT skills will be given to inpatients as part of their personal tool kit to use when needed.

8 WEEK SCHEDULE FOR INTENSE OUTPATIENT TREATMENT

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---------------|---------------|---------------|-----------------|-------------------|
| 0800-0830 | Feeling check | Feeling check | Feeling check | Feeling check | Feeling check |
| 0845-0945 | Mindfulness | Mindfulness | Mindfulness | Mindfulness | Mindfulness |
| 0945-1015 | Break / snack | Break / snack | Break / snack | Break / snack | Break / snack |
| 1015 -1200 | DBT | Substance use | Recreational | Physical Health | DBT |
| 1200-1300 | Lunch | Lunch | Lunch | Lunch | Lunch |
| 1300-1400 | Psychologist | One to one | Client time | One to one | Community Meeting |
| 1400- 1600 | Substance use | Substance use | Recreational | Recreational | Psychiatrist |
| 1600-1630 | Snack | Snack | Snack | Snack | Snack |
| 1630-1700 | Aqua Therapy | Recreational | Patient time | Patient time | Driving |
| 1700- 1830 | OT | Counselling | OT | Counselling | OT |
| 1830-1930 | Supper | Supper | Supper | Supper | Supper |
| 1930-2000 | Reflection | Reflection | Reflection | Reflection | Reflection |

THREE (3) MONTHS TO SIX (6) MONTHS PROGRAM

Clients will receive a full complement of therapeutic services based on the Psychiatrist's recommendations. Services will be comprised of bi-monthly sessions with the Psychiatrist in addition to bi-monthly sessions with the Psychologist based on the client's respective needs. Bi-weekly sessions with the counsellor will focus on working on areas recommended by the psychologist, with continuous support from the Mental Health Support Workers. The primary support given will be guided by the use of Dialectical Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT). DBT is the tool used to help the residents to accept themselves, feel safe and manage their emotions. It also helps to alter potentially destructive or harmful behaviours to more manageable and socially acceptable ones. CBT helps the residents realize that their thoughts may become problematic and provides techniques to redirect them. DBT and CBT skills will be given to inpatients as part of their personal tool kit to use when needed.

Dignity House can support up to 9 residents, with the following services over 6 months.

Aqua Therapy

Counsellors

Horticulture

Lifestyle Coordinator

Mental Health Support workers

Nursing

Art

Music

Occupational Therapy

Pharmacist Consultant

Physical Exercise Facilitator

Psychiatry once a month

Psychology once a month

Recreational Aides

Yoga



SUPPORTIVE LIVING

Supportive Living is for residents who display a high level of understanding and application of the DBT and CBT skills after engaging in the residential program. This is a shared living arrangement with 1-2 other persons. Clients are assigned a Mental Health Support Worker (MHSW) and encouraged to utilise their toolbox of learned therapeutic skills to manage their emotions and behaviours. The MHSW assigned will assist residents in managing their activities of daily living by providing support.

MHSW's will continue to engage clients in DBT and CBT on a daily basis for engagement of communication and direction regarding managing their space, laundry, purchase of groceries, budgeting, and any personal appointments.

INDEPENDENT LIVING

Independent living is the final stage of the step-down process. With independent living, residents will manage their daily affairs, demonstrating that they are able to live with minimal supervision by Dignity House staff. Clients will receive two hours of support per week, including access to the facility's group programs. When clients show that they are confident and working within their full range of capacity, they may be discharged with the expectation of making appointments to see a psychiatrist or psychologist of their choice, with the option to still receive follow-up support on an as-needed basis from Dignity House.



RESIDENTIAL: 3 – 6 MONTHS

Platinum Level - \$15,000.00 per month

Residential fee: \$10,000 / Professional Fee: \$5,000

Psychiatrist reviews are conducted on a weekly or as-needed basis, with Psychologist reviews taking place every week. Counsellor interventions occur daily in addition to process, life skills, and substance misuse groups happening up to twice daily. Occupational therapy sessions will occur twice per week with recreational therapy sessions happening three times per week. Nursing care, physical activity, and interpersonal sessions are offered on a daily basis, with mental health support available 24 hours per day. Interventions and Dialectic Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) skills sessions are conducted throughout the week, in addition to walking groups on local beaches and once-weekly Reiki sessions.

Gold Level - \$10,000.00 per month

Psychiatrist reviews are conducted on a bi-weekly or as-needed basis, with Psychologist reviews taking place every week. Counsellor interventions occur twice a week, in addition to process, life skills, and substance misuse groups happening up to twice daily. Occupational therapy sessions will occur twice per week, with recreational therapy sessions happening three times per week. Nursing care, physical activity, and interpersonal sessions are offered on a daily basis, with mental health support available 24 hours per day. Interventions and Dialectic Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) skills sessions are conducted throughout the week, in addition to walking groups on local beaches and once-weekly Reiki sessions.

Bronze Level - \$5,000.00 per month

Psychiatrist reviews are conducted monthly or as-needed, with Psychologist reviews also taking place monthly. Counsellor interventions occur once weekly in addition to daily DBT/CBT/ life skills/ substance misuse and Understanding My Mental Health sessions. Occupational therapy will take place weekly, with Recreational activities happening up to 4 times weekly. Nursing care, physical activity, and interpersonal sessions are offered on a daily basis, with mental health support available 24 hours per day

INTENSE INPATIENT: 8 WEEKS

\$10,000.00 per month

Psychiatrist reviews are conducted weekly or as-needed, with Psychologist reviews taking place twice monthly. Counsellor interventions will occur three times per week. Process, life skills, and substance misuse groups will take place daily. Occupational therapy will be provided 3 times weekly with Recreational activities occurring 4 times weekly. Nursing care, physical activity, and interpersonal sessions are offered on a daily basis, with mental health support available 24 hours per day. Interventions and Dialectic Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) skills sessions are conducted throughout the week.

INTENSE OUTPATIENT: 8 WEEKS

\$8,500.00 per month

Psychiatrist reviews are conducted weekly with Psychologist reviews taking place monthly. Counsellor interventions will occur three times per week. Process, life skills, and substance misuse groups will take place daily. Occupational therapy will be provided 2 times weekly with Recreational activities occurring 4 times weekly. Nursing care, physical activity, mental health support and interpersonal sessions are offered on a daily basis. Interventions and Dialectic Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) skills sessions are conducted throughout the week.

SUPPORTIVE LIVING

\$5,000.00 per month

Psychiatrist reviews are conducted once monthly. Staff will assist with reinforcing life skills, such as: cooking, cleaning, attending day programs, pursuing education endeavours, and employment opportunities; medication compliance, budgeting and time management skills. Counsellor interventions will occur twice weekly. Process, life skills, and substance misuse groups will take place daily, with recreational activities occurring twice weekly. Nursing care, physical activity, mental health support and interpersonal sessions are offered on a daily basis. Interventions and Dialectic Behavior Therapy (DBT) and Cognitive Behavior Therapy (CBT) skills sessions are conducted throughout the week.

INDEPENDENT LIVING

\$3,500.00 per month

Clients will be supported to meet their psychological needs while also gently reinforcing life skills, such as: cooking, cleaning, attending day programs, pursuing education endeavours, and employment opportunities; medication compliance, budgeting and time management skills.

The goal is to reduce support to foster independence and stabilization of recovery and the independent use of DBT and CBT skills that were taught during the rehabilitation period. Upon successful completion of service, clients will be financially responsible for rent and access to the community support services of their choosing.

**Programs can be tailor designed for persons who
do not fit the currently established programs**

GENERAL COSTS OF SERVICE

Includes overhead and Health Care Professionals

Counselling session= \$150.00 per hour

Psychiatrist session = \$450.00 per hour

Nursing intervention/session = \$75.00 per hour

Mental Health Support Worker= \$40 - \$50 (Depending on the level of skill set needed)

Occupational / Recreational Therapy= \$75.00

DBT/CBT Sessions =\$150.00 (Devotions. Mindfulness. DBT/CBT) 3hrs

Understanding my Mental Health groups= \$150.00

Alcohol Detox = \$800.00 per night

OVERHEAD INCLUDED IN RESIDENTIAL FEES

Housing facility: Comfortable bedrooms, common areas, swimming pool, pool house with shower, therapeutic view of the ocean, patio with views, lovely therapeutic pergola with hanging plants.

Utilities: Central A/C, Heat, & Laundry Facilities

High Speed Internet & Cable

Meals prepared by onsite Culinary Staff

Security

Private Transportation

Thank You for Choosing Dignity House

