

# Red Fish Healing Centre for Mental Health and Addiction

# Supplementary Referral Forms & Information

## **BC Mental Health & Substance Use Services Mandate**

BC Mental Health & Substance Use Services, an agency of the Provincial Health Services Authority, provides a diverse range of specialized and one-of-a-kind tertiary mental health and substance use services for individuals across the province.

# Section One: Supplementary Forms

**Please complete all forms and include in Client Referral Package  
submission to your Health Authority Liaison.**

# Participation agreement

I have read the attached Client Information (pages 6-10) and I agree to follow the Red Fish Healing Centre guidelines.

Signatures	
Client:	Date:
Case Manager:	Date:

## Smoke-free acknowledgement

- I am aware that Red Fish Healing Centre grounds are a designated smoke-free environment. There are many resources to empower clients in our smoke free community. Including Smoking Cessation, a full range of Nicotine Replacement medications and Psychosocial Treatments.
- I will only use tobacco/e-cigarette products in the Designated Smoking Areas (DSA). I will not smoke in my room, inside the facility, or areas outside of the DSA.
- I will not bring tobacco/e-cigarette products and other smoking paraphernalia onto the units. I will keep all tobacco products in a locker outside my unit.
- Lighters are not permitted on Red Fish Healing Centre grounds (an electronic lighter is located in the Designated Smoking Area).
- I understand and accept that all tobacco/e-cigarette products and paraphernalia found in other areas of the building may be confiscated by Red Fish Healing Centre staff.
- I understand and accept that repeated violations of smoke-free policies may result in discharge from the program.
- Red Fish Healing Centre does not require clients to quit, rather, staff will work with clients to respect the guidelines set out by this provincial mandate. This is similar to smoke-free legislation in malls, beaches, parks, etc.

Signatures	
Client Name (please print):	Date:
Client Signature	

## Brief current psychiatric rating scale

*(This section is required for those clients who are being referred to Red Fish Healing Centre for Mental Health & Addiction)*

Date Completed:	
Completed by:	

*If you identify a rating of 3 and above for any of the below symptoms please provide/attach a brief description.*

Symptoms	Rating Scale						RATING						
	0	1	2	3	4	5							
	Not Present - Very Mild		Mild – Moderate		Moderate Severe -Severe								
<b>Depressive Mood</b>	States discouragement, not depression; face does not show depression.		Reports depressed; may be some episodes of crying, sad tone throughout interview.		States severe feelings of despair & pessimism; may cry, moan, show extreme sadness.		0	1	2	3	4	5	N/A
<b>Suicidal Ideation</b>	Patient reports some passive thoughts of suicide but has made no plan.		Patient reports some active thoughts of suicide but has made no plan.		Patient reports frequent active thoughts of suicide and has made a plan.		0	1	2	3	4	5	N/A
<b>Elation</b>	Seems unaccountably happy, too cheerful.		Unrealistic high feeling, giddy, demands contact.		Seems almost intoxicated. Laughing, giggling, euphoric.		0	1	2	3	4	5	N/A
<b>Grandiosity</b>	Mildly arrogant or boastful but in good contact with reality.		Inflated self-opinion, but not delusional.		Delusions of grandeur.		0	1	2	3	4	5	N/A
<b>Hostility</b>	Reports minor irritation toward people other than the interviewer.		Reports animosity toward figures in his environment other than interviewer.		Expresses intense animosity toward others without obvious justification.		0	1	2	3	4	5	N/A
<b>Suspiciousness</b>	Expresses mild suspiciousness of others		Pervasively suspicious & tends to blame others but is ordinarily non-delusional		Extreme suspiciousness, with delusions of persecution or ideas of reference		0	1	2	3	4	5	N/A
<b>Unusual Thought Content</b>	Patient presents a hint of unusual or idiosyncratic beliefs, but they are not delusional.		Expresses unusual or bizarre ideas; if delusional, distortions can be corrected with assistance.		Patient expresses bizarre & delusional ideas.		0	1	2	3	4	5	N/A
<b>Hallucinatory Behaviour</b>	Reports no equivocal hallucinations, experience in past 24 hours.		Reports definite hallucinations in past 24 hours, but describes them as unreal.		Reports definite hallucinations in past 24 hours and describes them as real.		0	1	2	3	4	5	N/A
<b>Conceptual Disorganization</b>	Minor difficulty following patient's train of thought, no TF disorder.		Much difficulty following patients thought, in unstructured parts of interview.		TF disorder (confused, disjointed, blocked, confabulated, illogical).		0	1	2	3	4	5	N/A
<b>Disorientation</b>	At one point in the interview, there is a hint of confusion about person, place or time.		Patient has clear confusion re: person, place or time, but confusion can be corrected.		There is clear confusion in identifying 2 of the 3 variables, this confusion can't be corrected.		0	1	2	3	4	5	N/A

# Section Two: Client Information

**Please provide this section to your client for their information.**

## Program overview

Red Fish Healing Centre for Mental Health and Addiction wants to welcome you and hopes that your stay allows you to achieve your recovery goals. To help you achieve your goals, Red Fish Healing Centre uses the recovery model and believes 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.

Once you arrive at Red Fish Healing Centre, you will meet with the treatment team to identify your strengths as well as medical, mental health and addiction concerns. During your stay, you will be expected to participate in goal setting, care planning and group programming. If at any time during your stay, you or the team determine that Red Fish Healing Centre is not the most appropriate care environment for you, we will work with your case manager to find alternate treatment options.

After the initial assessment and stabilization period of approximately one month which takes place in a locked unit, you will transfer to the treatment unit. In the treatment unit, many different clinical staff members will support you in achieving your goals. It is expected that you will participate in group programming that focuses on addiction issues, healthy living and mental health issues.

Red Fish Healing Centre will support you in living a healthy lifestyle and achieving the goals that you develop with your treatment team. We base our programs on individual recovery and develop plans for each person coming into the centre. Red Fish Healing Centre offers a wide variety of professional supports to meet your needs.

While at Red Fish Healing Centre, we will ensure that you have the opportunity to stay in contact with your community health provider to discuss your progress and make plans for your return to your home community. The amount of time spent at the centre will vary depending on your individual needs, but is typically six to nine months. Nine months is the maximum length of stay.

Red Fish Healing Centre is a publically funded program. Clients need to have an active BC Care Card/MSP number. Clients receiving financial assistance from the government will likely receive a reduced portion of their monthly cheque. Please speak with your case manager and/or local Ministry Office if you have questions or concerns.

## Important information

- Red Fish Healing Centre provides our clients with a single room with a private ensuite.
- Other clients or visitors are not allowed to visit within your room.
- All meals, snacks, and coffee are provided. You may not store any perishable foods or open food packages in your room.
- Visiting hours: 3:00-4:30p.m. & 6:00-8:00 p.m. on weekdays and on weekends and holidays: 1:00-4:30 p.m and 6:00-8:00 p.m.  
The care team and client work together to identify support people in the community who can visit.
- Cell phones can be used only when going on offsite passes. Landline phones are available at the centre for clients to use.
- All clients are regularly asked to provide urine drug screens and breathalyzers.
- Staff may conduct random room searches in your room throughout your stay at Red Fish Healing Centre. Electronic devices that are appropriate are: alarm clocks, small radio and MP3 player. Do not bring computers, laptops, TV's or any devices that have internet access, camera, phone or recording ability. Computers with internet access are available at Red Fish Healing Centre.
- Red Fish Healing Centre does not provide any storage. Excess items will be removed at your expense or donated/disposed of.
- Red Fish Healing Centre is a scent free environment, any perfumes or scented products will not be allowed in the centre.
- Soap, toiletries, toothbrushes and other personal care supplies will be provided.
  - Do not bring valuables or large sums of money to Red Fish Healing Centre.
- Red Fish Healing Centre is not responsible for any personal belongings. Any items that are lost/stolen/damaged/missing when not in storage areas will not be reimbursed.
- Belongings left at Red Fish Healing Centre following discharge will be donated to charities.
- Free laundry facilities are available.
- Physical violence, onsite drug use/possession/dealing/sharing, or recruitment of others into criminal activities will result in discharge from the program.



- Do not bring weapons or items that can be used as weapons (i.e. knives, razor blades, scissors, tools etc.) to Red Fish Healing Centre. Any items of this nature will be confiscated and appropriately disposed of and may result in discharge.
- No parking will be provided, so please do not bring a vehicle to the site (unauthorized vehicles will be towed).
- You are expected to attend a minimum of three or more groups per day.

## What should you bring?

- Clothing that is comfortable, appropriate, and suitable for indoor living and outings to the general community (under garments, sweat pants, long/short sleeved shirts, sweater, socks, jackets, etc.). Do not bring clothing that conveys substance use, violence, discrimination, gang involvement, or other potentially offensive content.
- Personal hygiene items are to be scent free.
- Bring only two days' worth of prescription medications if you are coming from the community. All prescription and non-prescription medications will need to be handed to your care team on arrival. Any excess medications will be disposed of by our pharmacy.
- Small items that are comforting to you such a books, small art supplies, stuffed animal are also acceptable.

## Directions

Red Fish Healing Centre for Mental Health and Addiction is located at  
**2745 Lougheed Highway, Coquitlam, BC, V3C 4J2**

For further information, please call Reception at 604-524-7100

### Arriving By Car from Hwy 1:

- Going east bound, take exit 44 for BC 7B E towards Coquitlam City Centre.
- Merge onto Lougheed Hwy/BC-7 and keep right and follow signs for BC 7 E.
- Turn left onto Orchid Drive, and left again onto Orchid Drive.
- Red Fish Healing Centre has underground parking.
- Once you have parked a parking pass **MUST** be placed on your dash. Parking passes can be found at the front reception. Front reception can be found by going up the elevators.
- **If you are traveling by bus and or Sky train, please contact Translink at 604-953-3333 for specific transit details.**

