

Welcome to Unit 4F4

A document created by patients for patients.

Welcome to Recovery!

Whether you came here by your own choice or you have been brought here by the medical system or family. You are here. :) This is a safe space where you will be given abundant supports, as well as time. Time to heal your mind and body.

While total comfort and ease of emotions cannot be promised, we encourage you to trust the process and allow yourself to be patient with yourself and other patients. You are entering an environment where the community of people understand what you are going through. Take this time to focus and heal so that you can come out with a better quality of life, and a kinder mind.

Things to Pack

	<p><i>These are suggestions of what other patients typically bring to stay comfortable in the hospital.</i></p> <p><i>You will get a room with a closet and a bathroom. There are two individual rooms and 5 shared rooms. You may have a roommate so please leave things that you fear may get lost or stolen at home. The staff does their best to control things held in the utility room, but they are not responsible for anything that goes missing.</i></p>
<input type="checkbox"/>	Clothing: Pajamas, appropriate clothing to wear to group and during the day (casual), slippers and outdoor shoes, flip flops (to use in the shower)
<input type="checkbox"/>	Toiletries: Soap, shampoo, toothpaste, toothbrush, alcohol-free mouthwash, hair brush and hair dryer
<input type="checkbox"/>	Leisure Items: Books, puzzles, I-pod, headphones, pictures and cards to decorate whiteboard above bed, whiteboard markers etc. (please note that internet is not optimal, so please do not rely on it. Also plastic hooks or hangers of any kind are not permitted).
<input type="checkbox"/>	Therapy Items: Binder, notebook, pens
<input type="checkbox"/>	Room Items: Pillow and blanket, alarm clock, pictures, water bottle, mug, plastic hangers (no metal at all)
<input type="checkbox"/>	Laundry: basket/bag, pods (or HE detergent), dryer sheets
<input type="checkbox"/>	No sharp items! (razors for personal care, nail clippers, and crafting items are okay, but will be held in a locked room and used with permission from hospital staff.)
<input type="checkbox"/>	No Electrical Plug-Ins: Things that require an electrical outlet to work are not permitted (e.g. lamp, heated blanket...etc.). You may bring phone and laptop chargers.

Groups to Attend During Your Stay

Group Name	Group Description
Intentions	Every weekday morning we start with a group called intentions where people get the chance to share a quote, poem, song, short video...etc. that creates a positive foundation to set for the day.
ED Processing	A weekly group facilitated by our doctor psychologists where we have a chance to talk safely in a group setting about our eating disorders. Numbers and specific details are not used during these meetings. It is a time to reflect, share, and possibly relate to other patients on the unit (this is a mandatory group).
Nutrition Group	A weekly group hosted by one of our dieticians. This is where we learn about the specifics of nutrition.
Reality Check	A weekly group where patients on the unit gather and have a chance to talk in a circle about what is going on for them this week. It is group therapy and feedback and empathy are welcomed (this is a mandatory group).
Movement Group	A scheduled time weekly where our recreational therapist will plan and supervise a healthy movement activity.
DBT	<p>A weekly group hosted by a doctor psychologist where we learn about DBT (Dialectical Behavioral Theory) skills to help us better cope with our urges, cravings, and unhelpful behaviors.</p> <p>We follow the workbook: <i>The Radically Open DBT Workbook for Eating Disorders: From Overcontrol and Loneliness to Recovery and Connection</i></p> <p>By: Karyn D. Hall, Ellen Astrachan-Fletcher and Mima Simic (This is a mandatory group)</p>

A Day in the Life on Unit 4F4

Not every day follows the same schedule. These are the basics. They do not change.

Time	Description
6:00 AM	Vitals and weigh-ins are open. You must have a monitored urination before weigh-in. Cut-off time is at 6:45 and begins again after the Intentions Group at 7:30 until 7:45
7:10 AM	Intentions group
7:45 - 8:00 AM	Morning medications, vitals and weigh-ins must be done
8:15 - 9:00 AM	Breakfast (<i>everyone must stay the entire 45 minutes, including after meal completion</i>)
11:30 AM	Lunch medications
12:00 PM	Lunch (<i>everyone must stay the entire 45 minutes, including after meal completion</i>)
3:30 PM	Vitals
4:30 PM	Dinner medications
5:00 - 5:45 PM	Dinner (<i>everyone must stay the entire 45 minutes, including after meal completion</i>)
8:00 PM	Snack (<i>everyone must stay the entire 30 minutes, including after meal completion</i>)
8:30 - 9:50 PM	Bedtime medications
10:00 PM	Bedtime (<i>meal room is closed</i>)
Note:	<i>*Bathrooms are locked based on your post (how long your bathroom is locked after a meal. Sometimes your roommate will have a shorter or longer post, but the bathroom is locked according to the higher post to keep everyone safe)</i>

Tips From Other Patients



- Venture out of your room for groups or arts and crafts! There are other people here who are friendly and understand the tough journey you are also on.
- Talk to the nurses. They are here to help us, and are a great shoulder to cry on.
- Be honest with mistakes. Mistakes can happen here and that is okay! Talk to your Doctor and reevaluate the situation with a professional.
- Decorate your room with pictures and things you love. It will make you more comfortable at your stay away from home.
- Please be mindful of boundaries. Topics including personal information that may be triggering are off limits.
- Let this experience be new. Leave other ties of past recovery attempts or rumors of recovery behind.
- This is a perfect place to practice present moment awareness. It is okay to disconnect from your phone for a part of the day and focus on trying new things! :) This is special opportunity as Alberta does not have many resources for people with eating disorders. Use it to your advantage.
- Set goals with your doctor or a therapist to help make your stay here meaningful.