



Brief intensive home treatment

TO BETTER GUIDE YOU

This information brochure was designed to help you better understand brief intensive home treatment (BIHT), while clarifying mutual commitments and stipulations related to confidentiality.

Who are we?

A multidisciplinary team of professionals (psychiatrist, mental health nurse practitioner, nurses, psychosocial workers).

Brief

A short-term service, comparable to a hospital stay. After their care episode with us, users are referred to the services best suited to their needs.

Intensive

An alternative to hospitalization for users with equivalent needs. Intensive follow-up typically lasts between **6 and 12 weeks**.

Home

We focus on maintaining our users' quality of life by providing services in their usual environment, whether at home or in a temporary residence.

Treatment

This service is intended for **adults** with an unstable mental health condition who require a level of care similar to that provided in a hospital. The frequency of visits ranges from multiple times per day at the start of care to 2-3 times per week as progress is made.



Contact us

450-638-3933

Monday to Friday,
8 a.m. to 11 p.m.

Saturday, 10 a.m. to 6 p.m.

Thank you for your trust in us!

Outside our business hours,
you can get help from:

**La Maison sous les arbres
crisis centre**

450-699-5935

2 boulevard D'Anjou
Châteauguay

Mutual commitments

- Safe environment
- Transparency
- Respect
- Attending appointments
(let us know if you are unable to attend)

Confidentiality

The members of our BIHT care team are committed to maintaining confidentiality and respecting professional secrecy. However, team members may sometimes need to share some of your information with their colleagues to ensure adequate follow-up.



Notes
