



The UIBP team is committed to providing high-quality, safe care and services tailored to the needs of individual users.

Short-term psychiatric intervention unit (UIBP)

Hôpital Anna-Laberge

ADMISSION GUIDE

Mission

The short-term psychiatric intervention unit (UIBP) is a specialized mental health unit that offers short-term hospitalization aimed at promoting a return to the community.

The team is made up of psychiatrists, nurses, personal care attendants, and other professionals. Working closely with community resources, the UIBP team supports and guides the person through their recovery process.

Admission

You will be escorted by a staff member from the emergency department.

When you arrive:

- A room will be assigned to you.
- You will be given a tour of the unit and shown the nursing station, common room, and bathrooms.
- You will be explained the circumstances that led to your admission to the UIBP.
- Your personal belongings will be searched, with your cooperation. For safety reasons, certain items may be confiscated or removed.

Rules

- Violence and bullying of any kind are not tolerated.
- Each hospitalized person is responsible for:
 - Maintaining their personal hygiene
 - Dressing appropriately
 - Keeping their room neat (e.g., making the bed, tidying up)
 - Treating everyone with respect



Schedule

6:30 a.m.: wake-up
(if treatments
are scheduled)

8:30 a.m.: breakfast

10:00 a.m.: fruit basket
on request

12:00 p.m.: lunch

14:00 p.m.: snack

17:30 p.m.: supper

20:00 p.m.: snack

22:00 p.m.: bedtime

To encourage you to actively participate in your recovery, you are allowed to use your personal cell phone between **11 a.m. and 2 p.m.**, and **6 p.m. and 8 p.m.**

If using your cell phone is problematic (e.g., prevents you from focusing on interventions), it is important to discuss this with the care staff. Your cell phone use must not disrupt the staff or the other users on the unit.

- The following are prohibited
 - Damaging property
 - Taking photos or videos
 - Entering another user's room
 - Having physical contact with other users

During your stay

It is important to follow a routine and participate actively in your care to make the most of the interventions during your stay at the UIBP.

Visits and outings

Visits (one visitor at a time) will take place in your room. Visiting hours are from **11 a.m. to 2 p.m.**, and **6 p.m. to 8 p.m.**, daily.

With your psychiatrist's approval, outings are permitted during visiting hours. We reserve the right to search you after any outings.

Ordering food from outside the hospital is not permitted. If your visitors bring food, it must be eaten in your room. No food may be kept in the UIBP after visits are over.

* Note that visits, outings, and cell phone access are always subject to medical assessments.



Useful resources

- **Le Tournant crisis centre:**
450-371-4090
- **La Maison sous les arbres crisis centre:** 450-699-5935
- **Service Quality and Complaints Commissioner:**
1-800-700-0621, ext. 2462

Contact information

Open 24/7

Nursing station: 450-699-2425, ext. 8910 or 8911

This document is protected under [Creative Commons \(CC\)](#) license.



Centre intégré
de santé
et de services sociaux
de la Montérégie-Ouest



santemonteregie.qc.ca/ouest