



Patient's Guide to Therapeutic Passes

Information about Passes and Your Recovery Plan



For more information, please talk with your psychiatrist, nurse or social worker.

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Therapeutic Passes – What Are They?

A therapeutic pass is a temporary absence from the hospital. It must be ordered by your doctor or psychiatrist. A therapeutic pass can be short i.e. 15 minutes or as long as an entire weekend. Being able to temporarily leave the hospital safely can help you to get ready for returning home.

Why go on therapeutic passes?

Going on a therapeutic pass can help you decide if you’re ready to be discharged. You can practice new skills and ways of managing stress away from the hospital and build confidence in your ability. You can also practice taking medications. Therapeutic Passes can help you to practice solving problems with less assistance than you have while in hospital. Therapeutic passes can help your Circle of Care feel more confident and help them to know how to support you.

When will you be ready for therapeutic passes?

Each person has unique capabilities and needs therefore your passes are designed with you, your Circle of Care and your health care team members' input in mind. It is very important that you are able to practice using your skills for independence. Typically, you, your Circle of Care and your health care team members will need to consider the following:

Your current mental status	<ul style="list-style-type: none"> • Ability (participating in care, cooperative, less or no impulsivity, taking medications as prescribed, etc.) • How comfortable you are with decision-making (judgment is reasonable, able to problem solve, etc.) • Mood (back to baseline, stable)
Your mental health history	<ul style="list-style-type: none"> • What led to this admission (is it resolving or resolved) • Ability to follow therapeutic pass plan in the past
Potential safety risks	<ul style="list-style-type: none"> • Impulsive behaviour (substance use (legal, illegal or substances) that impacts mental status or behaviour, gambling, risk taking) • Self harm, including reputational harm • Aggressive behaviour • Suicidal ideation, plan, attempts • Homicidal ideations, plan, attempts
Risk reduction strategies that help to plan a safe pass	<ul style="list-style-type: none"> • Have completed a Therapeutic Pass Plan • Have completed My Safety Plan • Have completed My Comfort Plan • Have completed a Therapeutic Pass Checklist
Support needed while on pass	<ul style="list-style-type: none"> • Level of support needed • Availability of Circle of Care members to support you • Comfort and confidence level of Circle of Care members to support you
Benefits of Therapeutic Passes	<ul style="list-style-type: none"> • Improved coping in social setting, attending health appointments, organizing child care, etc • Remain connected, or attend cultural, spiritual, religious, or recreational events and meetings, etc • Discharge planning tasks, meet with mental health nurse or social worker, etc
Whether or not you are medically certified under the <i>B.C. Mental Health Act</i>	<ul style="list-style-type: none"> • If you are medically certified, your doctor and nurse will work with you to understand what limitations you may have and whether or not you can leave the unit while certified

Everyone Has A Role To Play In Making Your Therapeutic Pass Successful!

You, your Circle of Care, your doctor or nurse practitioner and your care team members (nurse, social worker, occupational therapist) all have tasks. The most important person in your therapeutic pass planning is you!

<p>Your role is to:</p>	<ul style="list-style-type: none"> • Help plan your therapeutic passes • Talk about your goals and plan steps to achieve them • Talk about your concerns and problem solve them with your nurse • Complete a My Safety Plan and or My Comfort Plan with your nurse
<p>Before your pass you will:</p>	<ul style="list-style-type: none"> • Complete your Therapeutic Pass Plan and review it with your nurse • Complete your Therapeutic Pass Checklist • Inform your nurse when you will be leaving and returning • Ensure personal belongings are in unit safekeeping storage • Confirm what your goals are for the therapeutic pass • Confirm what help you need
<p>During your pass you will:</p>	<ul style="list-style-type: none"> • Take only medication that was sent with you by your nurse • Speak with your nurse if they call you to check in and see how your pass is going • Call or return to the unit if your pass is not going well (not feeling safe, feeling overwhelmed, increased suicidal thoughts, not coping safely in environment, etc.) • Follow your Therapeutic Pass Plan, your My Safety Plan and or your My Comfort Plan if you are not feeling safe
<p>After your pass you will:</p>	<ul style="list-style-type: none"> • Check in with staff who will complete a safety check of your belongings, pockets, grocery bags, etc. <ul style="list-style-type: none"> • Some items may need to be stored in safekeeping • Sign back in at the nursing station • Check in with your nurse as soon as possible after returning • Talk to your nurse about: <ul style="list-style-type: none"> • how the pass went (coping, concerns, risks, etc) • your My Safety Plan and or My Comfort Plan (realistic, helpful, not helpful, etc) • how you managed your medications Your Circle of Care’s role

Your Circle of Care's role

Your Circle of Care can include many people such as parents, guardians, family, supportive friends, and other care providers to name just a few. Your Circle of Care members play a very important role in your recovery. At times you may only be able to go on an accompanied pass so it is important to have the right person support you to be successful. Whether you go on an unaccompanied or accompanied pass, there are responsibilities they will be expected to do while you're on pass.

Your identified support system will:

- Asks questions of your nurse, psychiatrist or other health care team members so they have the information you need to assist you
- Support you according to the plan agreed to with the care team
- If your pass was accompanied by them, bring you back on time or phone the unit if you will be delayed
- Tell your nurse how the pass went
- Pick you up at the nursing station
- Provide you with the level of support your psychiatrist, nurse and health care team believe is needed to keep you safe
- *If your pass is accompanied, stay with you at all times*
- Remind you of any restrictions you *may have* such as:
 - Not driving
 - Not using substances
 - Not being with people that are not supportive of your recovery plan
- Call your nurse for advice if concerns or problems occur
- Return you to the hospital, if possible, if you are not able to safely manage while on pass or safety risks cannot be managed
- Check in with your nurse as soon as possible once you are back from pass

Your nurse's role

The therapeutic relationships you have with your psychiatrist, nurse and other health care team members are key to your recovery from mental illness and or substance use. Nursing staff have a key role in supporting your recovery as they care for you 24 hours per day, 7 days per week while you are admitted. How you interact and cope with people within the mental health setting and out of it, are key signs they watch for to decide if you are ready for therapeutic passes.

Before your pass your nurse will:

- Check your doctor has written an order for a therapeutic pass
- Check that the level of support you require is available while on therapeutic pass
- Prepare medications to take with you
- Assess your risk for suicide and any other safety risks to yourself or others
- Assess your judgement and reasoning
- Provide you with teaching and guidance about any concerns you may have
- Help you and your Circle of Care plan for any problems you think could happen
- Provide information to your Circle of Care if needed
- They may check in midway through your pass or if you are late returning back to unit
- Only when necessary, cancel your pass, and discuss reasons for cancelling with you, your Circle of Care and your psychiatrist

When you return from pass your nurse will:

- Check all your belongings before you enter the unit to ensure what you bring back is safe for a mental health setting
- Check in with you and your supports about how the therapeutic pass went by asking about how you managed with:
 - Staying safe
 - Coping with people and the environment
 - Supports
 - Recovery goals and other tasks
 - Taking medications

Are You Ready To Go On Therapeutic Passes?

My Therapeutic Pass Checklist

You will receive a copy of this checklist to complete before you go on any Therapeutic Passes. If you need help, your nurse can support you to complete.

My Therapeutic Pass Plan

You will receive a copy of this plan to complete prior to going on any therapeutic passes. As you begin to recover, you may want to update it. It is yours to keep.

My Therapeutic Pass Checklist
A WELLNESS AND RECOVERY PLANNING TOOL

It can be helpful for patients to take therapeutic passes away from the psychiatric setting. Therapeutic Passes can support achieving goals to help persons to regain functioning.

Instructions

1. Please review this checklist to get ready for taking your therapeutic passes.
2. Please check off the recommended tasks once completed and additional tasks if applicable to you.
3. Share it with your nurse.

NOTE: If nothing changes from pass to pass, you do not need to complete another My Therapeutic Pass Checklist.

Recommended Tasks

- I have talked to my psychiatrist and nurse about taking therapeutic passes
- I have done My Safety Plan and or My Comfort Plan and have a copy
- I have written My Therapeutic Pass Plan and have a copy
- I have shared and discussed My Therapeutic Pass Plan with my nurse and my Circle of Care
- I have talked with my Circle of Care and they agree to support me if needed
- I have talked with my nurse about having pass medications ready ahead of time
- I understand how to take my pass medications
- I have what I will need while on therapeutic pass (i.e. wallet with debit card or cash and identification, house key, etc)
- I have identified what belongings I do not need on pass and will arrange for safekeeping storage
- I have reviewed this plan with my nurse
- I have the telephone number for the psychiatry unit
- I will contact the psychiatry unit if I am going to be late

Additional Tasks (May or may not be applicable to you)

- I will call my nurse while I am on pass *if asked* to or answer a call from my nurse at this number: _____
- I have talked to my nurse about how to reduce risk from using substances while on pass
- I am taking harm reduction supplies with me on pass
- I am taking a Take Home Naloxone Kit with me on pass
- I know how to use a Take Home Naloxone Kit or the person I may use with know how to use it

Date reviewed with my nurse: _____

Nurse's name: _____

Nurses Signature: _____

Mental Health Services
MENTAL HEALTH & SUBSTANCE USE NETWORK

Revised by: Kristin Lockhart, Practice Lead MHSU Transformation

My Therapeutic Pass Plan
A WELLNESS AND RECOVERY PLANNING TOOL

Completing this plan can help you get ready for taking therapeutic passes away from the psychiatric setting. You can ask your nurse for help completing this if needed. You are encouraged to keep this with you while on pass.

What do I want to do when I am on my therapeutic passes? In other words, what are my goals for pass?

For example, establish a bank account, pay household bills, attend appointment, go to meeting, visit you home or pet, participate in community activity, view housing options, pay rent, go for coffee with a friend, attend clubhouse, purchase groceries for discharge, access spiritual space, spend time at home on own, etc.

What do I need to help me achieve my therapeutic pass goals?

For example, identification, debit card, cash, wallet, house key, reference letter, transportation, appointment time to visit housing option, referral to clubhouse, help from Circle of Care, meet with community agency, etc.

Who is supporting me on my pass?

For example, Circle of Care, community agency staff, sponsor, etc.

What do I do if my pass is not going well and I need some assistance?

For example, call my Circle of Care, call my nurse, call my sponsor, return to unit, seek guidance from a person in the community that I know and trust, refer to My Safety Plan or My Comfort Plan, etc.

How can I make sure where I am going is a safe place?

For example, ensure firearms are removed, medication quantities are safe, alcohol / substances and other hazards are not present, etc.

What will I do if I arrive at my pass destination and it is not safe?

For example, call my Circle of Care, call my nurse, call my sponsor, return to unit, seek guidance from a person in the community that I know and trust, refer to My Safety Plan or My Comfort Plan, etc.

What will I do if I become unsafe while on pass (making a plan to suicide/homicide, threatening or aggressive behaviour, etc)?

For example, read through My Safety Plan and or My Comfort Plan, return to unit immediately, call unit nurse, call my Circle of Care, call RCMP/Police, call crisis line, etc.

Part of your nurse's role may be to contact you midway through your pass to check in with you and see how your pass is going.

- I have given my nurse my contact information.
- Unit phone number: _____

Mental Health Services
MENTAL HEALTH & SUBSTANCE USE NETWORK

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If you experience a crisis while on a therapeutic pass

While it is really important for you to plan your therapeutic passes, sometimes things happen that may change how you are presently feeling. For that reason, we have provided you with crisis resources that are available should you need to access them prior to returning to the psychiatric setting.

1. Connect with your nurse and your Circle of Care and return to the unit immediately
2. If you are not able to reach your nurse and your Circle of Care and can't return to the unit immediately
3. Use a telephone to contact any of these crisis lines

Call a crisis line for immediate assistance 24 hours per day, 7 days per week	
KUU-US (Indigenous) Crisis Line	1-800-588-8717
Metis Crisis Line	1-833-638-4722
Interior Crisis Line Network	1-888-353-2273
Children's Help Line	310-1234
Kids Help Phone	1-800-668-6868 Text: CONNECT to 686868
Suicide Prevention	1-800-784-2433 (1-800-SUICIDE)
Online Crisis Chat Centre	www.CrisisCentreChat.ca
Suicide Crisis Helpline 24/7	988 is call or text 24/7
bc211 Help Starts Here 24/7 to call, text or webchat	

4. Ask for assistance from RCMP or City Police or call 911

Adapted from Saskatchewan Health Authority (2019). Passes: A Patient's Guide to Temporary Leave from Hospital, pg. 1-7. Retrieved from: ceac_0212.pdf (rqhealth.ca)

Mental Health Services
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