

ADDITIONAL INFORMATION :

- We accept English and French-speaking women from across Canada who are currently incarcerated in a Correctional Service of Canada institution (Fraser Valley, Edmonton, Grand Valley, Joliette, Nova, Okimaw Ohci).
- Women remain under the legal jurisdiction and responsibility of their primary institution.
- Length of stay cannot exceed a woman's federal sentence beyond her warrant expiry.
- The program is voluntary and patients can return to their primary institution, however, a one week reflection period will be offered before transfer procedures are initiated.
- All referrals must originate within CSC and must be directed to the Clinical Liaison Officer CSC-IPPM.



Institut
Philippe-Pinel
de Montréal

AFFILIÉ À
Université 
de Montréal



**MENTAL HEALTH UNIT FOR WOMEN
SERVING A FEDERAL SENTENCE**



F1 unit
Mental health unit for women
serving a federal sentence

Unité F1
Unité de santé mentale pour femmes
purgeant une sentence fédérale

May 2014

INTRODUCTION

The Mental Health Unit for Women at the Philippe-Pinel Institute in Montreal, Quebec, is a 12 bed treatment program that offers services to federal women offenders requiring mental health treatment. The program is designed to help women learn adaptive skills in order to improve their mental health and quality of life.

The goals of the treatment program are to help women :

- Find ways to cope with their psychological distress
- Improve their emotion regulation
- Find alternatives to their impulsive and self-destructive behaviors
- Improve their interpersonal relationships and social skills
- Apply newly acquired skills in their daily lives



THE TREATMENT PROGRAM

The treatment is offered by an interdisciplinary team consisting of a psychiatrist, a clinical psychologist, a criminologist, as well as educators and nurses who provide direction, guidance, and support for the women.

Services Offered include :

- In-depth psychiatric, psychological/neuropsychological and criminological assessments
- Stabilization and crisis services
- Treatment

Our main treatment modalities include :

- Dialectical Behavior Therapy (individual psychotherapy and DBT skills training sessions)
- Psychoeducation and rehabilitation activities including skills learning groups (i.e. anger management, substance abuse awareness group, substance abuse relapse prevention group, assertiveness, relaxation and self-esteem)
- Milieu therapy and participation in a therapeutic community including: self-actualization activities (i.e. art, music, horticulture), physical activities (i.e. gym, swimming), as well as spiritual activities (i.e. smudging, sweat lodge) and counselling
- Pharmacology as needed