

Mental Health can have a significant impact on life function.

Structured Programming is staffed with a multi-disciplinary team of professionals that are equipped to provide support to Islanders who are struggling with their Mental Health;

Our team consists of:

- Registered Nurse (RN)
- Nurse Practitioner (NP)
- Licensed Practical Nurses (LPNs)
- Pharmacists
- Occupational Therapists (OT)
- Occupational Therapy Assistants (OTA)
- Resident Care Workers (RCWs)
- Case Worker
- Social Workers

How Do I Refer?

Referrals are accepted from:

- Physicians
- Psychologists
- Occupational Therapists
- Social Workers
- Nurse Practitioners
- Nurses

Acute Care Referrals:

To be completed in Cerner

Complete SPMH referral form +

Future order for "*Structured Program/Day Program Waitlist Request*"

Community Referrals:

Can be faxed to (902) 288-1203

Contact reception at (902)288-1198 for referral forms

Health PEI

Structured Programming
345 Deacon Grove Lane
Charlottetown, PE
Phone: (902) 288-1198

Mental Health “Structured Programming” and Day Treatment





Who We Serve

Structured Programming is for Islanders who require support with co-occurring Mental Health & Addictions. All gender identities aged 18 and older are welcome. Islanders who are struggling with their Mental Health, require support with life skill development, and who do not require admission into an acute care facility, can benefit from Structured Programming.

Please Note: The program is designed for people who are not currently active in substance use and who are stable in use of prescribed medications. If you are seeking support for active substance use or to achieve stability in medication use, contact the Mental Health and Addictions phone line at 1-833-553-6983 for information on how to access appropriate services.

Structured Programming is a 24/7 residential program that can accommodate 8 residents for up to 28 days. Residents must have housing in place prior to entering the program.



In addition to our residential service, we offer 12 day treatment spots for participants living in the community who will join Monday – Friday for group programming and life skill development. The length of the program is 4 weeks.

Day Programming Will Include:

- Life Skills Development (cooking, job readiness, budgeting, etc.)
- Psychoeducation (CBT, DBT Skills)
- Mindfulness
- Pharmacy Education
- Family Education & Support

Programming will also include assistance with reintegration into the community, referrals to community supports and services and mental health group programming.

Group Programming

- Monday to Friday 9:00 – 3:00
- Evidence-based
- Recovery oriented
- Family Focused