

# VIHA Health Facts



August 2012

## MENTAL HEALTH AND SUBSTANCE USE SERVICES

The Vancouver Island Health Authority provides a wide range of mental health and addictions services from tertiary inpatient care, short-term crisis intervention to rehabilitation and housing and many options in between. VIHA spent close to \$104 million in 2009/10 on inpatient and community-based services to help those struggling with mental health and addictions (an increase of over 25% since 2004/05).

	2004/05	2005/06	2006/07	2007/08	2008/09	2009/10	2010/11	2011/12
<b>Expenditures</b>	<b>\$82.8</b>	<b>\$87.4</b>	<b>\$90.7</b>	<b>\$98.1</b>	<b>\$103.7</b>	<b>\$103.7</b>	<b>\$108.6</b>	<b>\$142.5</b>
<b>(\$ millions)</b>								

In 2009/10 VIHA provided over 60,000 days of psychiatric inpatient care. Thousands of other clients received mental health and addictions services through an integrated network of community-based access points. These access points include VIHA's 10 community mental health centres and our many contracted service providers situated in communities across Vancouver Island.

### SITES AND SERVICES

- VIHA has 161 inpatient psychiatric beds located at:
  - Royal Jubilee Hospital (86)
  - Queen Alexandra Centre for Children's Health (14)
  - Nanaimo Regional General Hospital (24)
  - Cowichan District General Hospital (15)
  - St Joseph's General Hospital- Comox (22)
- Tertiary Care - 102 beds for adults and seniors with severe and persistent mental illness who require a high level of professional support:
  - Seven Oaks - Victoria (38)
  - Sandringham - Victoria (46)
  - Lodge on Fourth - Ladysmith (12)
  - New Horizons - Campbell River (6)
- Withdrawal Management Services/Detox - 75 beds:
  - Eric Martin Pavilion Medical Detox - Victoria (21)
  - Pembroke Stabilization Unit - Victoria (7)
  - Sobering and Assessment Centre - Victoria (20)
  - Clearview Detox - Nanaimo (12)
  - Lilli House and the Comox Valley Recovery Centre (5)
- Youth Withdrawal Management /Supported Residential Services - 21 beds accessible to youth across the region, located in:
  - South Island (12)
  - Central Island (6)
  - North Island (3)
- Youth and Family Substance Use Community-Based Counselling located in Victoria, Saltspring Island, Duncan, Ladysmith, Nanaimo, Parksville, Qualicum, Port Alberni, Tofino, Ucluelet, Denman and Hornby Islands, Courtenay, Campbell River, Port McNeill and Port Hardy
- Housing Sites - Over 800 beds/units across Vancouver Island that provide:
  - 24-hour care and rehabilitation by professional staff in licensed residential facilities
  - Intensive supported care for clients who are able to live independently but who still require intensive support and daily contact with staff

- Moderate supported sites where clients can live independently but require moderate support and daily contact with staff
- Light supported sites for clients who can live with a high level of independence, are able to manage their own daily living activities with minimal assistance from their case manager
- Adult supportive recovery sites for people who are mentally well, medically stable, have gone through a detoxification process from alcohol and/or other drugs, and have had a period of abstinence

### **NEW INVESTMENTS IN MHAS SERVICES SINCE 2008**

- \$7.8 million in 2008 to support the Victoria Mayor's Task Force on Homelessness. This represents an annual investment of \$6.2 million and one time capital contributions of \$1.6 million in MHAS which fund the following services:
  - 4 Assertive Community Treatment (ACT) Teams
  - 21 Adult Detox/Residential Treatment Beds
  - Support for Our Place 45-bed Transitional Housing Project
  - One-time capital contribution to the downtown Access Health Centre
- In 2009 VIHA Implemented the Bridges initiative - a comprehensive Electronic Health Records initiative that enables faster access to client information, matches clients to services and promotes better tracking of Mental Health and Addiction's clients. The program has been recognized nationally and is a template for other health providers.
- An ACT team was established in Nanaimo using funding from the downsizing of Riverview Hospital. This multi-disciplinary team provides high intensity outreach services to individuals with significant mental health and addictions issues.
- VIHA has continued to enhance services on the North and Central Island, including adding crystal meth treatment; new withdrawal management and stabilization beds; creating a comprehensive crisis services network; adding mobile crisis response outreach teams and enhancing housing and supports. In 2010 and 2011, resources were reallocated within MHAS which enabled funding to be redirected to: higher priority programs and services; programs that serve clients with the highest needs; and programs in geographic areas that are underserved - specifically Central and Northern Vancouver Island. This reallocation has resulted in:
  - 35 units of moderate intensity supportive housing in Duncan (Caulfield Place) for those needing transitional support back into the mainstream community and for others who need assistance developing independent living skills.
  - Enhancements in the Oceanside and Port Alberni areas to case management, occupational therapy, support First Nations communities; and integration with primary care services.
  - Opening of a community detox bed and two supportive recovery beds in the Comox Valley. This service provides a safe, supportive environment for adult women who require non-medical detox and/or residential support to work through complications arising from the misuse of alcohol or other drugs.
  - Enhanced intensive case management, addictions treatment, housing and intake services in the Courtney/Comox area.
  - Addition of after-hours clinician services in Campbell River to focus on early intervention and support, providing individuals with counseling and follow up.
  - Expanded services in Mt. Waddington communities with a full-time Nurse Practitioner, new case management positions and a Community Rehabilitation Worker.
- Youth and Family Community-Based Substance Use Counselling services expanded in rural and remote communities, including the West Coast, Gulf Islands and North Island.
- Re-development of Cowichan Lodge as a 51-bed tertiary psychiatric facility. With \$8.5 million in capital funding and \$7 million for annual operating funding, this project represents a significant investment in psychiatric services and health care jobs for Duncan area residents. Opening is scheduled for early 2013.
- Eight psychiatric intensive care beds and psychiatric emergency services at Nanaimo Regional General Hospital. Opening in Fall 2012.
- Enhancement of Seven Oaks tertiary mental health facility in Saanich including a \$2 million renovation to create 4 new secure units, bringing the total to 40 beds
- Increased support and services for families of youth using substances and strengthened engagement with the school system in exploring effective responses to substance use while keeping youth connected, healthy and learning.

- Financial Support from Health Canada's Drug Treatment Funding Program supported enhanced capacities in evidenced-based practices, including Motivational Interviewing, Trauma Informed Practice, Applied Suicide Intervention Skills, Client-Directed Outcome Informed Practice, and Mindfulness-based approaches.
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For complete information about VIHA's MHAS across Vancouver Island go to: <http://www.viha.ca/mhas/> and [http://www.viha.ca/cyf\\_mental\\_health/resources.htm](http://www.viha.ca/cyf_mental_health/resources.htm)