



Vancouver Coastal Health Riverview Redesign Project Update #3

June 25, 2003

The Riverview Hospital Redevelopment Project decentralizes tertiary mental health care currently located at Riverview Hospital to the five regional health authorities. Best practices indicate that better mental health outcomes can be achieved in smaller community settings. By building tertiary mental health capacity in the regions, each health authority can provide a more complete continuum of mental health services and families and patients will be able to access these services closer to home.

The purpose of this update is to provide information on the VCH plan for tertiary mental health services being transferred and the feedback obtained from stakeholder consultation. More detailed background information can found in Update #1 November 18, 2002 and Update #2 June 16, 2003.

Planning Process

In early 2003, the Vancouver Coastal Health (VCH) Riverview Redevelopment Steering Committee conducted “visioning” sessions to allow mental health professionals initial input into the process of planning tertiary mental health services for adult and older adults across Vancouver Coastal Health region. These visioning sessions were based on the proposed number of VCH allocated beds and focused on the question “What new or additional services will be needed to serve the VCH population if Riverview is not available?” Consideration was given to the needs of current Riverview clients, VCH clients requiring tertiary services and future mental health clients.

Following the visioning sessions, working groups were charged with the task of drafting high level plans for adult and older adult tertiary mental health services to be located in the VCH. These groups were comprised of representatives from each of the Health Service Delivery Areas (North Shore/Coast Garibaldi, Richmond and Vancouver). The following Adult and Older Adult components of this document reflect the work of these planning groups.

Planning Principles

- The focus is on VCH services, however it is recognized that all health authorities will need to work together to ensure sustainable high quality mental health care throughout the province
- Planning will be done within the context of current and planned primary and secondary mental health resources
- Tertiary service planning is focused on the needs of the most seriously and persistently mentally ill individuals
- New services will be client centered, respectful of individuals’ unique strengths, circumstances and sensitive to age, gender, ethno-cultural background and lifestyle
- The involvement of a broad range of stakeholders including clients and families will be welcomed throughout the planning and implementation process as it recognized

that the ultimate success of this project is dependent on the efforts of many working together in partnership.

- VCH will participate in ongoing evaluation of the Riverview Redevelopment project and may engage in additional evaluation independently if necessary or advisable.
- Future advances and trends in mental health care should be anticipated in terms of service design

Planning Assumptions

- Planning for provincial specialized services has not been concluded and the impacts of this planning may require adjustments to VCH plans
- Bed allocations between Fraser Health Authority and Vancouver Coastal Health have not been finalized. The bed numbers used in planning represent an assumption based on best current information

System Issues To Be Addressed to Enable Success

- Relationship development with key stakeholders
- Mental health service integration including flow through the system between secondary and tertiary resources
- Demand impacts on the secondary system
- Centralized intake and triage function

Proposed Tertiary Adult Mental Health Services

The VCH tertiary services will serve individuals requiring specialized services, who have not been safely or successfully managed in the primary and secondary mental health system, to achieve optimal functioning. It is anticipated that tertiary level, multi-disciplinary specialists will provide consultation to professionals in the secondary and primary levels of support.

Tertiary Acute Services

The tertiary acute services are for the support of individuals who cannot be served in the primary and secondary levels of the system and who require “predominantly clinical” specialized care. The main focus in these services is further assessment and treatment. These services consist of an ICU and a general tertiary acute service.

a) Psych Intensive Care Unit (Approximately 10 Beds)

- Patients with extreme behavioral disturbances who are a severe danger to self or others who cannot be safely managed in current inpatient setting.
- Admissions from the tertiary rehabilitation and residential regional facilities, psych inpatient units and emergency.
- Length Of Stay - maximum 2-3 weeks with return to referring service
- Need access to acute medical services, diagnostic services and specialists
- May contain a “brief tertiary service” serving a current and increasing need for secure withdrawal management for concurrent diagnosis individuals experiencing extreme psychosis and behavior management problems (e.g. meth-amphetamine withdrawal)

b) General Acute Assessment and Treatment Unit (Approximately 25-30 beds)

- To serve tertiary assessment needs of individuals who comprise a variety of diagnostic groups, and who require longer or more specialized assessment and treatment than is available in the secondary system.
- Secure unit
- Length Of Stay up to 6 months
- Will not exclude clients with acquired brain injury or developmental disabilities who could benefit from this care
- Need access to acute medical service, medical specialists and diagnostics

Tertiary Rehabilitation Service (Approximately 100 beds) 2-3 Campuses

The Tertiary Rehabilitation services are for the support of individuals who cannot be managed in the primary and secondary levels of service and require longer periods of time for rehabilitation and the supports of long term residential settings.

- Focus is on engaging individuals in their recovery through access to “onsite” rehabilitation, focusing on the four domains of personal life, leisure, education and work
- Expectation that clients will improve and move on to less intensely supported settings with integration back into the “secondary” level of community
- Provision of a continuum of onsite support options ranging from secure units to open residential like structures with “home like” features and opportunities to step back/down to “secondary” level of community
- Realization that some clients will remain at these facilities indefinitely
- Average Length Of Stay 6 to 24 months

Tertiary Older Adult Services Planning (30 bed inpatient)

The focus of this redesign will be older adults (over 65 years old) who develop or have a lifelong mental illness whose treatment and care is complicated by problems related to aging or have a dementing illness, complicated by difficult behaviours and/or other psychiatric symptoms

The initial visioning session produced a variety of diverse opinions but clear consensus was reached on the following points:

- Residential care resources at the secondary level must be adequate to allow flow through the tertiary system
- Psychiatry services for older adults must be well integrated with medical services
- Therapeutic environments, specifically designed for older adults, are essential

The planning group, which included representation from housing and continuing care, agreed that the Riverview Redesign plans should focus on treatment services and that the requirement for long term housing of clients with challenging behaviours is most effectively addressed by the housing system.

Proposed Tertiary Care Programs

At the tertiary resource level, both an Assessment and Treatment Program and a Behavioural Stabilization Program are proposed. These two programs reflect both the needs of the current clients at Riverview and the future needs of VCH residents. The following broad program descriptions are based on the components of the current Riverview resources:

a) *Assessment & Treatment – programming is directed toward:*

- Acute assessment and treatment of patients with a full spectrum of psychiatric illnesses which may be refractory
- Patients also present with a combination of co-morbid psychiatric, cognitive, behavioral and medical problems.
- Length of stay- average 0 to 3 months

b) *Behavioral Stabilization – programming includes:*

- Assessment and treatment of patients exhibiting moderate to severe cognitive impairment within a range of severe behavioral symptoms including resistive, aggressive, disruptive and at times sexually inappropriate behaviors
- Specialized management of patients in late and end stages of a dementing illness with severe chronic psychiatric and chronic multiple medical conditions.
- Length of stay- average 0 to 12 months

Consultation Process

Over five weeks in May and June 2003, focus sessions were held with 31 groups including 284 participants representing consumers, family members, community organizations, municipal and government representatives, VCH staff and Riverview staff.

Highlights of the feedback include:

- Validation of the proposed services
- Support for the rehab campus concept for adult services
- Support for the integration of treatment for concurrent disorders across the system of care
- Support for the older adult services as proposed
- Concern about a lack of resources in the existing system
- Identification of opportunities to enhance and implement the plans
- Acknowledgement that services provided well at Riverview shouldn't be lost
- Identification of opportunities for peer support
- Support for the inclusion of consultation in the ongoing planning and implementation process

The consultation report will be made available. Consultation will be conducted in future project stages although it may take a different form. VCH is committed to open communication with stakeholders as fundamental to the success of the project.

Questions and comments should be directed to:

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More information on the Riverview Hospital Redevelopment Project can be found on the Riverview Hospital website www.bcmhs.bc.ca