



Interior Health Tertiary Psychiatric Centre is an affiliate of the University of British Columbia. This partnership will provide research and teaching opportunities, which will serve to create a "Centre of Excellence" along with experienced and dedicated professionals and support staff.

The region served by the facilities is home to ~750,000 people. The facilities will be located in Kamloops, British Columbia, an interior BC city of 85,000 with a relaxed atmosphere and exceptional recreational opportunities.

Employment and Volunteer opportunities include:

- Physicians, psychiatrists, nurses
- Social workers, pharmacists, dietitians/ nutritionists
- Occupational, recreational and vocational therapists
- Rehabilitation support workers
- Psychologists
- Clerical & Building Support Workers
- Peer Support Workers
- Volunteer Coordinator



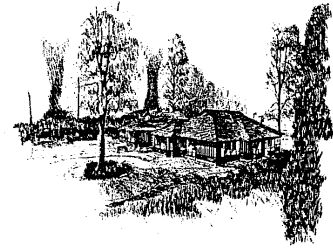
Tertiary Psychiatric Centre  
Royal Inland Hospital  
311 Columbia Street  
Kamloops, B.C.  
V2C 2T1

Tel: 250-314-2712  
Fax: 250-314-2374  
Email:  
[nihal.maligaspe@interiorhealth.ca](mailto:nihal.maligaspe@interiorhealth.ca)  
Website: [interiorhealth.ca](http://interiorhealth.ca)



## Tertiary Psychiatric Centre

*A Centre of Excellence*



250-314-2712

## What is Tertiary Psychiatry?

Tertiary Psychiatry refers to highly specialized mental health services designed for individuals with severe mental illness. These individuals have experienced ongoing difficulty with managing their illness and living in the community.

The three facilities will provide a home-like environment for individuals who are not in crisis and are of no risk to others, but require ongoing treatment and psychosocial rehabilitation in order to return to their community of origin and live successfully.

### Interior Health Tertiary Psychiatry Centre

- 84 beds
- A centre of excellence
- Affiliated with the University of British Columbia
- Conducts research and outcome oriented evaluation
- Innovative services

The Interior Health Tertiary Psychiatry Advisory Committee, comprised of mental health professionals, individuals with mental illness and family members and community members provides advice to tertiary programs.

## Tertiary Psychiatry Centre Programs

Two 20-bed facilities located on Overlander Extended Care Unit site opened in April 2003

- 20 bed Transitional Rehabilitation
- 20 bed Specialized Rehabilitation

These units focus on treatment and rehabilitation with the goal of preparing individuals for community reintegration.

One 44-bed facility located on Royal Inland Hospital campus opening in Summer 2004

- 10 bed Intensive Care Unit
- 10 bed Secure Care Unit
- 12 bed Psychogeriatric Assessment & Treatment Unit
- 12 bed Behaviour Stabilization Unit

These units provide services to both adults (18-64) and elderly (age 65+) individuals with acute illness and/or severely dysfunctional behaviours. The focus is on diagnosis and stabilization with rehabilitation strategies to promote reintegration into the community.

## Medical Treatment

Medical services will include psychiatric assessment, illness management planning and medication. These services will be delivered on an individualized basis, recognizing and incorporating the unique qualities of each person.

## Psychosocial Rehabilitation

Psychosocial Rehabilitation (PSR) is a framework for service delivery. PSR combines empowering principles with practical strategies in facilitating recovery for individuals with serious and persistent mental illness.

"The goal is to improve the quality of life for these individuals by assisting them to assume responsibility over their lives and to function as actively and independently in society as possible. The programs are designed to both strengthen the individual's skills and to develop the environmental supports necessary to sustain the individual in the community."

Definition of constitutes rehabilitation for persons with psychiatric disorders. Switzer conference (Perlman, 1980)



Interior Health

## Tertiary Psychiatric Centre

AFFILIATED WITH THE UNIVERSITY OF BRITISH COLUMBIA

*A Centre of Excellence in Kamloops, British Columbia*

### Psychosocial Rehabilitation

#### **Phase I: 40-bed tertiary rehabilitation program opened in April 2003**

The 40-bed program is divided between two new 20 bed buildings located in a community-residential setting in Kamloops. The units are designed to support individuals with serious and persistent mental illness in acquiring the skills and abilities to live within their home communities. Psychosocial rehabilitation (PSR) is the framework for all interventions. PSR combines empowering principles with practical strategies in facilitating recovery for individuals with serious and persistent mental illness. The mission of PSR is to help a person increase his/her ability to function so that s/he is successful and satisfied in the environment of choice with the least amount of ongoing professional intervention.

#### **Examples of PSR principles are:**

- Belief in the Individual's Right to Self Determination
- Belief in the Individual's Potential for Growth
- Respect and Rights of the Individual
- Community Integration

The goal of PSR interventions is to assure that the person can perform those physical, emotional, social and intellectual skills needed to live, learn and work in the community (Anthony, 1990). This includes recovery, maximum community integration and the highest possible quality of life. PSR focuses on four areas of life:

- **Personal life**
  - including personal care, home management, relationships and community resources
- **Work**
  - including paid, supported and volunteer
- **Education**
- **Leisure**

*Psychosocial rehabilitation is something that everyone can learn.  
It provides a framework to unify mental health professionals, families  
and individuals with mental illness.*

#### **Commonly Asked Questions About Psychosocial Rehabilitation**

1 How does PSR integrate with psychiatric treatment?

*PSR and psychiatric treatment are complementary services. PSR is a holistic framework that can integrate with psychiatric treatment. Both are necessary components for individuals with severe mental illness.*

2 What is the role of family members in PSR?

*PSR respects and values the role of family members and significant others. Families and significant others not only need support but are valuable resources in providing services to individuals with serious and persistent mental illness.*

3 Can people with serious and persistent mental illness recover?

*Recovery is a deeply personal unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It involves the development of new meaning and purpose in one's own life. Recovery can be from illness, stigma, iatrogenic effects of treatment settings, lack of self-determination, negative side effects of unemployment etc.*

4 Is the PSR framework based on research evidence?

*Psychosocial rehabilitation is based on extensive research carried out over several decades. This research establishes PSR as an effective framework of interventions for people with serious and persistent mental illness.*

5 Where can I learn more about PSR?

*Resources can be found on the World Wide Web, including online courses, books, articles, conferences and workshops. Currently the International Association of Psychosocial Rehabilitation Services (IAPSR) offers certification as a Psychiatric Rehabilitation Practitioner. Courses are available through a number of Canadian and U.S. educational institutions.*

6 Why is PSR needed?

*People with serious and persistent mental illness are impacted by the impairment associated with the symptoms of mental illness, role and ability limitations and stigma and discrimination. In order to address the cycle of disempowerment and despair, a unique strategy is required to assist individuals with mental illness to overcome these barriers.*



## **SOUTH HILLS CENTRE FOR PSYCHIATRIC REHABILITATION**

### **THE TEAM**

The staff work 24 hours per day, seven days per week. There is a wide range of health professionals including Nurses, Occupational Therapists, Physicians, Pharmacists, Psychiatrists, Rehabilitation Workers, Social Workers and Unit Clerk. A modified Assertive Community Treatment model with a Psychosocial Rehabilitation focus is practiced. Everyone is expected to do any and all generic tasks and to ask for assistance and support from team members with specific skills and training. The staff are expected to be facilitators - doing activities with house members, and providing skill teaching as needed. There is also a volunteer services coordinator who is working to bring volunteers into the facility as part of our goal to increase the community's awareness and acceptance of people with mental illness. This also has the benefits of finding new staff, and encouraging local students to specialize in mental health. The volunteer services coordinator also finds 1:1 volunteers to work directly with individuals.

Families and consumers are part of the team. They can participate in Rehabilitation Planning meetings, daily apartment meetings, and bimonthly house council meetings. Families are welcome to visit or call anytime.

### **LIFE AT SOUTH HILLS**

Individuals live in groups of five in an "apartment" while each building is called a House. Each apartment has a full kitchen with fridge, stove, dishwasher, and microwave, 1.5 bathrooms and a shared laundry. Each person has his or her own room with a lock on the door. Inside each room is a bed, bedside table with alarm clock, writing desk, two chairs and a closet with a lock. Everyone is expected to make his or her own breakfast. Lunch and supper are provided; however some apartment groups have already moved to making their own lunch, and will eventually make their own suppers as well. Each apartment has a monthly budget that they must stay within for food and other items. They shop twice per week at the local grocery store. House members are also expected to maintain their own rooms and to work together to keep their apartment areas clean and stocked. They are expected to do their own laundry and to clean the bathrooms. Additionally, everyone has his or her own bedding and linen (including towels) to wash. Individuals also take turns being responsible for the other areas of the building, including plants, outdoor patios etc. Local transit is used to get around to programs, events, volunteer work and other activities. Individuals are also setting up local bank accounts and getting bus passes.

Since everyone is learning a new way of living, the environment is very flexible and supportive. This means that there are varying levels of support and few restrictions. The goal is to support people in moving towards the highest level of functioning possible and eventually integrated into the larger community setting.