

Fraser Health

A U T H O R I T Y

RIVERVIEW ACCESS PROJECT

-The Fraser Health Story-

RIVERVIEW HOSPITAL ACCESS PROJECT TASK GROUP

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THE ACCESS PROJECT UNFOLDS IN FRASER HEALTH

Since July 2002, over 50 clients from Riverview Hospital have come to call communities throughout the Fraser Health Authority 'home'.

A new model of care is evolving for individuals with mental illness, driven by evidence based data that these clients are more appropriately and effectively cared for and supported in smaller facilities with a more homelike environment, rather than large institutions.

In support of this transition, Fraser Health will welcome 73 Riverview clients into its supportive living residences, as Riverview Hospital shifts from a long-term care facility to a short-term tertiary psychiatric hospital.

An Access Project Plan is the guiding force for the transfer of clients into Fraser Health facilities, who are deemed ready for discharge from Riverview and who would benefit and/or need additional support. The Access Project provides additional funding to enhance community supports to care for these clients.

"Providing the appropriate care to the appropriate client in the appropriate setting is our focus," said Lance Nelson, FHA Manager of Mental Health, New Westminster, and one of the leaders of the Access Project team who is working collaboratively with Community Program Coordinators and Mental Health Managers to facilitate the transfers.

Meryl McDowell, FHA Manager of Mental Health, White Rock/South Surrey, and Access project team leader stressed the importance of being sensitive to the emotional ties clients may have to this facility and its staff, considering Riverview was home to many of them for scores of years.

With that in mind, a client's needs and interests, and desire for a specific community are top considerations when looking at matching clients and facilities.

To ensure good matches, clients and their families are consulted during the planning process, and clients have an opportunity to view the facility so they get a first-hand look at what it has to offer, McDowell said.

"As well, clients have the opportunity for a two-week trial at a residence, so they have a chance to check it out, look at the community, and see if it's a place they'd like to live or not," she added. "If it's not a good match they can go back to Riverview until another facility is available."

Success for this project team is two-sided. Their mandate was to have 73 Riverview clients placed in residential care by June 30, 2003, and the majority of these individuals are already secure in new homes. As well, Nelson pointed out, the wise use of allocated Access funding that comes with each of these clients has allowed the development of more options and a greater continuum of care for all mental health clients in their communities.

“We have been able to expand existing living resources including the development of bridging housing for individuals who don’t need support 24 hours a day – those who are ready to take the next step towards independent living,” McDowell said.

She explained if a Riverview client is able to come into an existing funded bed, then their Access funding has been directed to supporting others who are ready to leave that facility and move into a more independent living environment.

“This funding is giving us the opportunity to shape our service system into one that will be sustainable for the future,” she added.

NEW HOMES FOR RIVERVIEW CLIENTS IN FRASER HEALTH

After a settling-in period, Riverview Access clients are feeling at home in a variety of housing facilities in Fraser Health. The facilities are as diverse as the individuals who have recently become part of their households. Each in their own way has something special to offer whether it is single bedrooms, fireplaces, swimming pools, or beautiful grounds and interior decors. What they have in common is an overall philosophy to meet individual support needs through a variety of activities that focus on areas from life skills to leisure/recreational opportunities to medication management.

“I am really happy living here. I can get up early and walk across the street to get a coffee before the kitchen is open. I definitely like this country-living.” Sharman, a Riverview Access client now living in Sunrise in Abbotsford.

“It feels more like I’m part of a family now.” Adrian, a Riverview Access client now living in Hazelmere Lodge, South Surrey.

FRASER NORTH

TRI-CITIES

- ◆ The Cottages (Riverview grounds) – 12 cottages with 36 bed capacity, coed transition housing --32 Placements
- ◆ Barberry Lodge – 10 bed coed community residence – 1 placement
- ◆ Resurrection House (not a Fraser Health Facility – but Fraser Health providing ongoing support) – 1 placement

NEW WESTMINSTER

- ◆ Assertive Community Treatment Program (independent living) – 3 placements

FRASER SOUTH

WHITE ROCK/SOUTH SURREY

- ◆ Hazelmere Lodge – 33 bed coed licensed community residence– 5 placements

NORTH SURREY

- ◆ Argyll Lodge – 25 bed licensed community residence -- 2 placements
- ◆ Hillside Lodge – 19 bed coed licensed community residence – 2 placements

- ◆ New Greenwood Lodge – 10 bed all male licensed community residence – 1 placements
- ◆ Josephine Care Home – 17 bed licensed community residence -- 1 placement

DELTA

- ◆ Crestlene Lodge – 15 bed all male licensed community residence– 2 placements

LANGLEY

- ◆ Brookswood Court – 10 bed all female licensed community residence– 3 placements
- ◆ Murrayville Manor – 39 bed coed licensed community residence – 2 placements
- ◆ Chelsey House – 6 bed coed psycho/social rehab facility – 1 placement pending

FRASER EAST

CHILLIWACK

- ◆ 1st avenue – 12 bed coed psycho/social rehab facility – 2 placements
- ◆ Independent living program – 1 placement

ABBOTSFORD

- ◆ Sunrise – 30 bed coed licensed community residence – 3 placements

MISSION

- ◆ Bonnie Lee's – 9 bed coed licensed community residence – 3 placements
- ◆ Mission Hill – 10 bed coed licensed community residence – 4 placements

ACCESS PROJECT FUNDING ENRICHES FRASER HEALTH'S MENTAL HEALTH SERVICES

In order to accommodate the needs of Riverview clients, Fraser Health has used Access funding to develop new programs and expand existing resources in its communities including:

- ◆ Creation of new beds in residential facilities
- ◆ Increased number of semi-independent living units and the development of new bridge housing facilities (supported independent living) such as:

(Langley: Cedarbrook Court – 6 bed coed facility, Chelsey II – 3 bed coed facility)

South Surrey: Hazelmere Cottage – 6 bed coed facility

Abbotsford: Sunrise Bridge Housing – 3 bed coed facility

Mission: Mission Hill Bridge Housing – 4 bed coed facility)

(The bridge houses provide a new opportunity for clients living in Licensed Community Residences to move to greater independent living while freeing beds for Riverview Access clients to move to community settings. These new facilities are also a future housing option for Riverview Access clients.)

- ◆ Additional outreach workers, rehabilitation staff and case managers and support workers available to assist clients
- ◆ Enhancement of the Skills for Life Program (Training Apartment Program) that focuses on the development of skills necessary for independent living. (Surrey)

- ◆ Financial assistance to The Roost clubhouse (Surrey) – a psychosocial program to enable clients to develop and maintain social and basic work skills.

CEDARBROOK COURT OFFICIAL OPENING

Peeling potatoes for dinner, throwing a load of laundry into the washing machine, or writing a grocery list. All read like a list of basic domestic chores. But for individuals living at Cedarbrook Court, they are much more. They represent steps toward independent living.

Cedarbrook Court, a six-bedroom home for individuals with serious and persistent mental illnesses recently celebrated its official opening and its place among the new housing options for mental health consumers who can and want to live more independently.

It's a stepping stone for individuals where they can grow in a stable, family-like atmosphere.

"I finally feel like I'm home," said Lisa, the first person to move into this residence. "I love everything about the house – the way it looks, cooking my own meals, the garden, the Jacuzzi, the window in my room and the sunlight coming through it."

"I feel really settled and ready to move on with my life for the first time in a long time," she added.

Cedarbrook Court is Langley's first Bridge Housing Project utilizing Riverview Hospital Downsizing Access Funding. (The Access Funding is targeted to assist in client placement in the transfer of individuals from Riverview Hospital.) This new home enhances the supported independent living options available to individuals who live with a serious mental illness in this community. It is the product of a partnership between Wayne and Connie Mills, owners of Brookwood Court and Cedarbrook Court, the Langley Mental Health Team, and Riverview Access Funding Project.

The essence of Cedarbrook Court is to nurture motivation in individuals towards independence, greater self-esteem and reaching their greatest potential, said Rebecca Jarvis, Manager of Cedarbrook

Tenants participate in the daily management and running of their home. They are responsible for cleaning their own rooms, doing laundry and chores, grocery shopping and some cooking. Support is available five days a week to assist them in any activities of daily living, from cooking to budgeting to medication management.

"The support they receive will be customized to what their individual needs are," Jarvis said. "Whatever the piece of the puzzle that is missing for them."

Cedarbrook is located next to Brookwood Court, a 24-hour licensed care facility, so although tenants are encouraged to live as self-sufficiently as possible, help is close at hand if needed.

HAZELMERE COTTAGE PROVIDES NEW OPPORTUNITIES FOR HOUSING

Open the doors of opportunity, and individuals will find the courage to cross the threshold.

This opportunity for Andy, Ron, Jim, Bill, Bruce and Judy came in the shape of a new home, Hazelmere Cottage, where they can enjoy greater independence and chance to grow as individuals towards their greatest potential.

For these mental health clients in the White Rock/South Surrey area, some of whom have lived in 24 hour supported living residences for close to 20 years, moving to Hazelmere Cottage was a huge step forward, and one that took a great deal of courage and determination.

Hazelmere Cottage is White Rock/South Surrey's first Bridge Housing Project utilizing Riverview Hospital Access Funding. (The Access Funding is targeted to assist in client placement in the transfer of individuals from Riverview Hospital into community facilities.) This new home enhances the supported independent living options available to individuals who live with a serious mental illness in this community. It is the product of a partnership between Andrea Atkins, owner of Hazelmere Lodge, White Rock/South Surrey Mental Health Team, and Riverview Access Funding Project.

Recently, these six tenants welcomed guests to the official opening of their new home and true to the greater independence they have been given, they took an active role from the initial planning of the event, to flipping burgers once the barbeque was fired up. It is obvious they have embraced the concept of running their own household.

Although they are encouraged to live as self-sufficiently as possible, support is available to assist them in any activities of daily living, from cooking to budgeting to medication management. As well, help is only a few moments away any time or day at Hazelmere Lodge, a 24-hour licensed residence where they are welcome to return to visit or participate in activities.

"I really like living here," said Andy, one of the cottage's tenants. "I like the house, the patio, the view of the pond, the big yard, and I like cooking."

Recently he has taken up furniture building, encouraged by fellow tenants and the availability of a workshop. "Somebody dared me to build something, and I took on the challenge," he said.

"I have a hard time sometimes because my memory is not good, but I still like the chance to take care of myself," said Ron, another tenant.

A card to all six tenants on the fireplace mantle in their living room says volumes about the personal successes achieved in overcoming obstacles and challenges to come to live in the cottage. 'I admire you for all you've been able to do, for the positive changes you've made, and for the willpower and determination it has taken to get here'.

SURREY NORTH SKILLS FOR LIFE PROGRAM

a.k.a. TRAINING APARTMENT PROGRAM

The program serves as an effective bridge between psychosocial rehabilitation facilities and independent living thus stimulating a flow through process from the licensed resources. The program focuses on the development of skills necessary for independent living. This includes Nutrition, Housekeeping, Money Management, Community Mobility, Mental Health and Personal Care. The individual is placed in an independent living environment for one week. This time is used to further assess skills and capacities and to work on skill deficits identified through and self-assessment process.

The Skills for Life Program supports the beliefs and values related to Psychiatric Rehabilitation and Recovery. It is the aim of these programs to improve the functioning of persons with psychiatric disabilities so they can be successful and satisfied in the living, learning, working, and social roles and environments of their choice with the most personal independence possible and the least amount of intervention needed. The program also aims to increase the opportunities, abilities and capacities needed to participate in the full life of the community.

Aside from the development of skills the program also supports and encourages the process and recovery “a deeply personal unique process of changing ones attitudes, values, feelings, goals, skills, and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by illness. Recovery involves the development of new meaning and purpose in one’s life as one grows beyond the catastrophic effects of mental illness”.

There are currently 5 participants in the program with another set to join in July 2003. 2 of the 5 current participants are awaiting placement in either SIL or Super SIL this summer with a third participant hoping to move out in the fall of 2003.

PROGRAM GOALS

- 1) Provide individuals with severe and persistent mental illness the opportunity to develop the skills necessary to achieve greater personal independence.
- 2) Facilitate the transition for individuals from costly residential care to cost effective supported independent living options.
- 3) Create a flow through process from existing residential facilities thus improving out ability to better respond to the access needs of the community and local hospital, and other referring agencies.
- 4) Provide a safe, supportive learning environment wherein individuals can practice independent living skills, increase their sense of hope, and re-integrate with the larger community.
- 5) Reduce dependence on structured residential care environments.

THE ROOST

Services to Communities Society provides three services as part of the Roost Club Model, a psychosocial program with a key purpose of supporting clients in the community and the development of basic skills. Supported Work provides work in open employment settings and a Volunteer Placement Program. These services are available to clients of Surrey North and Central Mental Health Centers.

CLUB MODEL PROGRAM OBJECTIVES

- ◆ Improve client's integration and stability in the community
- ◆ Provide an environment that will enable clients to develop and maintain basic work skills and social skills

SUPPORTED WORK PROGRAM OBJECTIVES

- ◆ Enable clients to develop necessary work skills and put those skills in practice in an open work setting
- ◆ Provide clients with the opportunity to earn wages in casual, part or full time work
- ◆ Provide a variety of job experience, thereby assisting in vocational choice
- ◆ Enable clients to experience the successful completion of a job, increasing self-confidence
- ◆ Assist clients in obtaining further vocational training or supported employment

VOLUNTEER PLACEMENT PROGRAM OBJECTIVES

- ◆ Provide work experience in a volunteer placement that is tailored to meet the specific client needs
- ◆ Provide a means for clients to re-enter the work force gradually
- ◆ Provide ongoing work in the community placement for those clients who cannot sustain competitive employment