

Vancouver: Building on Strength
Building the continuum of care for
Vancouver Community Mental Health and Addiction



September 2009

Vancouver Community

About Vancouver Community

- Part of Vancouver Coastal Health: provides a range of community services including mental health & addiction services within Vancouver
- Links residents to services appropriate to their needs
- Provides a continuum of services as needs change
- Improves health outcomes for Vancouver residents
- Committed to providing positive experiences for clients
- Promotes informed choice and involvement
- Increases longevity and quality of life

Vancouver Community Population

600,000 residents

- 1 in 4 live in poverty
- 1 in 5 are under 19
- 1 in 10 are 65+
- 1 in 3 live alone
- 1 in 3 annual income below \$15,000
- 1 in 2 annual income below \$20,000

Our population

Youth

- 14,500 experience mental health issues

Adults

- 75,000 will experience a mental illness this year
- 14,000 use illicit drugs
- 15,000 have a high probability of dependence on alcohol

Concurrent disorders

- 1 in 3 people with mental health disorder also have a substance use disorder
- 1 in 3 people with an alcohol disorder also have a mental health disorder

Rationale for integrated mental health & addiction services

- Prevalence of concurrent disorders
- Shared approach to health promotion
- Coordinated care/continuum of care
- Shared learning/cross-training opportunities

Mental Health and Addiction continuum of care



Referrals - 2008/2009

- Mental Health

- # New Referrals 08/09 9,300
- # Active Caseload 08/09 11,500

- Addiction

- # New Referrals 08/09 8,500
- # Active Caseload 08/09 5,200
- Supervised Injection Site 800 visits/day

Shared mental health & addiction strategic initiatives

- Address barriers to engagement
- Develop significant intervention in the DTES
- Improve links with other programs and services
- Increase client and family involvement
- Integrate mental health and addiction services
- Support peer and mentoring initiatives
- Build and develop the workforce
- Evaluate and improve continually
- Improve way finding for consumers and families

Supporting the regional strategy

- Address stigma and discrimination
- Coordinate mental health and addiction services
- Adopt strength-based philosophy of care
- Use primary care more effectively to shift burden from tertiary services
- Treat people in the community
- Reach more people/reach underserved groups
- Build capacity through strategic partnerships
- Encourage self-care and consumer/family involvement in care
- Explore peer support initiatives
- Use ongoing research to determine best practices
- Increase supported housing

Addiction: A Strength-Based Model

- Applies to both individuals and communities
- Emphasizes strengths rather than focusing on weaknesses
- Builds capacity and resilience through a wider range of community-based activities
- Creates a strong, extended support network



Mental Health: A Recovery Approach

- A message of hope
- Beyond symptom relief
- Development of self-esteem and a meaningful place in society

Staff

- Understand recovery principles
- Support client/family involvement
- Respect and protect clients' rights
- Work to reduce stigma

Challenges

Coordination

- Respectfully navigating institutional, administrative, philosophical and language differences between two service areas

Demand

- Waitlists for opiate replacement services
- Need for more addiction counselling services
- Need for more withdrawal management services for marginalized individuals
- Increase in mental health caseloads
- 33% increase in mental health drop-in service demand

Successes

- Access Central
- Centralized Intakes
 - Older Adult Mental Health
 - Child & Youth Mental Health
- Community Health Centres
- Community Transitional Care Team
- Consumer-developed programs
- Expanded Youth Services
- Expanded Addiction Housing
- Family Support and Involvement Plan
- Insite/Onsite
- Mental Health Emergency Services
- Mental Health Housing
- Needle Exchanges
- Pennsylvania Supported Suites
- Primary Outreach Services
- Rainier Women's Treatment Program



Partners

- Community service providers
- Consumers and their families
- City of Vancouver
- Vancouver Police Department, Emergency Responders
- Provincial & Federal Ministries

Thank you!



Break out group questions

1. Considering the existing partnerships and collaborative efforts:
 - What is working well?
 - Opportunities to develop new or improve existing partnerships?
2. How do we increase the capacity of our existing mental health and addiction services to better serve the Aboriginal communities?
3. Consider ways to improve access to existing mental health and addiction services?