

Recovery and Psychosocial Rehabilitation in the Inpatient and Wellness Programs at the Royal Jubilee Hospital

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Faculty/Presenter Disclosure

- ▶ Faculty: Karen Godwin and Jalna Rossi
- ▶ Relationships with commercial interests:
 - ▶ Grants/Research Support: not applicable
 - ▶ Speakers Bureau/Honoraria: not applicable
 - ▶ Consulting Fees: not applicable
 - ▶ Other: not applicable

Disclosure of Commercial Support

- ▶ This program has received financial support from Otsuka/Lundbeck, Janssen, HLS, and Mylan in the form of unrestricted educational grants.
- ▶ This program has received in-kind support from Lundbeck Inc in the form of logistical support.
- ▶ Potential for conflict(s) of interest:
- ▶ We are employees of Island Health but will not be speaking about medication.

Mitigating Potential Bias

- ▶ We are presenting on programs run by Island Health and not speaking to any specific medications.

Objectives

- ▶ To inform participants about the guiding principles of Psychosocial Rehabilitation and Recovery that influence our practice at the inpatient and wellness programs
- ▶ To inform participants about therapy services provided on Acute Adult Mental Health Inpatient units
- ▶ To inform participants about therapy services provided at the Mental Wellness Day Program
- ▶ = WHAT WE DO!!!

Recovery

“The concept of recovery in mental health refers to living a satisfying, hopeful, and contributing life, even when a person may be experiencing ongoing symptoms of a mental health problem or illness. Recovery journeys build on individual, family, cultural, and community strengths and can be supported by many types of services, supports, and treatments.

Recovery principles including hope, dignity, self-determination, and responsibility can be adapted to the realities of different life stages, and to the full range of mental health problems and illnesses. Recovery is not only possible, it should be expected.

Championed by people with lived experience of mental health problems and illnesses for decades, recovery is being widely embraced by practitioners, service providers, and policy makers in Canada and around the world. It is recognized as key to achieving better mental health outcomes and improving mental health systems.

In recovery-oriented practice, service providers engage in shared decision-making with people with lived experience of mental health problems and illnesses, offering a range of services and supports to fully meet a person’s goals and needs.” (MHCC, 2017)

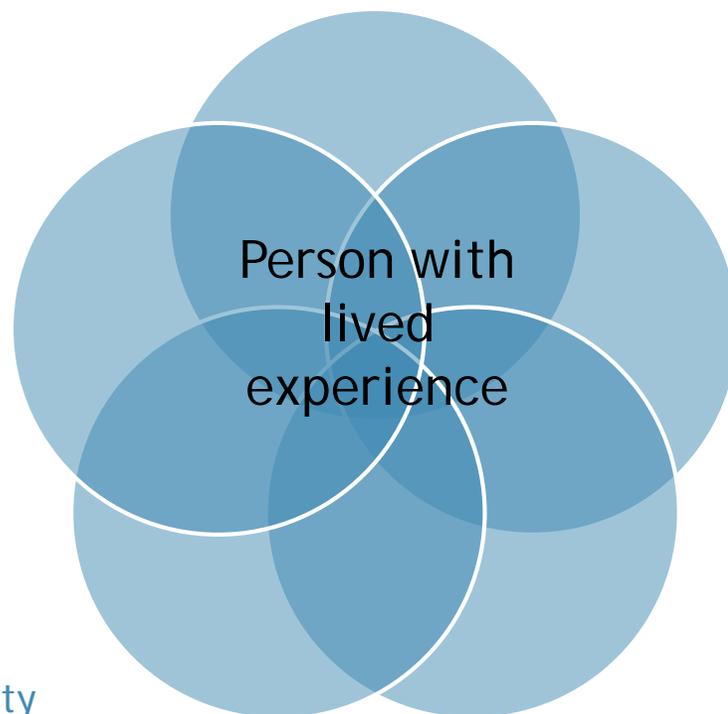
Psychosocial Rehabilitation

- ▶ Psychosocial rehabilitation (PSR) approaches include programs, services and practices with documented effectiveness in facilitating recovery. PSR services are collaborative, person-centred, and individualized. They build upon each individual's strengths and skills and support people in accessing the resources they need for successful and satisfying lives in the communities of their choice.
- ▶ PSR approaches include the best and most promising practices in key domains - including housing, employment, education, leisure, wellness and living skills - and draw upon emerging areas of family involvement, peer support and peer-delivered services. Supportive PSR services such as recovery-oriented Assertive Community Treatment (ACT) Teams are effective in enabling people with complex and persistent conditions to live successfully in the community and in helping to reduce emergency hospitalizations. (MHCC, 2015)

Family and social network

Self care and leisure activities

Work / school /
volunteer / community member



Island Health support programs:

*Inpatient services/MWDP/
VMHC/ACT/The Foundry/Crisis services/Wellness Clinic/Anxiety Clinic/Volunteers/Residential Services*

Community Support programs:

BCSS, ICMH, Volunteer Victoria, Community Recreation, Stigma Free Zone

Core Principles of PSR:

1. People are motivated to achieve independence and self confidence through mastery and competence
2. People are capable of learning and adapting to meet needs and achieve goals

Inpatient services

The processes integral to the maintenance of inpatient milieu:

- ▶ Structure, containment, support, involvement and validation.

We want to avoid fear, tension, feeling unsafe and overwhelmed.

We use humor and the therapeutic effects of having fun.

Inpatient services

Individual assessments

to enhance understanding of functional needs and assist with discharge planning.

Liaison services

to facilitate link with the Mental Wellness Day Program.

Group Therapy

Inpatient group therapy services

Group therapy - support for stabilization and to provide opportunities to learn and practice skills with others. Structured routine gently increases tolerance for movement, concentration and social interaction. Daily function-based assessment of stabilization progress.

- ▶ Yoga
- ▶ Art Room
- ▶ Activity Group
- ▶ Cognitive Behaviour Therapy Skills for Managing Depression Group
 - utilizing material from the Cognitive Behavioural Interpersonal Skills Manual (CBIS)

Inpatient group therapy services

Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:15	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga	Gentle Yoga
11:00	Art Group	Art Group	Art Group	Art Group	Art Group
LUNCH					
1:00	Activity Group	Activity Group	Activity Group	Activity Group	Activity Group
1:15		CBT Skills for Managing Depression		CBT Skills for Managing Depression	

Mental Wellness Day Program (formerly the Psychiatric Day Hospital)

- ▶ Group treatment program located at the Eric Martin Pavilion, Royal Jubilee Hospital, for adults, 17 - 75, living with mental health challenges such as schizophrenia, psychosis, bipolar disorder, and major depression.

- ▶ What We Do:

Provide a comprehensive individually tailored group treatment program in three broad categories:

1. Support for stabilization helps acutely ill individuals get better faster.
2. Education and skill development helps stable individuals gain knowledge and independence.
3. Recovery and health promotion helps individuals expand beyond the illness.

The Mental Wellness Day Program provides a comprehensive individually tailored group treatment program in three broad categories:

- ▶ 1. Support for stabilization helps acutely ill individuals get better faster.

Alternative to inpatient care

Supports transition from inpatient to outpatient care

Structured routine gently increases tolerance for movement, concentration and social interaction

Daily function-based assessment of stabilization

- ▶ Qi Gong
- ▶ Relaxation
- ▶ Vic AM
- ▶ West African
- ▶ Drumming
- ▶ Yoga

The Mental Wellness Day Program provides a comprehensive individually tailored group treatment program in three broad categories:

- ▶ 2. Education and skill development helps stable individuals gain knowledge and independence.

Illness education and management
Coping skills
Daily living skills

- ▶ CBT for Psychosis
- ▶ Managing Depression (CBT Skills Training)
- ▶ Mindfulness
- ▶ Relaxation
- ▶ Sage

The Mental Wellness Day Program provides a comprehensive individually tailored group treatment program in three broad categories:

- ▶ 3. Recovery and health promotion helps individuals expand beyond the illness.

Develop a healthy lifestyle
Integrate into community roles
Explore meaning and purpose

- ▶ Choices
- ▶ Power Walking
- ▶ Sage
- ▶ Springboard
- ▶ Smoking Reduction and Cessation
- ▶ Strength Training
- ▶ West African Drumming

Community Connections

- ▶ Victoria and Gorge Dragonboat Festivals (Victoria Canoe and Kayak Club)
- ▶ Times Colonist 10K/Oak Bay Merrython
- ▶ Ride Don't Hide (Canadian Mental Health Association)
- ▶ Community Recreation Facilities: Spin Class (YMCA), Yoga Studios
- ▶ Bubble Soccer (Victoria Sport and Social Club)





Questions?

Some of our partners

- ▶ Person with lived experience in mental health challenges
- ▶ Families
- ▶ **BC Schizophrenia Society** - a non-profit organization founded in 1982 by families and friends of people with schizophrenia. Since then, BCSS has grown into a province-wide family support system. We are dedicated to supporting each other, educating the public, raising funds for research and advocating for better services for people with schizophrenia and other serious and persistent mental illness <https://www.bcscs.org/>
- ▶ **Island Community Mental Health - Psychosocial Day Program** - an activity based rehabilitation program offering a variety of options to support individuals in moving forward in their recovery from mental illness <http://www.islandcommunitymentalhealth.ca/> **Networks Employment Solutions - Supported Employment** - offers client-driven, individualized support for individuals recovering from mental illness to find and maintain paid employment of their choosing
- ▶ **The Foundry** - offers young people ages 12-24 health and wellness resources, services and supports - offered online and through integrated service centres in seven communities across BC <https://foundrybc.ca/>
- ▶ **Stigma Free Zone** - an initiative that is dedicated to the awareness of the stigmas that exist in society to help you develop an understanding of the challenges that numerous people face and encourage acceptance of yourself and others <https://stigmafreesociety.com/>
- ▶ **Volunteer Victoria** - **Volunteer Victoria** is a registered charity that helps people, causes, and communities through volunteerism <http://volunteervictoria.bc.ca/>
- ▶ **Community Recreation** - support for limiting barriers such as finances (e.g. LIFE Pass) and access (tour, orientation, trial, etc.)
- ▶ **Island Health programs:**

Anxiety Clinic, Wellness Clinic, Residential Services, Island Health volunteers, USTAT, Schizophrenia Service

Victoria Mental Health Centre - provides ongoing psychiatric treatment and case management support for individuals with severe and persistent mental health challenges <https://www.islandhealth.ca/our-locations/mental-health-substance-use-locations/victoria-mental-health-centre-mental-health>

Crisis and Emergency Services - Psychiatric Emergency Services (PES), Crisis Response Teams and Community Response Teams provide specialized mental health and addiction services, including intensive assessment and crisis intervention for patients arriving with acute and critical psychiatric disorders. <https://www.islandhealth.ca/our-services/mental-health-substance-use-services/crisis-emergency-services>

Early Psychosis Intervention (EPI) -EPI services focus on early recognition and intervention for young people who appear to be experiencing a decline in function related to early psychosis <https://www.islandhealth.ca/our-services/mental-health-substance-use-services/early-psychosis-intervention-0>

ACT (assertive community treatment) - a mental health program that focuses on individual clients and their recovery. The program facilitates community living, psychosocial rehabilitation, and recovery for persons that have the most serious mental illnesses <https://www.islandhealth.ca/our-services/mental-health-substance-use-services/assertive-community-treatment>