

Mental Health and Addiction Services

... supporting individuals
on their recovery
journeys.



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Best in health care.

June 2008



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Fraser Health Mental Health and Addiction Services

Vision

Best in Mental Health and Addiction Services within a recovery-oriented system.

Purpose

To improve the overall health status of individuals and families in Fraser Health through health promotion and the provision of high quality, comprehensive and integrated Mental Health and Addiction Services.

Values

To provide care based upon respect, compassion, integrity, and accountability.



Fraser Health's commitment

Fraser Health is dedicated to providing a responsive, inclusive and recovery-oriented system of mental health and addictions care – a system that recognizes that recovery is a deeply personal and unique process.

With this in mind, Fraser Health provides a wide range of acute and community services and is committed to making significant investments to enhance its mental health and addiction resources over the next few years. As well, it contracts with community agencies to provide services that complete and complement its services.

Mental Health and Addiction principal services are divided into the following categories:

- ➔ Youth and Young Adult
- ➔ Adult
- ➔ Older Adult
- ➔ Specialized Services
 - Eating Disorders
 - Concurrent Developmental Disabilities
 - Reproductive Mental Health
 - Mentally Disordered Offenders
- ➔ Specific Population Services
 - Aboriginal Communities
 - Diverse Communities (Multicultural Population, Lesbian, Gay, Bisexual, Transgendered Population)
 - Homeless Population
- ➔ Addictions
- ➔ Tertiary Services
- ➔ Housing

The following is a snapshot of services within Fraser Health. There is a degree of variability in the services available in each community – therefore all services listed are not necessarily available in every community. For detailed information on services available in a specific community please contact the local mental health or addictions centre or go to www.fraserhealth.ca/services/mentalhealthandaddictions

Mental illness and substance misuse touch many lives. They can settle over a household like a cloud, putting a young life on hold while parents desperately seek answers. They can turn a pragmatic, cheerful and productive person into someone who is fearful, angry and desperately unhappy. They can touch our families and our friends, perhaps our mother, or son or our grandfather. According to statistics, each of us has a one in five chance of struggling with mental illness and/or substance abuse, at some time in our life.

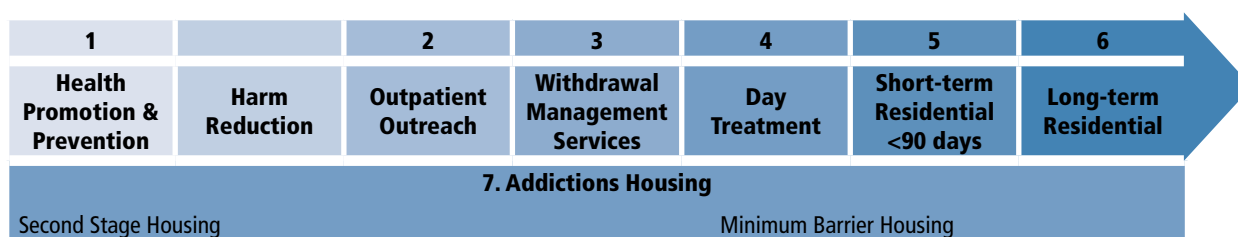
The hopeful news is that prevention, early diagnosis and timely intervention, can make a real difference.

Addiction Services

In April 2002, the responsibility for the delivery of addiction services was placed with the regional health care delivery systems for the first time in B.C.'s history. Since then, Fraser Health has been dedicated to building a comprehensive continuum of support and service for individuals with problem substance use.

Harm Reduction

Fraser Health has adopted a Harm Reduction Policy that focuses on keeping people safe and minimizing injury, disease and death that can result from substance use. This approach recognizes our clients' strengths and needs, and meets our clients wherever they are in their course of recovery. The approach empowers clients to set their own goals, while our services support our clients to achieve them.



1. Health Promotion and Prevention

Initiatives that support individuals, families, and communities to take control over their lives and improve their health, recognizing that mental health and substance misuse are strongly linked to their relationships with others, environmental and lifestyle factors, and the degree of power they can exert over their lives.

Primary Prevention: Initiatives that provide information on mental health, and harms associated with substance abuse, including education and support through awareness of community resources that facilitate resiliency, positive choices and effective coping skills to enhance problem solving.

Secondary Prevention: Initiatives targeted to early detection and treatment of disorders, targeting to individuals exhibiting early signs or symptoms of a mental disorder or problematic substance use, or experiencing a first episode of an illness.

Tertiary Prevention: Initiatives targeted to alleviate or limit disability resulting from illness, reduction of co-morbidity and rehabilitation/restoration of effective function.

A variety of Health Promotion/Prevention activities are provided in Fraser Health:

- ➔ 10 to 30 per cent of all addictions clinical time is spent in providing community-based prevention, i.e. awareness weeks, mall presentations, materials for schools.
- ➔ Information on addiction programs/services is available at www.fraserhealth.ca
- ➔ Smoking Cessation Programs

School and Community-based Prevention Program

Fraser Health works with several agencies and two school districts to provide school- and community-based prevention services to children and youth, including those who are not in school.

2. Outpatient/Outreach

Outpatient Services

Trained professionals at outpatient services offer free, confidential information, assessment, counselling and referral for people with problem substance use. Service is also available for people who are affected by someone else's problem. Treatment includes individual, family, couples and group work, as well as aftercare support.

Drug and Alcohol Resource Team (DART) – Surrey Memorial Hospital

DART provides early intervention and counselling to in-patients in acute care who may also be coping with a substance abuse problem. The hospital-based team works with patients and hospital staff to provide early identification, assessment, intervention, and referrals to community resources. Services also include education to patients and their families, facilitating transitions from the hospital, and collaborative work with other health care providers.

Concurrent Disorders Services

Specialized support and services are available in each Fraser Health community for adults and youth experiencing both substance abuse and mental health issues. The overarching goal of the Concurrent Disorders Therapists is to increase awareness and understanding of concurrent disorders, to provide education, consultation and support to care providers in both the addictions and mental health fields and to provide direct individual and group treatment of concurrent disorders.

Direct Services

-  **Burnaby Addictions Services**
604-453-1910
-  **Surrey Addictions Services**
604-953-4900

Contracted Agencies

-  **Abbotsford Community Services** 604-850-5106
-  **Agassiz-Harrison Community Services** 604-792-2585
-  **Family Services Greater Vancouver Burnaby Services** 604-453-1910
-  **Tri-Cities: SHARE Family and Community Services** 604-936-3900
-  **Chilliwack Addictions and Prevention Services** 604-824-6883
-  **Deltassist Family and Community Services** 604-594-3455
-  **Hope Transition Society, Addictions and Prevention** 604-869-2466
-  **Langley Community Services** 604-534-7921

-  **Maple Ridge: Alouette Addiction Services**
604-467-5179
-  **Mission: Fraser House Outpatient Clinic**
604-826-6810
-  **Mission Indian Friendship Society** 604-826-1281
-  **New Westminster: Fraserside Community Services** 604-522-3722
-  **Surrey: DiverseCity Community Resource Society** 604-597-0205
-  **White Rock: Peace Arch Community Services**
604-538-2522

Contracted Specialized Outreach Services for Youth

-  **Odyssey** 604-299-6377
-  **Pacific Community Resources Society**
604-412-7950
-  **IMPACT Society**
604-853-1766

Youth Addictions Outreach Program

Youth Outreach Workers work across Fraser Health with a focus on engaging youth whose drug use includes crystal methamphetamine, recognizing approximately 80 per cent of youth are poly-drug users. These workers encourage and assist youth in accessing other components of the addiction system of care and also provide some early intervention services.

Matrix Program

The customized Matrix Program for Maple Ridge and Pitt Meadows offers withdrawal management, clinical interventions, and aftercare services for youth 16 to 24 years old, along with support to their family and others affected by their substance use. Utilizing a 'wrap-around' approach to youth-centred addiction treatment, this community based-program is led by the Maple Ridge Treatment Centre.



3. Withdrawal Management and Detox

In-patient Detox Facilities

Withdrawal management services provide safe, supportive medically supervised environments for individuals withdrawing from the acute effects of alcohol and/or other drugs.

☎ **Creekside Withdrawal Management Centre (24 adult and six dedicated youth beds) 604-587-3755**
(Virtual tour of Creekside is available at www.fraserhealth.ca/Services/MentalHealthandAddictions/AddictionServices/pages)

☎ **Chilliwack Withdrawal Management Unit, Chilliwack General Hospital (eight adult and one youth bed) 1-866-795-0600 (toll free)**

Daytox

Daytox is a medically monitored day program for withdrawal management for individuals who do not require intensive residential withdrawal management services. It provides an alternative support option other than detox or hospitalization for adults (19 and older) assessed as being suitable—to ensure daytox will meet their withdrawal management needs, and who have a supportive home environment.

Home Detox

Among the outreach services provided by the Matrix Program in Maple Ridge and Pitt Meadows is home detox for youth 16 to 24 years old.



4. Intensive Day Treatment

TEAM, MELL, WELL

📞 Jackson Murray - 604-589-7080

These four-to five-week contracted programs offer free intensive therapeutic group counselling in a non-residential setting.

DEWY (Day, Evening, Weekend Youth program)

This 12-week program offers free intensive therapeutic group counselling in a non-residential setting for high-risk youth, 12-18 years old, experiencing alcohol, drug and/or related problems, and whose assessment indicates that they will be effectively supported only through receipt of intensive treatment services.

5. Short-term Residential (less than 90 days)

Intensive Residential Treatment

These facilities offer intensive treatment programs that include groups, with some individual and family counselling.

Direct Service

📞 Maple Ridge Treatment Centre - 604-467-3471 (Men Only) www.mrtc.bc.ca

Contracted Agencies

📞 Kinghaven (men) 604-864-0039

📞 Peardonville (women and their pre-school age children)
604-856-3966



6. Long-term Residential

Stabilization and Transitional Living Residences (Support Recovery)

These contracted residences offer a safe living environment, free of alcohol and other drugs for individuals who are pursuing their recovery. They provide pre-treatment stabilization and post-treatment reintegration into the community.

Women's facilities:

-  **Charlford 604-420-4626**
-  **Hannah House 604-468-2032**
-  **Liz's House 604-583-2502**
-  **Mollie's Place 604-856-3966, local 120**
-  **Westminster House 604-524-5633**

Men's facilities:

-  **Inner Visions 604-468-2032**
-  **Last Door 604-525-9771**
-  **Path to Freedom 604-576-6466**
-  **Phoenix House 604-583-7166**
-  **Valley Recovery 604-864-0039**

Youth Services

-  **Last Door For Youth (male facility) 604-520-3587**

7. Housing

Second Stage Housing

Fraser Health partners with B.C. Housing to provide second stage supportive housing for clients who have completed support recovery programs. While the subsidized apartments and support are located in Burnaby, New Westminster and Surrey, the program is available to all clients living in Fraser Health.

Self-help Groups

Self-help groups are a worldwide community. These 12-Step support groups (independent of Fraser Health addiction services) are available days, evenings and weekends.

-  **AA Alcoholics Anonymous 604-434-3933**
-  **NA Narcotics Anonymous 604-873-1018**
-  **CA Cocaine Anonymous 604-662-8500**
-  **Al-Anon (For family, friends of alcoholics) 604-688-1716**
-  **Alateen(For teenagers of alcoholics) 604-688-1716**
-  **Nar-Anon (For family, friends of drug users) 604-878-8844**
-  **CoDA Co-Dependents Anon 604-515-5585**
-  **GA Gamblers Anonymous 604-878-6535**
-  **Crystal Meth Anonymous 604-633-4242**

Links to Addictions Resources

-  www.heretohelp.bc.ca
-  www.youarethelink.ca
-  www.preventionsource.bc.ca

For more information on services

Alcohol and Drug Information Referral

-  **A 24-hour free telephone service provides information about province-wide addiction services.**
Local: 604-660-9382 Toll-free line: 1-800-663-1441

Mental Health Services

1	2	3	4	5	6
Health Promotion & Prevention	Primary & Shared Care	Urgent/ Emergent/Crisis	Community & Outpatient	In-patient & Day Treatment	Tertiary Care
7. Mental Health Housing					
Supported Housing MH Residential		Supported Living Program (SIL) Family Care Home		Minimum Barrier Housing	

Community Mental Health Centres

Services available through the centres include: Adult Community Support Services, Adult Short-Term Assessment and Treatment, Community Residential Program, Geriatric Program, Crisis Intervention, Day/Outpatient Program, Addictions Counselling, Concurrent Disorders Services, Group Therapy, Peer Support, and Mental Health After-Hours Services.

 Abbotsford Mental Health 604-870-7800	 Hope Mental Health Centre 604-860-7733
 Agassiz Mental Health Services 604-793-7160	 Langley Mental Health 604-514-7940
 Burnaby North Mental Health Team 604-949-7730	 Maple Ridge Mental Health Centre 604-476-7165
 Burnaby Services (South Team) 604-777-6870	 Mission Mental Health Centre 604-814-5600
 Burnaby Services (Central Team) 604-453-1930	 New Westminster Mental Health Centre 604-777-6800
 Chilliwack Mental Health 604-702-4860	 Royal Columbian Hospital Psychiatric Services 604-520-4664
 Delta Mental Health Centre – north 604-592-3700	 Surrey Mental Health Centre 604-953-4900
 Delta Mental Health Centre – south 604-948-7010	 Surrey (Primary Care Clinic) 604-953-4940
 Developmental Disabilities Mental Health Services – Fraser 604-777-8475	 Tri-Cities Mental Health Centre (Port Coquitlam) 604-941-3471
 Developmental Disabilities Mental Health Services – Burnaby/Vancouver Coastal 604-918-7540	 White Rock/South Surrey Mental Health Centre 604-541-6844

1. Health Promotion and Prevention

(See description in Addictions section)

A variety of Health Promotion and Prevention activities are provided by Mental Health Centres, i.e. education and awareness building during National Mental Health Week in May, Mental Illness Awareness Week in October, National Addictions Awareness Week in November; health fairs; information brochures, education sessions, Healthy Body Healthy Mind one-time grants for initiatives that promote and encourage healthy lifestyle changes, smoking cessation programs, etc.

Fraser Health's website also provides a variety of mental health and addictions information.

Early Psychosis Intervention (EPI) Program

The goal of the EPI program, a partnership between Fraser Health and Ministry of Children and Family Development, Child and Youth Mental Health is to recognize the signs and symptoms of psychosis early so that effective treatment can be started as soon as possible. The program provides clinical services and education for youth and young adults ages 13-35 years old – with the intent of promoting wellness, reducing socially-isolating behaviour, and restoring previous levels of functioning.

2. Primary and Shared Care

Shared Care Programs

This program aims to assist family doctors in caring for their patients who have mental health concerns. The program is directed at adults and youth who need short-term mental health support. Each client is assessed by a mental health nurse in the physician's office, who can help them connect with community services, counselling and other local resources. Formal psychiatric assessment and consultation with a psychiatrist is available through the shared care nurse.

Primary Care

The primary care clinics administered by Surrey and Burnaby Mental Health and Addiction Services provide medical care, health education, and advocacy, to individuals including youth experiencing mental health problems as well as to their families. The clinics embrace an integrated approach to service delivery through coordination of care with mental health services, hospital and other community agencies.

3. Urgent/Emergent/Crisis

Car 67 (available in Surrey)

Through the Mobile Outreach a mental health nurse and a RCMP officer in an unmarked police car, respond to urgent cases where it is believed that an individual experiencing mental health difficulties is at risk of harming himself/herself. The team provides intervention, assessments and referrals to individuals experiencing a mental health crisis.

Delta Mental Health/Delta Police Community Outreach

Mental Health and Addictions designated staff work with a Delta Police Officer to:

- Assist with outreach regarding mental health related calls received by Delta Police.
- Participate in response planning regarding mental health situations the police encounter.
- Formalize liaison with other related services (i.e. substance abuse counselling) so identified clients can be referred for further supportive services and follow-up.
- Provide enhanced training on mental health conditions for the police.

Emergency Mental Health Services

The After Hours Service provides emotional support for individuals who are experiencing a mental health crisis. As well, it provides referrals and linkage with community resources.

For communities in the north area of Fraser Health:

 **Phone: 604-527-0009**

Hours: Monday to Friday: 3:30 p.m. to 11 p.m.

Weekends and holidays: 1:30 p.m. to 11:30 p.m.

For communities in the south area of Fraser Health:

 **Phone: 604-587-4222**

Hours: Monday to Friday: 4:30 p.m. to 11 p.m.

Weekends and holidays: 1 p.m. to 11 p.m.

For communities in the east area of Fraser Health:

Emergency Mental Health Services have two service arms - Abbotsford/Mission and Chilliwack/Hope. The program augments the urgent response mental health services and complements the role of hospital emergency room, other first responders (police, crisis line and ambulance) and associated service providers (family doctors, addiction services).

 **Phone: 604-820-1166**

Hours: Monday through Sunday: 1 p.m. to midnight.

Crisis Line

Trained volunteers provide 24-hour telephone support and crisis intervention counselling, seven days a week.

 **South Fraser Regional 24-hour Crisis Line 604-951-8855**

A service provided by Surrey Community Services Society. Serves Delta, Langley, Surrey, and White Rock.

 Fraser Valley Regional Crisis Line 604-820-1166 or 1-877-820-7444

A service provided by Mission Community Services Society, serving Abbotsford, Agassiz, Boston Bar, Chilliwack, Harrison Hot Springs, Hope, Kent, Mission, and Yale.

 Greater Coquitlam Crisis and Information Line 604-540-2221

A service provided by SHARE Family and Community Services Society. Serves Anmore, Belcarra, Burnaby, Coquitlam, Maple Ridge, New Westminster, Pitt Meadows, Port Coquitlam, and Port Moody.

Adolescent and Youth Crisis Response

This program supports adolescents 12-18 years of age who are in an acute mental health crisis. Assessment, short-term crisis intervention and short-term resource coordination and referral are provided.

Psychiatric Liaison

Psychiatric Liaison Nurses work in emergency departments across Fraser Health with a focus on responding to the needs of individuals in crisis coming into the ERs. They provide assessments, early interventions, understanding and support, and help link individuals with community resources.

Adolescent Psychiatric Unit (APU)

The 10-bed psychiatric unit at Surrey Memorial Hospital and six-bed unit at Abbotsford Regional Hospital (open August 2008) provide assessment, stabilization and initial treatment for youth between 12 and 18 years old who live in Fraser Health.

Psychiatric Assessment Unit (PAU)

The goal of the 10-bed short-stay PAU is to provide assessment and treatment to induce rapid stabilization for patients whose behaviour and symptoms cannot be managed on a general in-patient psychiatric unit.

Adult Short-term Assessment and Treatment (ASTAT)

This program ensures adults with serious acute mental disorders have access to responsive, sensitive, and relevant assessment and treatment, and are linked with service providers. The goal is to provide treatments that restore the capability of adults with serious acute mental disorders to resume activities in caring for their families, coping with their jobs and participating in their communities.

Community Residential Short-Stay and Treatment (CRESST)

(located in Abbotsford, New Westminster, Surrey)

These emergency psychiatric facilities provide support for clients experiencing a mental health crisis. CRESST endeavours to prevent unnecessary hospitalizations and maintain client autonomy in a safe, supportive, and supervised setting.

4. Community and Outpatient

Adult Short-term Assessment and Treatment

(See description in urgent/emergent/crisis section)

Adult Community Support Services

This team serves primarily individuals who are experiencing a major mental illness requiring longer-term case management in the community to achieve and maintain essential life necessities such as adequate housing, nutrition, financial resources, medical and psychosocial care.



Assertive Community Management (ACM)

This team offers intensive case management for individuals experiencing a serious and persistent mental illness that causes significant and enduring functional disabilities.

Services are taken to the client, thus providing assertive outreach for clients when needed. The team aims to prevent (re) hospitalization through aggressive enhancement of community supports and services, advocacy for clients, long-term support and focusing on the full range of human needs (vocational, education, social, recreational, housing and other personal needs).

Developmental Disabilities Mental Health Services

Specialized multidisciplinary mental health teams provide respectful and individualized assessment, treatment and education for adolescents and adults with both developmental disabilities (IQ of 70 or less) and complex mental health needs. Their goal is to optimize well-being and quality of life. The teams also provide educational, training, and consultative services, and work in collaboration with existing community resources and support networks.

Specialized Youth Services

A Youth Team provides specialized counselling and educational support to children and youth between the ages of 12-18 years old.

Concurrent Disorders

(See description in Addiction Services)

Geriatric Services

This specialized outreach service supports people 65 years and over who are affected by dementia, major affective disorder, or other severe mental illnesses. Multidisciplinary in nature, the team consists of psychiatry, social work and nursing and operates out of the local mental health centre. Clients may live in their own home or in supportive housing.

Early Psychosis Intervention

(See description in Health Promotion section)

Eating Disorders

For nutritional and medical management of anorexia nervosa, bulimia nervosa and other eating disorders. Services currently provided include outpatient services (individual therapy, family therapy, nutrition support, medical monitoring), limited group programs, limited community support and professional consultation.

Se-Cure (Self-Cure) (available in Burnaby)

Se-Cure's approach is integrative, focusing on treatments in harmony with natural healing processes, taking into account individual differences and preferences. Treatment makes use of current scientific knowledge about brain function and what may cause and contribute to anxiety symptoms and what has been found helpful in establishing stability. The program offers individual assessments, short-term cognitive behavioral therapy and educational, skill-building support groups.



Psychosocial Rehabilitation

Within Fraser Health, in addition to the important role of hospital and community mental health teams in the provision of recovery-oriented services, there are also psychosocial rehabilitation services (life skills training, occupational therapy, vocational counselling, recreation therapy, etc.) and mental health advisory groups, clubhouses, peer support workers, peer-directed skill training, self-help groups, family support groups, advocacy services, housing support services, etc.

Group Therapy

Group therapy provides a unique opportunity to share issues, struggles and successes with others, while learning important new skills and options for life's challenges. Some examples of groups: Anger Management, Coping With Change, Depression, Difficult Emotions, Dual-Diagnosis Recovery, Healthy Lifestyle, Life Skills, Panic and Anxiety, Relationship, Relaxation, Self-Esteem, Stress Management, Survivors of Sexual Abuse.

Reproductive Psychiatric Clinic (Royal Columbian Hospital)

This clinic provides psychiatric services during pregnancy planning, during pregnancy, and for one year post-partum for patients needing psychiatric assessment and/or follow-up (medication management, counselling).



Ministry of Employment and Income Assistance (MEIA) Program

Mentally disordered offenders can successfully reduce their risk of relapsing into crime, thanks to a partnership effort by Mental Health and Addictions, the Ministry of Employment and Income Assistance, Ministry of Public Safety and Solicitor General, Corrections Branch, and Community Corrections. Through one visit, a client can report to a Probation Officer, see the Mental Health and Addictions Counsellor and touch base with the Employment Assistance Worker.

Clubhouse Without Walls (Surrey, White Rock and Delta)

This program reaches out to support young people where they're at both physically and in their recovery, rather than having them come to a specific place. Fraser Health, Ministry of Children and Family Development - Child/Youth Mental Health and Options-Services to Communities have partnered to offer this innovative initiative in an attempt to address a gap in service for young adults (16-24) living with a mental illness in Surrey, White Rock and Delta. The program has three main components – leisure/social recreation, residential and vocational – all with an overarching goal to encourage and support individuals as they reintegrate into available programs in their communities.



5. In-patient and Day Treatment

In-Patient Psychiatric Units

These units provide psychiatric treatment for individuals who present with acute psychiatric disorders and severe emotional problems, for which psychiatric in-patient treatment intervention is necessary. The goal of this program is to assist individuals to stabilize and improve their mental, physical, functional and social abilities. The program offers coordinated and integrated services that include: assessment, diagnosis, treatment and discharge planning, with referrals for continuing community mental health after care.

Adolescent Psychiatric Unit

(See description in Urgent/Emergent/Crisis section)

Psychiatric Assessment Unit

(See description in Urgent/Emergent/Crisis section)

Acute Home Treatment (Langley and White Rock/South Surrey)

This program provides home-based psychiatric treatment, as an alternative to in-patient hospital treatment for individuals with acute mental disorders, who would otherwise need admission; offering short-term, intensive home-based treatment, with staff available seven days a week. Psychiatric nurses work with referring psychiatrists to support patients suffering acute psychiatric illness, aged 17 years and older and who can be safely managed and are agreeable to receiving care in their home environment.

Adolescent Day Treatment

This regional community-based program provides a wide range of individualized mental health services and educational programming for adolescents with acute psychiatric illness. Youth ages 13-18 attend the program four days a week for six months.

Outpatient Partial Hospitalization Program (Chilliwack General Hospital)

This program provides treatment for adults experiencing varying degrees of situational, mental, behavioural or emotional problems, which interfere with their daily living but do not require full hospitalization. The treatment focus is primarily on psycho-educational, cognitive-behavioural and process-oriented group therapy.

6. Tertiary Care

Fraser Health is developing a continuum of tertiary mental health services to provide more intensive, longer-term care for individuals with serious and persistent mental illness, whose complex needs can't be met in existing community programs.

Specialized Residential Programs for individuals requiring more intensive ongoing supports in a residential setting to work towards recovery.

Cottonwood Lodge 604-777-8724

(Virtual tour of Cottonwood Lodge on Riverview Hospital grounds is available at: www.fraserhealth.ca/Services/MentalHealthandAddictions/Pages/Cottonwood)

Connolly Lodge 604-777-8724

Delta View Habilitation Centre 604-519-8503

Adult Tertiary Rehabilitation Care for individuals with a serious mental illness requiring intensive psychosocial rehabilitation to assist them in managing their illness and reaching their goals.

Geriatric Tertiary Acute Service for elderly individuals requiring longer-term assessment, treatment and acute stabilization of mental health issues.

Adult Tertiary Acute Care will provide assessment and treatment under both general and intensive care models.

Geriatric Behavioural Stabilization Care for elderly complex individuals (55 years and older) with serious and persistent mental health issues who require more intensive stabilization and rehabilitation, allowing them to function at their optimum in light of their illness.

Delta View Habilitation Centre 604-519-8503

Complex Neuro-psychiatry Care provides treatment, care and supportive rehabilitation for those who have a combination of complex neurological disorders, high medical needs, and behavioural challenges.

Delta View Habilitation Centre 604-519-8503

Community Tertiary Rehabilitation Services for individuals requiring more intensive psychosocial rehabilitation to assist them in managing their illness and in reaching their goals than what is available in existing community mental health residential rehabilitation services

7. Residential Care and Housing

Mental Health and Addictions offers a variety of residential and supportive housing services for people experiencing a serious and persistent mental illness. These programs range in scope from 24-hour licensed care to rent subsidies and support. All programs provide case management services for individuals who are at various levels of recovery from their mental illness.

Examples of residential care and housing include:

- ➔ **Licensed Residential Care facilities** (staffed 24 hours per day)
- ➔ **Supported Housing** – a variety of housing and support models including congregate, transitional housing, bridging and Supported Independent Living (SIL) – subsidized rent with support
- ➔ **Family Care Home** – privately owned homes provide 24 hour care and support
- ➔ **Minimum Barrier Housing** – housing provided for persons experiencing difficulty in finding and keeping housing.

More information on residential and housing opportunities can be obtained by contacting the local community mental health centre.



Community Mental Health Advisories

Mental Health and Addictions Advisory Groups provide an opportunity for stakeholders (mental health consumers, family members, and community agency representatives) to discuss issues with Fraser Health staff related to the development, implementation and evaluation of MH&A services on a local or regional basis. Most advisories are chaired by a consumer or family member and meet on a monthly basis. The advisories provide a forum to discuss systemic issues and identify areas of improvement in service delivery. In addition they are able to liaise with government and community agencies to improve the responsiveness of those services to the needs of consumers and their families. Advisories are also able to promote public education about mental health and addictions issues.

- ➔ For contact information go to www.fraserhealth.ca/Services/MentalHealthandAddictions

Links to Mental Health Resources

- ➔ www.heretohelp.bc.ca
- ➔ www.cmha.ca
- ➔ www.camh.net
- ➔ www.bckidsmentalhealth.org
- ➔ www.psychosissucks.ca

Contracted Agencies

Abbotsford Community Services Society
 Abbotsford Seniors Peer Support Services
 Anxiety Disorders Association of BC
 BC Schizophrenia Society
 Burnaby Family Life Institute
 Burnaby Mental Wealth Society
 Canadian Mental Health Association
 Communitas Supportive Care Society
 Creative Centre Society
 Cythera Transition House Society
 Delta Advocates for Community Mental Health
 District of Mission, Parks and Rec
 DIVERSECity Community Resources Society
 Douglas College
 Dr. Fritz & Associates
 Family Education & Support Centre
 Family Services of Greater Vancouver
 Fraser North Community Volunteer Connections
 Fraserside Community Services Society
 Governing Council of the Salvation Army in Canada
 L & T Rehab Services
 Lookout Emergency Aid Society
 Maple Ridge/Pitt Meadows Community Services
 Ministry of Children & Family Development
 Mission Clubhouse Society
 Mission Community Services
 Mood Disorders Association of BC
 Motivation Power and Achievement Society
 MR/PM Parks & Leisure
 New View Society
 Newton Advocacy Group Society
 Options: Services to Communities Society
 Pacific Post Partum Support Society

Pioneer Community Living Association
 PLEA Community Services Society of BC (FolkStone)
 Progressive Housing Society
 Share Family & Community Services Society
 Stepping Stone Community Services
 Surrey Community Services Society
 Township of Langley
 TriCity Women's Resource Society
 Antonio C.L. Inc.
 Argyll Lodge Ltd.
 Azimuth Health Program Management Ltd.
 Barclay Lodge Ltd
 Beatrix Calixterio
 Bisha Enterprises Inc.
 Bonnie Lee Barker & Gordon Trelinski
 Bresco Enterprises Ltd.
 Brookwood Court Specialized Adult Care Facility Ltd.
 Buena Vista Lodge Ltd.
 Chelsey House 2003 Ltd.
 Correa Holdings Ltd.
 Crestlene Lodge Ltd.
 Delta Lodge Ltd.
 Delta View Habilitation Centre
 Everett Rest Home Ltd
 Good Shepherd Lodge Inc.
 H & H Total Care Services Inc.
 Hazelmere Lodge Ltd.
 Hillside Lodge Ltd.
 Horniblow Family Care
 I.D.S. Management Ltd.
 Ilapogu Investments Inc.
 Invicta Enterprises Incorporated
 Josephine Care Home Inc.
 Lorna M. King
 Meadowview Manor

Mei Enterprise Ltd.
 Merv Holmes & Gail Bedford
 Murrayville Manor Specialized Adult Care Facility Ltd.
 New Dimensions Care Inc.
 Norma Thompson Home
 Pinetree Lodge Ltd.
 Piza Holdings Inc.
 Pungun Holding Ltd.
 Scottsdale House Enterprises Ltd.
 Skipton Holding Ltd.
 Trejan Lodge Ltd
 VCPC Holdings Ltd.
 Victoria Rest Home Ltd
 Waddell's Haven Guest Home Ltd.

Notes

