

# Opening Doors - Opening Minds

## Interior Adult Psychiatric Centre

### New Model for Mental Health

The province of British Columbia is breaking new ground with its innovative decentralized model for mental health care. This new direction is based on a best practice standard that includes replacing large tertiary institutions with smaller, more home-like facilities in each of the five geographic regions in the province. The existing 808 beds at Riverview Hospital, the Lower Mainland-based provincial psychiatric institution, will be devolved over the next few years as patients transfer into new acute, rehabilitative and residential facilities across the province.



This visionary mental health program will improve access to specialized mental health care by increasing system capacity and reducing the need for patients, their friends and family to travel.

Interior Health is leading the response to the new model of mental health care. Recently Kamloops has seen the development of two new world-class psychiatric centres. South Hills Psychosocial Rehabilitation Centre on the North Shore of Kamloops, opened in April 2003, provides rehabilitation to 40 residents. The Interior Adult Psychiatric Centre, commonly called “Hillside Centre,” which opened on the Royal Inland Hospital site in early 2006 provides 44 acute care psychiatric beds. Patients have already begun to benefit from these smaller, more personalized health care settings, and the positive impact that comes from being closer to family and friends. In fact, many individuals being transferred to these Kamloops facilities from Riverview are from our region and, due to geographical barriers, have been separated from their families and communities for a long time. This move allows them to reconnect with their loved ones.

These new facilities – and the programs they offer – are part of a continuum of mental health care across Interior Health. With six hospital-based psychiatric inpatient units, 55 additional tertiary level mental health beds in communities including Kamloops, Vernon, Penticton, Osoyoos, Trail and Cranbrook, plus numerous community mental health programs throughout the region, Interior Health is providing a range of services for people with severe mental illness that is unique in the province.

### Two Facilities – One Philosophy

Opened in April 2003, South Hills is a 40-bed rehabilitative facility consisting of two 20-bed cottages designed to support individuals with serious and persistent mental illness in acquiring the skills and abilities to live within their home communities. Within South Hills there are also five ambulatory neuropsychiatry beds.

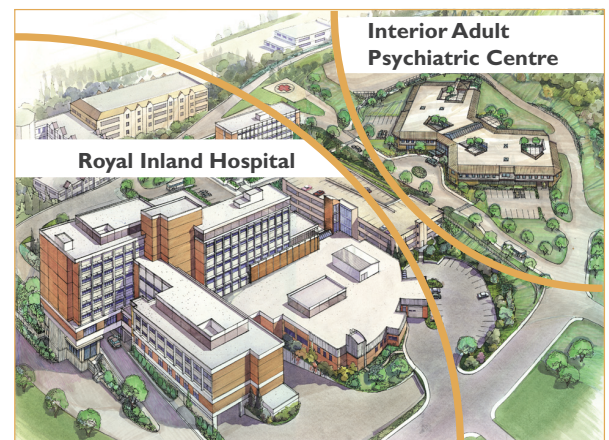
Opening in early 2006, Hillside Centre offers the only specialized and neuropsychiatric acute care within BC’s interior, and will promote flow-through of adult psychogeriatric and neuropsychiatric patients to or from any of IH’s hospital-based psychiatric inpatient units, as well as other hospitals within the province.

Both of these facilities are “tertiary” level centres meaning they provide highly specialized, one-of-a-kind mental health services designed for individuals with severe and persistent mental illness or neuropsychiatric disorders. These patients’ care needs are beyond the capacity of acute-care hospital and community-based settings.

The philosophy of care is that every person is entitled to be cared for in the least restrictive environment possible. So, while Hillside Centre is designed to provide a safe and protective environment, clients are also encouraged to assume personal responsibility. Staff will work with clients to determine what level of environmental support is required. Each of Hillside Centre’s 44 rooms is designed for single use with access to shared outdoor enclosed courtyards. This setting, which

allows for privacy and a home-like environment, is a departure from the ward-like environment typical in most large psychiatric hospitals.

South Hills and Hillside Centre are forming strong regional and provincial partnerships. Through an affiliation with the University of British Columbia and teaching hospitals throughout the province, these new psychiatric centres in Kamloops not only meet a provincial mandate for improved mental health services, they also offer mental health professionals clinical, teaching and research opportunities – extending the benefit to the community and ultimately enhancing the overall capacity within the region to provide care to those with a mental illness.



# Opening Doors - Opening Minds Hillside Centre

## Attracting The Best

With new facilities and a new philosophy toward providing mental health care, Interior Health is attracting some of the best mental health minds in the business.



Dr. Paul Dagg

**Dr. Paul Dagg** has recently relocated to Kamloops from Royal Ottawa Hospital (a 200 bed specialty psychiatric hospital) to serve as the Clinical Director of Tertiary Psychiatry Services for Interior Health. As a member of the Accreditation Committee of the Royal College of Physicians and Surgeons of Canada and as the former Assistant Dean for Postgraduate Education in the Faculty of Medicine at the University of Ottawa, Dr. Dagg brings extensive experience planning and coordinating specialty psychiatric services in geriatric psychiatry, forensic psychiatry, anxiety, mood disorders and schizophrenia, addictions psychiatry, general psychiatry and child and youth psychiatry. As the recipient of an American College of Psychiatrists Award for Creativity in Psychiatric Education, Dr. Dagg has the approach and energy to lead Interior Health's new Centre of Excellence in Psychiatric Care.



Dr. Carol Ward

For Dr. Dagg, a move to Kamloops was a family affair. **Dr. Carol Ward**, a geriatric psychiatrist, who happens to be his wife, has brought added experience in providing mental health services to the elderly. With post-graduate training in Psychiatry from Queen's University and a Fellowship in Geriatric Psychiatry from the University of Toronto, Dr. Ward has applied her knowledge as a professor in the Department of Psychiatry at the University of Ottawa and within the community, having developed a model of inter-disciplinary care for residents of long-term care facilities in Ottawa. Her focus in the field of geriatric psychiatry includes the long-term care population, dementia, education of health care providers and psychopharmacology. Dr. Ward will be providing medical coverage to Hillside Centre and developing outreach services to residential care clients.

Together with **Dr. Barbara Prystawa**, a geriatric psychiatrist who moved from Vancouver to Kamloops in 2003, Kamloops is taking steps to become a centre for education in this growing field of psychiatric specialization. Other highly valued psychiatrists in Kamloops include **Dr. George Wiehahn**, **Dr. Kurt Buller**, **Dr. Shiraz Mohamed** and **Dr. Ron Chale**.

## Room To Grow – For Patients and Professionals

[www.roomtogrow.bc](http://www.roomtogrow.bc)

While patients and the community are already reaping the rewards of having so many new highly specialized mental health professionals in Kamloops, recruitment continues for even more psychiatrists as well as allied mental health care professionals including nurses, psychologists, social workers, occupational, physio and recreational therapists, speech pathologists and nutritionists to name a few. Hillside Centre will employ 60 regular employees, offer additional opportunities for casual work and offer clinical placement opportunities for students in a variety of health care disciplines from across the province and country. IH Human Resource Strategic Services is focused on selling both the new mental health model and the new facilities as one way which IH is offering mental health professionals "room to grow."

Apart from the recreational and quality of life benefits of living and working in Kamloops, liaison is underway with Thompson Rivers University, known in part for its unique mental health nursing programs, to create additional educational opportunities within the community.



# Room to GROW

## Did You Know?

- Hillside Psychiatric Centre will offer the only Neuropsychiatry treatment and stabilization unit outside the lower mainland.
- Interior Health has been designated 150 of the 916 beds being devolved from Riverview Hospital and Ministry of Health province-wide, 97 of which will be located in Kamloops and the Thompson Cariboo.
- In addition to Hillside Centre and South Hills, Kamloops is home to Hilltop House, a residential facility recently opened, and Apple Lane, a residential unit to be opened at the Overlander site. Together these facilities and programs will provide a range of options for people to move, based on their care needs, to supportive environments for increased independence and community integration.

## Thinking Green

Interior Health is committed to safe, healthy and environmentally friendly facilities for our staff, patients, residents and clients. Hillside Centre is an example of this commitment. It is a "green building," applying state-of-the-art strategies for sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality. Interior Health is striving to attain the GOLD LEED standard for leadership and energy and environmental design in this facility. Congratulations to everyone who was "thinking green" while planning and constructing this new facility.