

URGENT SHORT TERM MENTAL HEALTH ASSESSMENT & TREATMENT

DESCRIPTION:

This service provides counselling and brief psychotherapy treatment to individuals experiencing serious and urgent mental health issues. Services are provided in collaboration with physicians, psychiatrists and other mental health practitioners. Service is typically short-term. Longer term service is provided when the referral is part of a physician treatment plan.

HISTORY:

SSICS has provided this service to the Salt Spring Island area since 1990. In 2005 Vancouver Island Health Authority expanded similar services in the Greater Victoria area making the USTAT network stronger in the regional mental health system.

POPULATION SERVED:

The service is available to adults with acute mental health issues who would benefit from short-term stabilization and/or brief psychotherapy. Service is available to individuals living on Salt Spring Island and area.

GOALS AND EXPECTED OUTCOMES:

1. Increase knowledge, skills and ability to manage mental illness.
2. Improve emotional and mental health.
3. Increase ability to think clearly and make healthy decisions.
4. Decrease severe symptoms of depression or anxiety.
5. Decrease suicide risk.
6. Improve family, social and other significant relationships.
7. Increase ability to function without reliance on hospital care and/or decrease visits to hospital.

SERVICE DELIVERY PHILOSOPHY AND PRINCIPLES:

1. Service delivery will be caring, respectful, safe and open.
2. People will be treated with dignity and respect.

3. Services will be provided in a discreet and confidential manner.
4. Services will include the promotion of wellness, healthy development and independence.
5. Service delivery will be person-centered including being flexible, individualized and involving the person served in setting the direction of service.
6. Services will be responsive and timely.

SERVICE DELIVERY ACTIVITIES:

1. **Assessment and Goal Planning.** Counsellors work with individuals, and others such as physician and family, to develop plans based on the individual needs assessment. A primary focus of assessment is to identify specific mental health issues.
2. **Individual Counselling.** Counsellors provide counselling, treatment and other psychosocial interventions based on the service plan.
3. **Information, Education and Consultation.** Counsellors provide mental health education and information to individuals, families and other community service providers.
4. **Case Management and Coordination.** Counsellors coordinate the provision of a variety of specialized services to ensure that they are delivered in a manner that provides an effective response to the whole problem, person and their support system.
5. **Referral and Advocacy.** Counsellors refer individuals to other SSICS, psychiatry or community services as needed and act on their behalf when needed to obtain resources and services.

LOCATION:

Services are provided from the main SSICS building at 268 Fulford-Ganges Road. The building is wheelchair accessible and has private counselling offices and group/family meeting rooms.

Hours:

Monday-Friday 9 am to 4 pm, and after hours as required.

STAFF RESOURCES:

Two part-time Clinicians provide services and coordinate the various aspects of the program. The Clinicians report to the Director of Adult

and Outreach Services, and are part of the Adult Services Team including addictions services, mental health counsellors, nurse, housing worker and consulting psychiatrist.

ACCESS TO SERVICE:

Referrals to the program are made by physicians, Lady Minto Hospital and other community professionals. Self referrals are accepted.

STANDARDS/REFERENCES/BEST PRACTICES:

1. CARF accreditation standards
2. Concurrent Mental Health and Substance Use Disorders – Best Practices, Health Canada
3. VIHA Co-Occuring Disorders Charter
4. USTAT Triage Rating Scale

FUNDING/SPONSORSHIP:

The service is funded by Mental Health and Addictions Services division of Vancouver Island Health Authority.

PARTNERSHIPS/KEY CONNECTIONS:

1. Lady Minto Hospital
2. Physicians
3. Vancouver Island Health Authority