

# Regional Mental Health Care

St. Thomas



London

## Toward a New Future in Mental Health

**The need is great. The time is now.** The mental health system in Southwestern Ontario is on the brink of immense change and St. Joseph's Health Care London is leading the way. Restructuring will see St. Joseph's continue to be a regional centre for specialized mental health care, and the plans call for the transfer of some of our inpatient services to hospitals in communities throughout Southwestern Ontario. We will build two new, yet smaller specialized mental health facilities and will work with our community partners to prepare the plans for new facilities and bed transfers. At the same time, we will continue to advocate for greater investment in community-based care – a vital component of mental health care reform.

### Specialized Adult St. Thomas (SAS) Program

**What We Do** – SAS provides comprehensive assessment, treatment and rehabilitation services for adults with severe and persistent mental illness. As a teaching hospital, SAS provides educational opportunities for residents, medical students and students of other healthcare disciplines.

**Who We Serve** – SAS serves adults from the counties of Lambton, Kent, Essex and Elgin.

**SAS Teams** – our interdisciplinary teams work in inpatient, outpatient and community-based settings and consist of psychiatrists, psychologists, nursing staff, social workers, occupational therapists, recreationists and vocational support staff who work in consultation with dietitians, pharmacists and the spiritual care team.

**Community Connections** – we offer consultation, education and support to community service providers, and work with our partners to provide clients with support outside of the hospital, including shared care arrangements with family physicians.

*In the spirit of community, in the pursuit of health*

*Dr. Sarah  
Jarmain,  
Physician  
Leader*



#### Facts and Figures (2003/2004)

- 80 inpatient beds
- 327 inpatient admissions
- 730 outpatient registrations

## SAS Services Are Founded on Evidence-Based Models of Care

**Inpatient Services:** SAS has four 20-bed units. Three are for tertiary care clients, and the fourth is an acute care unit.

**Crisis and Relapse Prevention Service (Elgin County only):** a crisis response system for consumers, families, physicians and community services that includes a crisis phone line, an interview walk-in service, triage, intensive support to short-stay admissions, group and individual outpatient therapy, and community clinics and consultation with St. Thomas Elgin General Hospital.

**Steele Street Residential Treatment and Rehabilitation Program:** integrated treatment, rehabilitation and support in a residential setting for nine clients with complex needs who have been hospitalized for long periods of time. Outreach services are also provided to a nearby townhouse complex. Individuals achieve independence and improved quality of life in an environment of their choice.

**Assertive Community Treatment (ACT) Teams:** SAS has five community-based ACT teams located in Windsor, Chatham and St. Thomas. ACT brings an interdisciplinary team together to provide comprehensive services to clients "in greatest need", 24 hours a day, 7 days a week. ACT enables people to living independently in the place of their choice.

**Homes for Special Care:** supportive care in 24-hour supervised residential facilities licensed by the Ministry of Health and Long Term Care to clients who experience functional difficulties related to mental health. The homes are in Elgin, Kent, Lambton, Haldimand-Norfolk, and Oxford counties and have a capacity of 6 to 43 people depending on the size of the home. Residency is voluntary, and ranges from transitional to long term.

**ACE:** assisting clients with mental illness by providing opportunities that match their occupational interests with employment goals.

**Community Mental Health Centre (Located in St. Thomas):** recreation programs, supportive counselling, family support, and a community kitchen program enable clients to make smooth transitions from hospital to the community. Goals include raising awareness and acceptance of people with a mental illness.