

Together we can

Mental Health Program



The statistics are shocking. By 2020, the World Health Organization predicts that major depression will be second only to ischemic heart disease as a cause of disability, ahead of such common health problems as infectious diseases, cancer, and accidents. In Canada, the chances of having a mental illness in your lifetime are one in five. Suicide accounts for 24% of all deaths among Canadians aged 15 – 24 and the unemployment rate among people with serious mental illness is 70 – 90%.

Kingston and the region are home to several special populations known to have higher than average mental health needs including: a large post-secondary student population, a Canadian Forces Base, 11 correctional institutions and a higher than average proportion of seniors (dementia, a generally progressive and irreversible impairment of the intellect, is the second most common cause of

disability among adults over age 65).

People in the community receive specialized mental health care at the university hospitals of Kingston for a wide range of mental health disorders:

- a mother fighting post-partum depression
- a grandfather with Alzheimer's disease;
- a girl whose eating disorder has put her life in danger;
- a lawyer who is unable to leave her own home because of phobias and anxiety;
- a youngster whose uncontrollable and destructive behavior threatens to tear his family apart; or
- a college student who is frightened and confused by strange voices and delusions.

Fortunately, an energetic, multidisciplinary group of psychiatrists, psychologists, social workers, nurses,

occupational therapists, and other health professionals at Kingston's hospitals provide the full range of specialized mental health care for children, adults and seniors. The Program's emphasis is on reintegrating clients into the community at the earliest possible opportunity.

Care includes the acute (emergency) inpatient care at Hotel Dieu (moving to KGH as part of redevelopment); longer-term inpatient care at Providence Care for adult treatment and rehabilitation, geriatric psychiatry and forensic services; and consultation liaison psychiatry at KGH and outpatient clinical and rehabilitation services at Hotel Dieu and Providence Care.

Redevelopment

Acute Mental Health Care



Kingston's hospitals are relocating and expanding the acute inpatient mental health program currently

located at Hotel Dieu Hospital. The relocation of inpatient mental health from Hotel Dieu to a new 45-bed unit in 32,000 square feet of space being built on top of the Cancer Centre at KGH (Burr 4) will complete the consolidation of all acute care inpatient beds to KGH. The expansion and relocation will significantly benefit mental health patients across the lifespan in our



region. The relocation and expansion of the Psychiatric Inpatient Unit will ensure patients have more privacy, an enhanced therapeutic environment and better access to comprehensive medical services at KGH, such as renal, cancer and cardiac care. The unit's current location at Hotel Dieu means that patients may feel the stigma sometimes associated with receiving care outside of the general inpatient population at KGH.

The new 45-bed unit at KGH, including a separate, eight-bed adolescent unit, will be designed for the unique needs of these patients using the most advanced knowledge of the best recovery environment for mental health patients.

Naming Opportunities

- Units: \$1million - \$5 million
- Lounges: \$150,000 - \$250,000
- Interview rooms: \$50,000 - \$75,000
- Group rooms: \$50,000 - \$100,000

Longer term Mental Health Care



The current facilities for longer term mental health care in this region are not appropriate for the needs

of today's patients and clients. The sprawling Mental Health Services site on King Street West was built in the 1950s and does not meet currently accepted standards for patient privacy, accommodation or activities. Its ward-style rooms spread across kilometres of stark concrete corridors are both inefficient to operate and unsuited to modern approaches to mental health care and recovery. Providence Care plans to consolidate the programs from

Mental Health Services and St. Mary's of the Lake in a brand new hospital on the King West site. The consolidation of programs in a new building will provide patients with a more modern, fully accessible, therapeutic environment designed to enhance patient comfort and support rehabilitation and recovery. Inpatient units will be grouped in neighbourhoods of smaller family-type clusters of eight to 10 beds with access to views of the surrounding landscape and to common areas.

Equipment

Because mental health treatment is based on talk therapy and pharmaceutical interventions, many people believe these programs do not have equipment needs. This is not true. There are many ongoing equipment needs for the mental health programs including electric beds and household furniture for patients in the crisis and longer-term mental health inpatient units; technology to support tele-psychiatry for rural areas; and art, recreation and school-based equipment for children. For example, children and adolescents who have a significant learning disability and a mental health disorder, such as ADHD or autism, are treated in Hotel Dieu's day school, the Apple Program. These youth benefit significantly from expensive assistive technology and software (~\$8,000 per unit) that allows them to work visually through tasks step-by-step.

Education

In order to provide the best mental health care to patients, Kingston's clinical staff need access to advanced education and training. Investing in staff education – developments in mental health practice, including

clinical care, management approaches, policy, and ethical questions – improves patient care.

Research

Research in the mental health program includes randomized trials on the effectiveness of a variety of prescription drugs in the treatment of early psychosis, schizophrenia and depression. For example, Dr. Roumen Milev, a renowned psychiatrist and expert in mood and anxiety disorders and head of the department, is currently evaluating the safety and tolerance of a specific type of antipsychotics for patients suffering from bipolar disorders.

Early detection and intervention of mental health problems of school age children and adolescents is also a promising area of ongoing research. For example, Dr. Nasreen Roberts is involved in a two year study involving children and adolescents seen in urgent care or emergency.

Opportunities for giving

- Unrestricted gifts to help the program
No minimum
- Patient care equipment (list available)
\$1,000 - \$175,000
- Send a nurse to a conference or training session
\$500 - \$3,000
- Support on-site training session for clinical staff
\$2,000 - \$5,000
- Invest in local hospital research
No minimum