

*Creative  
Community  
Care*



**The Ongoing Need for Community Residential Treatment  
of Severe and Chronic Psychiatric Disorders**

# **Bethany Residential Care Program**

**Meeting Challenges in the Treatment  
of Schizophrenia and Bipolar Illness**

# Bethany Residential Care Program



**Founded 1982**

**Privately Owned**

**1982-----18 beds**

**1992----- 97 beds**

**1998-----126 beds**

**Regional Funding**

**\$47.75 per bed per day**

**4% of Hospital bed cost**

**\$2.0 million per year**

**2**

# Staff and Patients



## THE BETHANY BUZZ

Issue 12 | August 2019

### Summer Barbecue!



With the summer in full swing it was time to celebrate with a barbecue at Bethany Residence!

It was a great day had by all, with lots of delicious food and even better company! Thank you to all the staff and volunteers who helped with this event. We can't wait for the next one!

### Bronte Park!



The weather was perfect this year for our annual trip to Bronte Provincial Park. We enjoyed a delicious picnic lunch (thanks Chris!), played Bingo and other games, enjoyed some beautiful live music (thanks Charles!) and visited the many animals that call Bronte Park home. For a photo collage of this special day, see the second page of this issue!

### A Note To Resident Family Members

Here at Bethany Residence we are currently in the process of updating our emergency planning and protocols.

Family members play an important role in helping to ensure Bethany's residents remain safe and cared for in the event of an emergency.

If you are a family member of one of Bethany's residents you will be hearing from us by either phone or email by the end of August so that we can update our emergency plans. Thank you!



Patti McIntyre, Director of Care, Bethany Residential Treatment Program

# Bethany Residential Care Program History and Current Programs

## Bethany Provides a Wide Range of Services to Residents










- **Psychiatric Treatment Program: In - House Psychiatric Treatment**
- **Medical Treatment Program: In – House Medical Supervision**
- **Medication administration and strict supervision**
- **Case management and individual counseling**
- **Networking with communities day or work programs.**
- **Arranging doctor appointments**
- **Comfortable accommodations**
- **Three well - balanced meals a day and snacks.**
- **Recreational and Life-skills programs daily**
- **Housekeeping and laundry**
- **Assistance with activities of daily living**
- **Budgeting assistance**
- **Family support and liaison**
- **Other individualized services to enhance our residents quality of life.**



**Francis Milford, Bethany Recreation Director, receives a new Wii Console Patient Activation and Recreational System Donated by Schizophrenia and Mood Disorders Program.**

# Bethany Weekly In-House Programs



◀ Jun 2019	July 2019					Aug 2019 ▶
	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1.</b> <b>HAPPY CANADA DAY!</b> 	<b>2.</b> 10:30 Am <b>Friendship Group</b> 12:45s/c & Main 2:30 PM Art therapy with <b>Jody</b>	<b>3.</b> 10:30 AM Physio Fitness 2:30 PM <b>Homework Club</b>	<b>4. DR. Day</b>  <b>Walking Club</b>	<b>5.</b> <b>Lunch</b>  <b>BBQ</b> & <b>Music</b>	<b>6.</b> 
<b>7</b>	<b>8.</b> 10:00 <b>Walking Club</b> 2:00 Denver 2:30 <b>BINGO</b> 4:00 Physio Fitness	<b>9.</b> 10:30 Am <b>Friendship Group</b> 12:45s/c & Main 2:30 PM Art therapy with <b>Jody</b>	<b>10.</b> 10:30 AM Physio Fitness 2:30 PM <b>Homework Club</b>	<b>11</b> <b>DR. Day</b>  <b>Walking Club</b>	<b>12.</b> 10 AM WII Bowling 2 PM <b>Ice Cream</b> & Singalong	<b>13.</b> Andrew T 01 Michelle F 05 Gilles H 08 Frank W 09
<b>14</b>	<b>15.</b> 10:00 <b>Walking Club</b> 2:00 Denver 2:30 <b>BINGO</b> 4:00 Physio Fitness	<b>16.</b> 10:30 Am <b>Friendship Group</b> 12:45s/c & Main 2:30 PM Art therapy with <b>Jody</b>	<b>17.</b> 10:30 AM Physio Fitness 2:30 PM <b>Homework Club</b>	<b>18</b> <b>DR. Day</b>  <b>Walking Club</b>	<b>19.</b> 10 AM WII Bowling 2 PM <b>Ice Cream</b> & Singalong	<b>20.</b> Pathmasa N 16 Kenneth W 17 Gregory T 18
<b>21</b>	<b>22.</b> 10:00 <b>Walking Club</b> 2:00 Denver 2:30 <b>BINGO</b> 4:00 Physio Fitness	<b>23.</b> 10:30 Am <b>Friendship Group</b> 12:45s/c & Main 2:30 PM Art therapy with <b>Jody</b>	<b>24.</b> 11:30 <b>Bronte Park</b> Picnic To 2:00 PM 	<b>25</b> <b>DR. Day</b>  <b>Walking Club</b>	<b>26.</b> 10 AM WII Bowling 2 PM <b>Ice Cream</b> & Singalong	<b>27.</b> Brian K 21 Barbara M 22 Scott B 22 Andrew 23
<b>28</b>	<b>29</b> 10:00 <b>Walking Club</b> 2:00 Denver 2:30 <b>BINGO</b> 4:00 Physio Fitness	<b>30.</b> 10:30 Am <b>Friendship Group</b> 12:45s/c & Main 2:30 PM Art therapy with <b>Jody</b>	<b>31.</b> 10:30 AM Physio Fitness 2:30 PM <b>Homework Club</b>			



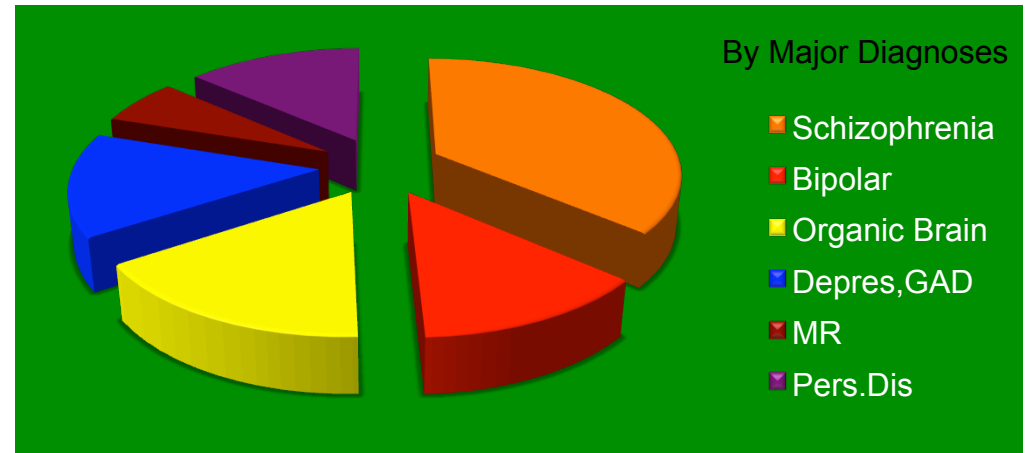
# Bethany Residential Care Program

## Prevalence of Psychiatric Disorders

### Discussion Point

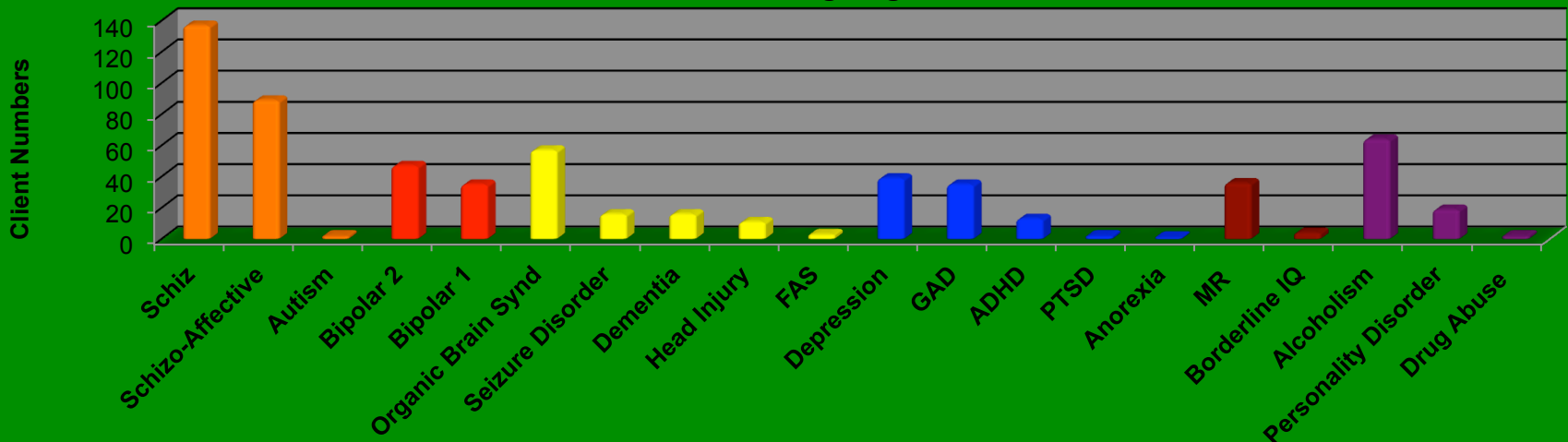
The most common major diagnostic group is schizophrenia and bipolar disorder.

Most Residents have Co-morbidity, 2-3 other psychiatric diagnosis and medical problems. Table 1 Illustrates the multiplicity of psychiatric diagnoses, that requires more comprehensive and multiple types of services.



### Bethany Clients by Individual Diagnoses 1989-2009

Total Number=394, Average Age=55.3 Years, LOS 4.3 Years



# Bethany Residential Care Program

## The Need for Residential Care

- Schizophrenia and Bipolar Mood Disorders are Brain Disorders that are severe and disabling, characterized by hallucinations, delusions and depression.
- There are multiple Psychiatric and Medical Co-morbidities
- A leading cause of disability for those aged 15-45 years with reduced life expectancy by 10 years, and a high degree of relapse and medical illness
- Severe forms of Schizophrenia and Bipolar Disorder are a severe burden on society and caregivers, and may require more comprehensive and residential treatments.
- Bethany Residence is a model program for up to 126 clients to care for this population with complex mental health, psychosocial and medical problems.
- Bethany Residential Care Program has provided this level of service equivalent to programs such as the PACT program for Halton and some psychiatric inpatient services which are funded at a much higher cost on a per patient basis.

# Bethany Residential Care Program

## Needs Increased Funding to Maintain Services

### Maintenance of existing services requires a reasonable per diem rate \*(\$61.76 minimum)

\*Raymond Chabot Grant Thornton Consulting Inc Report Ontario Homes for Special Needs Association, Rate Renewal, March 2007

- Halton Region has directly funded some of these services in recognition of an extremely low per diem. The Program is discretionary and can be cancelled with 30 days notice.
- The degree of complexity and difficulty of cases has increased requiring both psychiatric and multi-disciplinary management. Adequate funding for maintenance of services, upgrading of physical structure of the building, replacement of equipment, furniture.
- Hiring of staff to improve staff ratio, better supervision and safety for clients.
- The need to meet Operational Provincial Regulatory Standards for Staff Training
- Upgrading of staff salaries to attract and maintain skilled staff. Hiring of full time RN , fulltime OT person, a Community integration worker to coordinate treatments and referrals to other programs.

### New Programs under Development to Reduce Relapse

- New in house programs: recreation, work rehabilitation, social integration.
- Creation of new recreational areas such as a gymnasium, exercise bikes, activity centre, a place for assembly work. This helps people remain stable and reduce relapse.





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# **Mental Illness Statistics and Treatment Program Challenges**



# National Economic Costs of Mental Illness

## The Need for Effective Treatment Programs

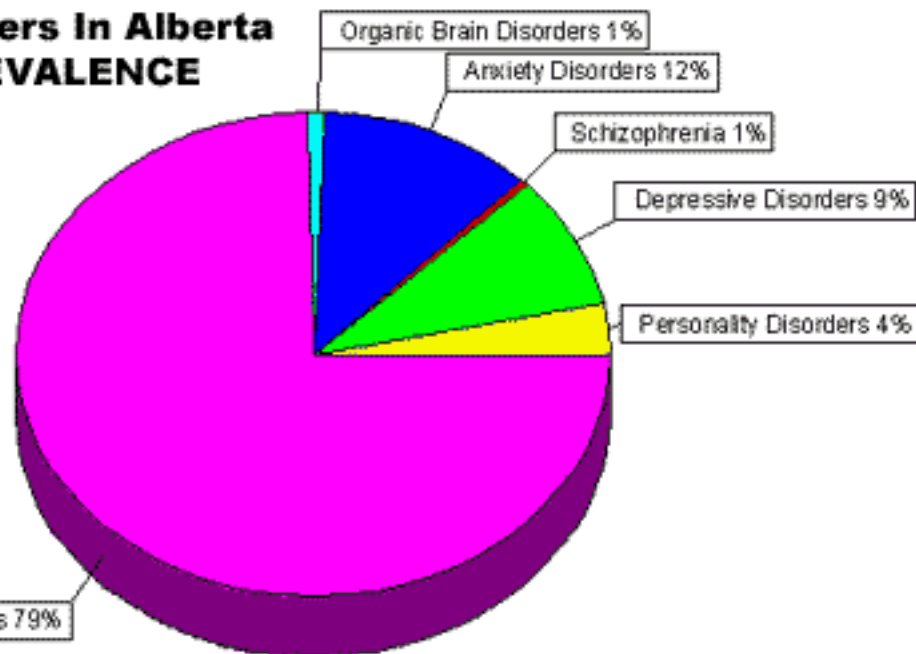
How does mental illness compare to other medical conditions?

The total economic cost of mental disorders is nearly \$14 billion annually, at a minimum. There is no telling what non-economic costs for pain and suffering should be added to this total.

Four of the ten leading causes of disability in developed countries are mental disorders, major depression, bipolar disorder, schizophrenia and obsessive-compulsive disorder.

Canada-wide, suicide is the leading cause of death for all males between 10 and 49 and the fourth leading cause for women. The Quebec suicide rate is highest in Canada, Alberta is second highest.

### Mental Disorders In Alberta LIFETIME PREVALENCE



- How many people experience mental illness?
- One in five adult Canadians, 21% will suffer a mental disorder in their lives, that is 4.5 million people.
- Anxiety disorders and depression are the most common. Approximately 2.5 million Canadian adults or over 10% of the population 18 and older will have a depressive disorder.

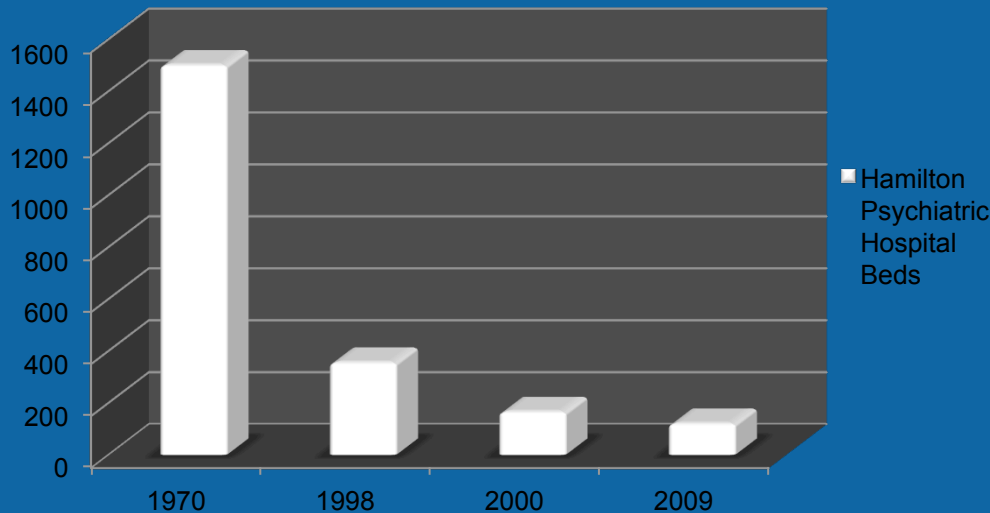
## The old Hamilton Psychiatric Hospital



From HPH  
to Bethany  
Community  
Care



### Hamilton Psychiatric Hospital Bed Reductions 1970-2009



### Where did all the Patients Go?

Homes for Special Care and Bethany took over many of these clients.

Created 1982 and fully operational in 1992, Bethany offers a comprehensive program for community psychiatric after care.

The Current funding remains very low, \$47.75 per day is less than a motel

# Estimated Prevalence of Chronic Mental Illness

Severe Mental Disorders are Likely to Require Residential, PACT or C/M Programs

## Burlington Region Catchment: 200,000 People

By Severity: Life-time Prevalence

- Mild mental disorders: 1.5% =3,000 persons
- Moderate mental disorders: 1.2% =2,400 persons
- Severe mental disorders: 0.85% =1,700 persons

By Diagnosis: Life-time Prevalence

- Schizophrenia: 1%
- Bipolar Affective Disorders: 3-5%
- Depression: 5%
- Anxiety Disorders: 5%
- Alcoholism: 5%



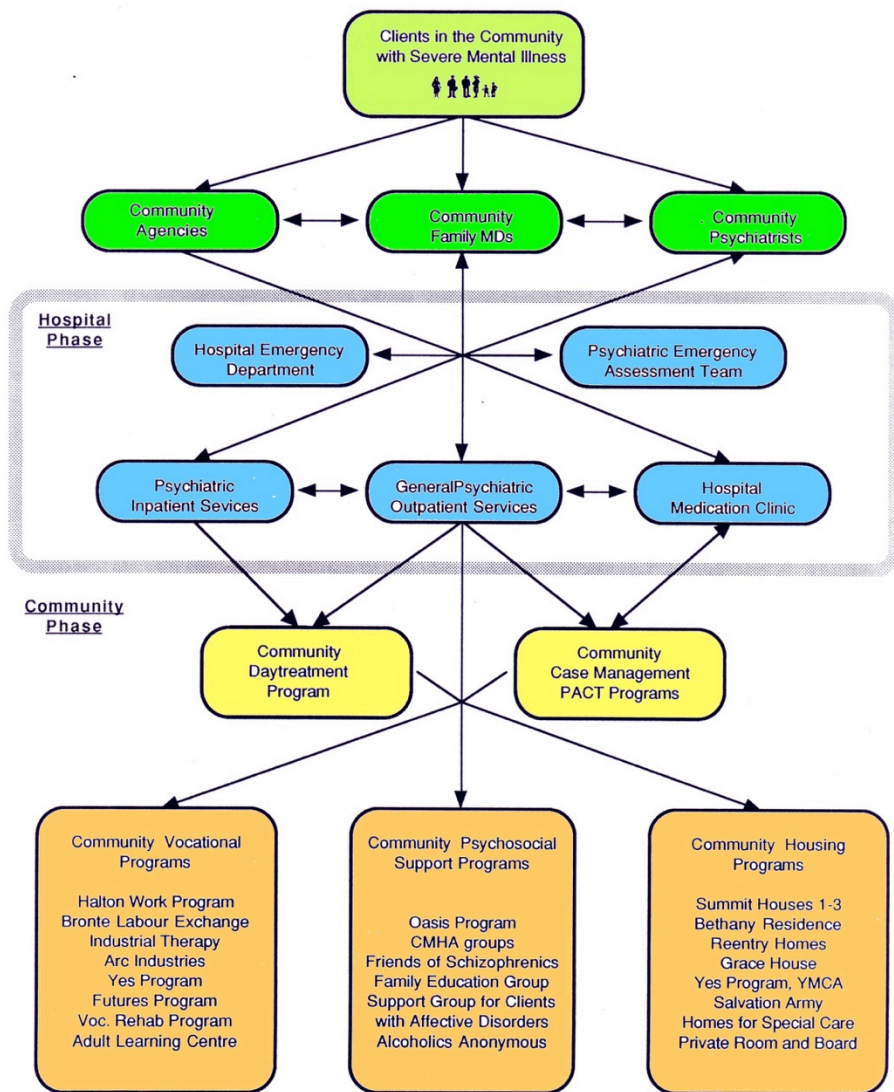
# The Burden of Mental Illness on the Resources of the Burlington Joseph Brant Memorial Hospital

- Established in 1961. Serves approximately 170,000 people in Burlington, Halton and Hamilton including Waterdown, Flamborough, Stoney Creek and east Hamilton. Operates 238 beds with an annual operating budget of \$140 million. Records 12,100 admissions, 44,000 visits to the Emergency Department and 1600 births annually.
- Mental Health admissions are 5% of total, for 16 psychiatry beds, that represents a cost of \$1,200 per day per bed or a budget of \$7 million annually
- The population of Burlington and Halton Region is growing, and growing older. Future health care needs of community patients and families are increasing. On any given day, we are at full capacity, with no inpatient beds to admit Emergency patients to, impacting our ability to move patients efficiently through the hospital in their optimum care path.
- The hospital is currently proposing a redevelopment plan for 76 inpatient beds at a cost of \$312 million.



Eric J. Vandewall, President & CEO  
Joseph Brant Memorial Hospital

**Model for Community Treatment Programs  
JBMH, Burlington**



# Model and Flow Chart for Community Care Programs in 1995 for Clients with severe Mental Illness

## Key Issues:

1. Identification, Referral
2. Triage, Treatment Flow
3. Levels of Care
4. Community Programs

# Burlington / Halton Mental Health Services

## JBMH Hospital Mental Health Services vs. Bethany Residential Care Activity

<b>Mental Health Annual QI Report 2007/8</b>			
	<b>Admissions or Caseload</b>	<b>Contacts</b>	
JBMH Inpatient Unit 16 Beds	416	6240	(15day occup.)
PACT for Halton Program	78	8137	(6 new)
Halton Homes Program	48	1544	(15 new)
First Episode Psychosis Program	27	607	
Medication Clinic	102	903	
Case Management Program	130	3899	
Psychiatry Consultation Service	276	337	
Crisis Consultation Service	1331	1331	
Child & Adolescent Consultation Service	188	648	
Short-Term Therapy Program	217	2559	
Concurrent Disorders Program	41	238	
<b>Total Contacts</b>		<b>26,443</b>	
<b>Bethany Annual Report</b>			
	<b>Caseload</b>	<b>Contacts</b>	
Bethany Residential Program	125	<b>45,625</b>	(15 new)
(Psychiatry Reviews 15/week)			(5 Consults)

### Discussion Point

- Bethany Residence provides a large amount of care for a modest budget
- Bethany needs more adequate funding to provide better staff ratios, qualified staff and maintain various rehabilitation and support programs .

# Peter.G.Turner, M.D., FRCP. (Can)

- Director, Schizophrenia, Mood and Anxiety Treatment Centre, Burlington, Ontario, specializing in Novel Treatment and Psychopharmacology Research.
- Assistant Clinical Professor of Psychiatry, McMaster University, Hamilton, Ontario.
- Staff Psychiatrist Joseph Brant Memorial Hospital, Department of Psychiatry Burlington, Director of First Episode Psychosis Program and Consultant to the Case Management Program.
- Psychiatric Consultant to North Halton Community Clinic and Residential Program.
- Psychiatric Consultant to Bethany, a 125 bed Residential Treatment Centre for Schizophrenia and Mood Disorders..
- Special Interest in the Treatment and Rehabilitation of Severe Psychiatric Illness such as Schizophrenia

