



BC MENTAL HEALTH
& SUBSTANCE USE SERVICES
An Agency of the Provincial Health Services Authority

Burnaby Centre for Mental Health and Addiction (BCMHA)

Supplementary Referral Forms & Information

BC Mental Health & Substance Use Services Mandate

BC Mental Health & Substance Use Services, an agency of the Provincial Health Services Authority, provides a diverse range of specialized and one-of-a-kind tertiary mental health and substance use services for individuals across the province.

Section One: Supplementary Forms

**Please complete all forms and include in Client Referral Package submission to
your Health Authority Liaison.**

Participation Agreement

I have read the attached Client Information (pages 6-10) and agree follow the BCMHA guidelines.

Signatures	
Client:	Date:
Case Manager	Date:

Medication Dispensing Patient Declaration

Note: this is a requirement for PharmaCare for weekly dispensing.

I declare that I need PharmaCare coverage of additional dispensing fees due to weekly requirements of the Burnaby Centre for Mental Health and Addition for dispensing my medications. I provide consent to notify my prescriber. I hereby consent to the release of this information to the Ministry of Health and/or Health Insurance BC. The information will be relevant to and used solely for the purpose of determining and administering my PharmaCare benefits. I understand that my PharmaNet records are subject to routine audits by the Ministry of Health to ensure compliance with Frequency of Dispensing Policy.

Personal information on this form is protected from unauthorized use and disclosure in accordance with the Freedom of Information and Protection of Privacy Act. For more information, contact Health Insurance BC. From Vancouver call 604-683-7151.

Signatures	
Client:	Date:
Case Manager:	Date:

Smoke-Free Acknowledgement

- I am aware that the Centre and grounds are a designated smoke-free environment. For clients who are motivated there are many resources to empower clients in our smoke free community.
- I will not use tobacco/e-cigarette products anywhere on Centre grounds. I will not smoke in my room, inside the facility, or outside the facility on Centre property. This includes not only clients but also staff and visitors.
- I will not bring tobacco/e-cigarette products, lighters and other smoking paraphernalia onto the units. I will keep all tobacco products in a locker by reception, which is available for rent with vouchers.
- I understand and accept that all tobacco/e-cigarette products and paraphernalia found in other areas of the building will be destroyed by Centre staff. No e-cigarettes or nicotine-free cigarettes are allowed.
- I understand and accept that repeated violations of smoke-free policies will result in discharge from the program.
- I am aware that the Centre has a well-established program for smoking cessation – a full range of nicotine replacement and psychosocial treatments are available at the Centre.
- We are not requiring clients to quit, rather, staff will work with clients to respect the guidelines set out by this provincial mandate. This is similar to smoke-free legislation in malls, beaches, parks, etc.

Signatures	
Client Name (please print):	Date:
Client Signature	

Brief Current Psychiatric Rating Scale

*(This section is required for those clients who are being referred to the Burnaby Centre for Mental Health & Addiction.
For all other programs, completion of this section is optional)*

Date Completed:													
Completed by:													
If you identify a rating of 3 and above of any of the below symptoms: provide/attach a brief description.													
Symptoms	Rating Scale						RATING						
	0	1	2	3	4	5							
	Not Present - Very Mild		Mild – Moderate			Moderate Severe -Severe							
Depressive Mood	States discouragement, not depression; face does not show depression.		Reports depressed; may be some episodes of crying, sad tone throughout interview.			States severe feelings of despair & pessimism; may cry, moan, show extreme sadness.	0	1	2	3	4	5	N/A
Suicidal Ideation	Patient reports some passive thoughts of suicide but has made no plan.		Patient reports some active thoughts of suicide but has made no plan.			Patient reports frequent active thoughts of suicide and has made a plan.	0	1	2	3	4	5	N/A
Elation	Seems unaccountably happy, too cheerful.		Unrealistic high feeling, giddy, demands contact.			Seems almost intoxicated. Laughing, giggling, euphoric.	0	1	2	3	4	5	N/A
Grandiosity	Mildly arrogant or boastful but in good contact with reality.		Inflated self-opinion, but not delusional.			Delusions of grandeur.	0	1	2	3	4	5	N/A
Hostility	Reports minor irritation toward people other than the interviewer.		Reports animosity toward figures in his environment other than interviewer.			Expresses intense animosity toward others without out obvious justification.	0	1	2	3	4	5	N/A
Suspiciousness	Expresses mild suspiciousness of others		Pervasively suspicious & tends to blame others but is ordinarily non-delusional			Extreme suspiciousness, with delusions of persecution or ideas of reference	0	1	2	3	4	5	N/A
Unusual Thought Content	Patient presents a hint of unusual or idiosyncratic beliefs, but they are not delusional.		Expresses unusual or bizarre ideas; if delusional, distortions can be corrected with assistance.			Patient expresses bizarre & delusional ideas.	0	1	2	3	4	5	N/A
Hallucinatory Behaviour	Reports one equivocal hallucinations, experience in past 24 hours.		Reports definite hallucinations in past 24 hours, but describes them as unreal.			Reports definite hallucinations in past 24 hours and describes them as real.	0	1	2	3	4	5	N/A
Conceptual Disorganization	Minor difficulty following patient's train of thought, no TF disorder.		Much difficulty following patients thought, in unstructured parts of interview.			TF disorder (confused, disjointed, blocked, confabulated, illogical).	0	1	2	3	4	5	N/A
Disorientation	At one point in the interview, there is a hint of confusion about person, place or time.		Patient has clear confusion re: person, place or time, but confusion can be corrected.			There is clear confusion in identifying 2 of the 3 variables, this confusion can't be corrected.	0	1	2	3	4	5	N/A

Section Two: Client Information

Please provide this section to your client for their information.

Program Overview

The Burnaby Centre for Mental Health and Addiction (BCMHA) wants to welcome you and hopes that your stay allows you to achieve your recovery goals. To help you achieve your goals, BCMHA uses the recovery model and believes recovery is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. All therapy decisions are based on this model.



Once you arrive at the Centre, you will meet with the treatment team to identify your strengths as well as medical, mental health and addiction concerns. During your stay, you will be expected to participate in goal setting, care planning and group programming. If at any time during your stay, you or the team determine that BCMHA is not the most appropriate care environment for you, we will work with your case manager to find alternate treatment options.



After the initial assessment and stabilization period of approximately one month which takes place in a locked unit, you will transfer to the treatment unit. In the treatment unit (one of two open units), many different clinical staff members will support you in achieving your goals. It is expected that you will participate in group programming that focuses on addiction issues, healthy living and mental health issues.

BCMHA will support you in living a healthy lifestyle and achieving the goals that you develop with your treatment team. We base our programs on individual recovery and develop plans for each person coming into the Centre. The Centre offers a wide variety of professional support to meet your needs.



While at BCMHA, we will ensure that you have the opportunity to stay in contact with your community health provider to discuss your progress and make plans for your return to your home community. The amount of time spent at the Centre will vary depending on your individual needs, but is typically six to nine months. Nine months is the maximum length of stay.

Important Information

- BCMHA has both single and double rooms (a single room cannot be guaranteed).
- Other clients or visitors are not allowed to visit within your room.
- All meals, snacks, and coffee are provided. You may not store any perishable foods or open food packages in your room.
- Regular visiting hours: 6pm-8pm on weekdays and visiting hours weekends and holidays: 1pm-4pm; 6pm – 8pm. The care team and client work together to identify support people in the community who can visit.
- Do not bring cell phones to BCMHA. Landline phones are available at the Centre for clients to use.
- All clients are regularly asked to provide urine drug screens and breathalyzers



- Staff may conduct random room searches in your room throughout your stay at BCMHA. Electronic devices that are appropriate are: alarm clocks, small radio and MP3 player. Do not bring computers, laptops, TV's or any devices that have internet access, camera, phone or recording ability. Computers with internet access are available at BCMHA.
- The BCMHA does not provide any storage. Personal items will need to fit in a Rubbermaid container (107cm: length x 53cm: width x 42cm: height). Excess items will be removed at your expense or donated/disposed of.
- BCMHA is a scent free environment, any perfumes or scented products will not be allowed in the Centre.
- Soap, toiletries, toothbrushes and other personal care supplies will be provided.
- Do not bring valuables or large sums of money to the BCMHA.
- BCMHA is not responsible for any of your personal belongings. You will not be reimbursed for lost/stolen/damaged/missing items.
- Belongings left at BCMHA following discharge will be donated to charities.
- Free laundry facilities are available.
- Physical violence, onsite drug use/possession/dealing/sharing, or recruitment of others into criminal activities will result in discharge from the program.
- Do not bring weapons or items that can be used as weapons (i.e. knives, razor blades, scissors, tools etc.) to BCMHA. Any items of this nature will be confiscated and appropriately disposed of and may result in discharge.
- No parking will be provided, so please do not bring a vehicle to the site (unauthorized vehicles will be towed).
- You are expected to attend a minimum of three or more groups per day.

- The BCMHA building and grounds are designated smoke-free environment in accordance with Provincial, Municipal, Work Safe and Provincial Guidelines. We have a well-established smoking cessation program including a full range of nicotine replacement therapy, medications and treatment programming. Tobacco products, lighters, and paraphernalia, as well as vaporizers/E-cigarettes will not be allowed on the units. Storage lockers will be provided to store any tobacco/e-cigarettes which they can access during therapeutic passes. Tobacco products/paraphernalia/lighter found anywhere in the building other than in personal lockers will be confiscated and disposed of.



What Should You Bring?

- Clothing that is comfortable, appropriate, and suitable for in-residence living and outings to the general community (under garments, sweat pants, long/short sleeved shirts, sweater, socks etc.). Do not bring clothing that conveys substance use, violence, discrimination, gang involvement, or other potentially offensive content.
- Personal hygiene items are to be scent free.
- Bring only two days' worth of prescription medications if you are coming from the community. All prescription and non-prescription medications will need to be handed to your care team on arrival. Any excess medications will be disposed of by our pharmacy.
- Small items that are comforting to you such as books, small art supplies, stuffed animal are also acceptable.

Directions

The Burnaby Centre for Mental Health and Addiction is located at

3405 Willingdon Avenue in Burnaby, BC, V5G 3H4, Building # 28.

For further information please call Reception at 604-675-3950 and press 0.

Arriving By Car from Hwy 1:

- Take exit marked Willingdon Avenue south bound.
- Head south bound along Willingdon Avenue past Canada Way.
- There will be a driveway entrance on your right hand side ½ block past Canada Way. You will see a government sign at the entrance to the parking area.
- Once you turn right into the drive way, over flow parking will be directly in front of you and to your left. To reach the main facility you must go right.
- Once you turn right from the driveway the Provincial Assessment Centre (PAC) facility will be on your left hand side. Do not park to the right of PAC there as this is another facility not affiliated with BCMHA.
- BCMHA will be located in a large parking lot towards the corner of Canada Way and Willingdon Avenue. Parking will be located in front of the facility where you will notice a British Columbia flag.
- Once you have parked a parking pass **MUST** be placed on your dash. The parking passes can be found at the front reception. Front reception can be found by going up the curved staircase at the front of the building.
- **If you are traveling by bus and or skytrain please contact Translink at 604-953-3333 for specific traveling details.**

Map

