

CMHA Clinical Services Overview

The new 105-bed Centre for Mental Health and Addiction (CMHA) will be a cornerstone in the continuum of specialized care and treatment provided through PHSA’s agency, BC Mental Health and Substance Use Services (BCMHSUS). This state-of-the-art, purpose built facility will house clinical programs, enable research and provide virtual care for people with serious mental health and substance use challenges across the province.

Delivering High Quality Clinical Care & Support

The new CMHA will serve clients with severe and complex concurrent disorders, many of whom have experienced significant barriers accessing care and supports. These individuals are high users of crisis and emergency services, have frequent interactions with the criminal justice system and are often homeless or at risk of homelessness.

With a commitment to evidence-based, quality care, the CMHA will support clients with a range of specialized services. These include withdrawal management, mental health and substance use assessment and treatment, psychosocial care, and assessment and treatment of chronic health problems.

As a tertiary provincial resource, referrals to the CMHA are from Regional Health Authorities (RHAs), each allocated a specific number of beds, based on population health data. Referrals are through two access streams:

- Assessment and Treatment
 - o For complex concurrent disorder clients who’ve exhausted regional health authority resources and require specialized mental health and substance use resources
- Enhanced Care
 - o With a similar mandate to above, for clients who are aggressive and acutely ill, requiring treatment in a highly secure environment

Supporting Clients’ Recovery Journey

CMHA provides trauma informed specialized services as part of a client’s recovery journey. CMHA staff work with regional health authority staff and community service providers to ensure continuity of care for clients. This collaborative approach means discharge planning starts before or shortly after clients are admitted to CMHA, with each individual having a care plan to support a smooth transition into CMHA and back to their home community or specialized tertiary service within their home health authority.

Interdisciplinary Teams

At CMHA each client is supported by an interdisciplinary team committed to delivering evidence based practice:

Nurses	Patient Care Coordinator	Mental Health & Addiction Support Workers
Psychiatrist	Occupational Therapist	Social Worker
Psychologist	Pharmacist	Indigenous Care Coordinator
Acupuncturist	Dietician	Art Therapist
Music Therapist	Recreational Therapist	Spiritual Care Practitioner
Physiotherapist	Peer Support Coordinator	Teacher
Yoga instructor		

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A Holistic Approach

The new model of care for the CMHA provides a holistic framework for identifying client needs and coordinating an integrated, therapeutic response. This includes four domains:

- Mental wellness
- Meaningful life
- Physical wellness
- Substance free living

These domains capture the inter-relatedness between client needs and the range of services and activities required to support individuals in their journey of recovery, including successful transition to less secure levels of care. This holistic approach is highlighted in the following diagram:

