

## CMHA Facility Features

*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 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.*

### Creating Space for Recovery

Facility design is a key element in client recovery, safety and comfort. The new Centre for Mental Health & Addiction (CMHA) is built on a foundation of evidence-based design principles with a client centered philosophy. Located on the Riverview lands, this purpose-built facility will have seven units, each serving up to 15 clients. The building design incorporates natural light, wood, stone and warm colours to align with its unique environment and site history.

#### ***Supporting Privacy and Independence***

Clients experiencing severe mental health and substance use challenges have complex needs. Privacy is an important element in their recovery. The new CMHA facility provides options for clients to be on their own, including:

- Private bedrooms
- Private ensuite bathrooms with showers
- Design features within the units and on the grounds offering quiet places to relax
- Dedicated visitor areas on each unit where clients can spend time with friends/family

Technology also plays a unique role in supporting client independence, with individualized access cards enabling clients to move through the unit and/or facility to areas where they have the appropriate pass levels.

#### ***Providing a Calm, Healing Environment***

Design features, including furniture and types of fixtures selected, are chosen to maximize client comfort and safety, including careful selection of materials, textures, colour, lighting and acoustic treatments to provide a calm, healing environment. Clients can personalize their rooms and open windows and blinds to allow in fresh air and natural light. There are also spaces for therapeutic social, recreational and spiritual programs and activities.

#### ***Maintaining Connections***

Access to nature, community, culture and recreational activities are also important to recovery. Each unit has direct access to outdoor space where clients can relax and connect with nature. The CMHA grounds are integrated with the broader community and include gardens, trees and other natural elements. Other features include:

- A paved recreational basketball court
- A spiritual care space, providing a sanctuary for quiet reflection and spiritual practices such as smudging and other Indigenous rituals. Spiritual care staff, elders and artifacts are available to support practices of various faiths.
- Two gardens, including plants with traditional and therapeutic values consistent with Indigenous culture, are available for enjoyment and therapeutic programming.
- 2 outdoor gazebos

#### ***Enabling Efficiency and Collaboration***

All units follow a standardized design so staff can work in different units and understand the layout and location of client services and supplies. Work spaces within the CMHA are designed to facilitate safety, efficiency and team collaboration.

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### Comfort and Safety a Priority

Client and staff safety are key considerations throughout the planning and design process. The new CMHA building design addresses these priorities in a number of ways:

- Private client rooms with ensuites
- A quiet, calm environment, with design features that minimize outside noise and distractions
- Extensive use of glass and other features to ensure good sightlines for staff and clients
- Counter heights enable safe interactions
- Exam rooms, counselling rooms, admission areas and other spaces have two ways of entering/leaving
- Co-location of teams that work with similar clients to support collaboration

In addition to design elements aimed at ensuring safety, the new CMHA will also address safety through staff training and technology. Technology features include:

- Panic duress system that staff can activate when needed. It will identify their exact location, so assistance can be provided quickly if required.
- Personal devices and hardwire buttons that can be activated in the parkade.
- Person-to-person communication device for staff to stay connected to one another while working
- Multiple video surveillance cameras and monitors located throughout the facility.
- Wifi enabling fast, easy communication

### Leading Edge Technology Builds Capacity, Supports Learning

The new CMHA features a variety of dedicated spaces and leading-edge technology to accommodate research, education and knowledge exchange. This includes:

- Approximately 35 rooms equipped with video recording and broadcast capabilities
  - o Multipurpose rooms for formal presentations
  - o Counselling rooms on each unit that enable students and staff to practice and observe clinical sessions
- Wifi connectivity throughout the facility to enable video conferencing
- Dedicated research space, with technology enabling collaboration
- Technology to enable knowledge transfer and to provide educational rounds across the province
- Telemedicine to enable consults and provide specialized support to regional health authorities
- Virtual care, including evidence-based on-line therapies, available to support clients during their stay and after discharge. There are a variety of eMental Health tools, available through direct care providers or via apps that clients can use on their own.