



Backgrounder - Mental Health and Addictions Program

- Mental Health and Addiction services currently span across the NHS sites.
- At over 81,000 sq. ft., the Program boasts the largest department square footage in the new Catharines Site, encompassing the entire first level of the inpatient platform
- When inpatient services consolidate at the new site in 2013, the Program will provide a full range of mental health and addiction services to patients in the Region.
- Outpatient mental health and addictions services will continue to be provided across the NHS sites.

Current Mental Health and Addictions Program at Niagara Health System

Mental Health Services

Service	Service Description	Annual statistics
Inpatient Services	The acute inpatient units situated at St. Catharines General, Greater Niagara General, and Welland Hospital provide observation, stabilization, assessment and short-term treatment for acutely ill adult clients aged 16 years and over, with serious mental illness, i.e. psychotic disorders and/or affective disorders.	2,289 annual admissions
Outpatient Services	Outpatient service provides care to adult clients on an individual, family or group format in sessions that range in length from one to several hours. Outpatient programs include assessment and treatment services for a broad range of psychiatric disorders that are provided by an interdisciplinary team.	6,585 annual visits

Child/Adolescent Mental Health Services	The program consists of individual and group sessions for child/adolescent clients who are exhibiting acute and severe mental health issues such as depression, anxiety, and/or severe emotional issues. Programs include play therapy, counseling, cognitive behavioural therapy, psychometric assessment and shared care/consultation/collaboration with schools and other agencies.	4,488 annual visits
Medication Clinics	The Medication Clinic staff provide medication, in conjunction with counseling and monitoring, to clients with severe mental illness. Services include assessment, blood tests for monitoring of therapeutic medication response, long term follow-up, counseling, health teaching, family education and support, referrals and consultation with physicians.	6,663 annual visits
IMPACT Niagara	IMPACT Niagara is a regional, mobile program that offers intensive treatment for individuals in the community who have acute mental health issues ages 16 years and older.	2,156 annual visits
Community Crisis Care (CCC) Program	Community Crisis Care is a partnership between CMHA, the Distress Centre and NHS that provides rapid assessment, treatment recommendations and discharge planning for clients within the Emergency Department (ED). Referrals to the crisis service primarily come from the ED but are also received from non-mental health inpatient services for consultation and direct referrals from the community.	1,353 annual visits
Community Treatment Order (CTO) Program	The CTO coordinator develops community-based service plans for individuals with serious mental health issues. The care and supervision through the CTO Program is less restrictive than in hospital but still ensures coordination and continuity through case management services.	445 annual visits
Niagara Eating Disorder Outpatient Program	The Eating Disorder program provides outpatient services to individuals with anorexia, bulimia and other food related disorders. The program is sited at Port Colborne General and is part of the New Port Centre. The program has a multi-disciplinary team consisting of two family physicians, a registered dietitian, a Nurse Practitioner and two counselors.	2,500 annual visits

Addiction Services

Service	Service Description	Annual statistics
A Better Choice (ABC) Program	<p>The program is for pregnant and parenting women who have concerns about alcohol and other drug (AOD) use. Services include:</p> <ul style="list-style-type: none"> • Intensive case management: • Health • Social support • Life skills development • Counseling, treatment planning, assessment, advocacy and referral • Positive parenting support: • Resources related to infant stimulation and age-appropriate play • Individual and group formats • Child care and transportation assistance • On-site nurse practitioner: • Ongoing health care for mother and child • Prenatal screening and referral • Health care coordination. 	96 program clients
Out & About Methadone Program	<p>The Out and About Methadone Program uses harm reduction methadone maintenance treatment to assist clients with opiate/opioid addiction. The service goal is to achieve client stability and functionality in the community. A holistic primary care model is provided by a nurse practitioner for clients without a family physician.</p>	5,708 annual visits
Withdrawal Management Services	<p>Services are provided 24/7 for clients who are:</p> <ul style="list-style-type: none"> • Intoxicated • In withdrawal • In crisis related to alcohol or substance use • In need of relapse prevention support <p>Extensive in-house programming, including counseling, physical care support, auricular acupuncture therapy, and intensive case management supports are available.</p>	2,537 annual visits

Niagara Multi-Lingual Prevention/Education Problem Gambling Program	This program provides information, education, and prevention resources about gambling and problem gambling behaviours. In addition, the program designs, develops and maintains a culturally and linguistically appropriate problem gambling Website in twelve languages.	67 community presentations
New Port Centre	The New Port Centre is a short-term 18-day addiction treatment service within a structured, supportive residential environment. The program focuses on: <ul style="list-style-type: none"> • Stabilization • Education, skill development and health promotion • Aftercare planning. 	416 annual admissions
Hepatitis C Care Clinic:	The Hepatitis C Care Clinic provides services to persons infected with or affected by Hepatitis C. The primary focus is on individuals who are being treated via medication protocols for the infection (including primary care) or who intend to do so. Services are also provided to those individuals impacted by the disease, but who do not intend to undergo medication therapy (counseling, support, case management).	1,069 annual visits
Smoking Cessation Program (QITS)	This program is a partnership with the Niagara Diabetes Centre (NDC), Cardiac Rehabilitation and the Niagara District Stroke Program of the NHS. The program provides consultation, treatment, counseling, education and referral services for individuals with tobacco addiction.	184 annual visits
Primary Care Nurse Practitioner Program	The Primary Care Nurse Practitioner Program provides primary health care services to clients of Withdrawal Management Services (WMS), A Better Choice (ABC) and New Port Centre. Care includes basic health screening, vaccinations, health education and promotion, and addiction treatment assessments.	6,392 annual visits
Niagara Addiction Services Methadone Program	This program uses harm reduction methadone maintenance treatment to assist clients with opiate/opioid addiction. The service goal is to achieve client stability and functionality in the community. A holistic primary care model is provided by a nurse practitioner for clients without a family physician.	7,649 annual visits