

Back to the Future

“Moving back to our roots in forensic rehabilitation and recovery.”

Jason Rice M.Sc.O.T.

OT Reg. (Ont.)

Stephen Duffy BSN, CPMHN(c)

Integrated Forensic Program-Southeast

November 15, 2012

Kingston, Ontario

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
Royal

Mental Health - Care & Research
Santé mentale - Soins et recherche



Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville



Mental Health - Care & Research
Santé mentale - Soins et recherche

Goal for the Day



"It appears to be some sort of staff development presentation."

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
Royal

Mental Health - Care & Research
Santé mentale - Soins et recherche

SETTING THE STAGE

- » Welcome to the IFP Southeast
- » What is Forensic Psychiatry?
- » Who are our patients?
- » Barriers
- » Old vs. new services
- » Practical applications
- » The shift
- » “Kaleidoscope Program”
- » Answering your questions

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

 The Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

Forensic System and the Criminal Code (Canada)

- Forensic mental health services are mandated by the *Criminal Code of Canada (CCC)* for adults and include the assessment, management and treatment of mentally disordered persons in conflict with the law.
- The Minister of Health of Ontario is required under the *CCC* to designate specific hospitals as forensic service providers for the province.
 - Centre for Addiction and Mental Health, (Toronto)
 - Waypoint Centre for Mental Health Care, (Penetanguishene)
 - North East Mental Health Centre (North Bay),
 - Providence Care (Kingston),
 - Royal Ottawa Health Care Group (Ottawa and Brockville),
 - St. Joseph's Health Care (St. Thomas)
 - St. Joseph's Healthcare Hamilton's Centre for Mountain Health Services, (Hamilton),
 - Thunder Bay Regional Health Sciences Centre, (Thunder Bay)
 - Ontario Shores Centre for Mental Health Sciences (Whitby)
- The provincial government is required by the *CCC* to establish a review board called the Ontario Review Board with authority over people transferred to its authority by the courts who are unfit to stand trial or are deemed 'not criminally responsible' (NCR) for the crime they are charged with.

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

The Royal

Our Vision...

“Mental Health Care Transformed through Partnerships, Innovation and Discovery”

Our Mission...

“Delivering excellence in specialized mental health care, advocacy, research and education”

Our Values...

“We are guided by innovation and a passionate commitment to collaboration, honesty, integrity and respect”

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

Our FTU



Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville



Mental Health - Care & Research
Santé mentale - Soins et recherche

Integrated Forensic Program (IFP) the Royal

PURPOSE

Provision of specialized interdisciplinary assessment, treatment, rehabilitation and community reintegration to persons with severe psychiatric illness who have come into contact with the law within a safe, therapeutic environment.

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

 The Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

IFP

Three Specialized Units

- Forensic Services- Champlain- Royal Ottawa Mental Health Center
- Forensic Services – Southeast- Brockville Mental Health Center (FTU)
- Secure Treatment Unit – The Royal provides clinical services contracted by Ministry of Community Safety and Correctional Services – referrals from Ontario- St Lawrence Valley Correctional and Treatment Center and Brockville Jail

Total of 202 inpatient beds within Eastern Ontario.

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

IFP

Southeast (FTU)

**4 Units Consisting of 59 Secure Beds
Staffed by Interdisciplinary Treatment Teams**

Transition II
13 beds
(LOS >2 years)

Assessment & Stabilization
3 Assessment Beds
10 Stabilization Beds

Transition I
13 beds
(LOS < 2 years)

Forensic Rehabilitation
20 beds

Outpatient/Outreach Services

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

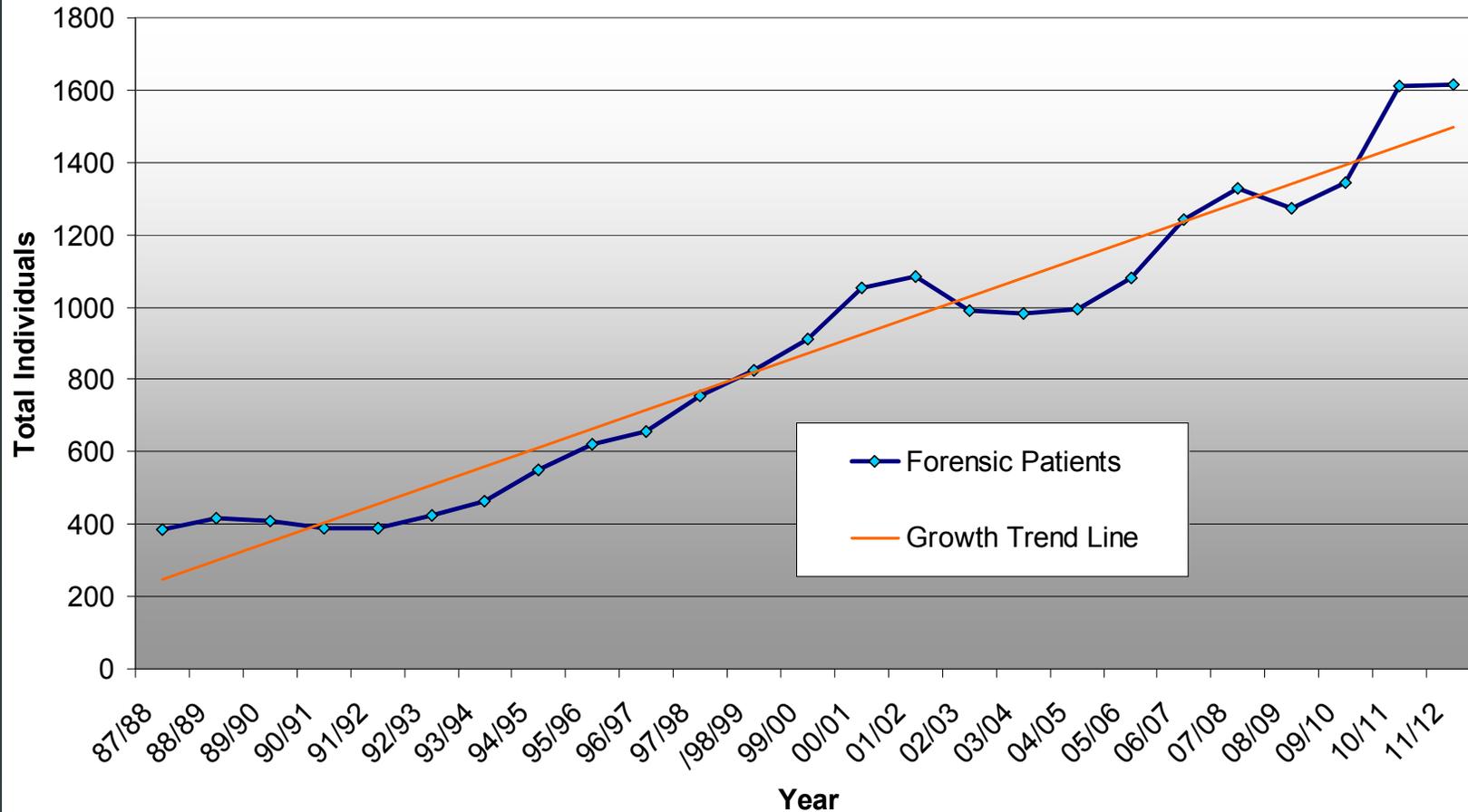
Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville



Mental Health - Care & Research
Santé mentale - Soins et recherche

Number of Individuals in the Forensic System Under an Ontario Review Board Disposition (ORB)



Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

WHY Change = Flow

•Type	11/12 Total	2012/13 Total YTD (6 months)
•Admissions	49	19
•Discharges	52	17
•Occupancy (%)	104.4%	105.5%

RAI Data FTU

GAF 2011/12 - admin = 52.2 Discharge = 59.2 (N=37)

GAF 2012 1st quarter - admin= 39.8 Discharge 54.5 (N=10)

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

Barriers of Forensic Patients in Achieving Recovery

- Upon admission: relinquished autonomy automatically to include:
 - property rights
 - freedom of movement, association
 - time, food
 - clothing restrictions
 - communication
 - privacy
- Recovery of acute symptoms
- Finding the right medication, gain insight into illness and need for treatment
- Legal restrictions and accountabilities
- Social obstacles (discrimination, exclusion)
- Uncertain release
- Flow issues

Shifting to Recovery at the FTU

- More thorough assessments by group nurses and occupational therapists.
 - development of a master, client driven, treatment plan
 - client centred assessment tools
- Regular treatment planning meetings (weekly review and planning)
- Newly revised BRC to include protective factors and not just risk factors.
- Regular case conferences (all disciplines represented)

Integrated OT/Voc/Education/Recreational Services

- 1) Involvement with OT/Voc/Education/recreational services will go through a referral process. OT will be at conference to fill out the new referral form with team assistance and input.
- 2) OT will make a report for the clinical record.
- 3) OT will screen to determine appropriateness of referral and determine if further assessment is required. OT will then refer appropriate clients meeting program guidelines to Voc/Educational/recreational services.

Integrated OT/Voc/Education/Recreational Services

- 4) Education, recreation, and Vocational services will assess further if needed, and place clients in their respected programs.
- 5) Recreational, educational and vocational counselors will then monitor, evaluate, and report back to OT.
- 6) OT will report on each client's progress through the integrated OT/Voc/Edu/Rec services at treatment team meetings, and report at clients' case conference on behalf of the other three disciplines, unless there is a significant, and urgent issue that would be best relayed from the clinician themselves.

Goals of Integrated OT/Voc/Education/Recreational Services

- This non-diversional service will help streamline our clients into meaningful, goal directed, and appropriate services which will hopefully lead to development of skills that can be used upon discharge
- To engage, challenge, and assess our clients better
- To utilize our resources more effectively (financial, jobs, placements, clinical staff)

Goals of Integrated OT/Voc/Education/Recreational Services

- To improve communication
- To provide new opportunities to our clients
- To motivate and guide our clients into trying new things
- To provide an environment that better simulates employee and community expectations, job grading, etc. so clients can transition optimally to work/education/volunteering/recreation in the community

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

 The Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

Recovery at the FTU

The “What”

- Transitional/Day Hospital
- Multi-tiered vocational incentive programs
- Treatment Mall → “Kaleidoscope Program”
- Future considerations?

Transitional/Day Hospital

- **Rationale:** “barriers” limited us in what we could assess and treat, therefore much of what could be done, was done in isolation, and only gave us “snapshots”
- **Shift: Inferences -----→ Observations**
- All clients have a disruption in their life and their ability to handle their ADL’s and IADL’s
- Each new program is altered to accommodate the groups living out conditions and functional level

Aim: Real time, real life assessment and treatment to assist clients who are transitioning to the community or are having difficulties as an outpatient.

- To identify any additional supports and services required for a successful discharge and most importantly to work on the goals identified by the clients and to instill a sense of mastery, confidence, and empowerment!

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 **Royal**
Mental Health - Care & Research
Santé mentale - Soins et recherche

Transitional/Day Hospital

- 12 week program, 3 days per week
 - 1st day: Education Day:** Education and discussion facilitated by our interdisciplinary team as co-ordinated by our OT's (dietician, vocational counsellors, recreation therapists, social workers, occupational therapist).
 - 2nd day: Community reintegration** – food bank, ODSP office, pharmacies, LGRCs, YMCA, group homes, community resource list
 - 3rd day: Functional day** bus trip, shop, prepare and cook, chores

- **Duties of the program**

Bath/shower, meal plan, shopping, food prep
Cooking, dish washing, sweep, mop, vacuum
Dusting, garbage removal, care of bedrooms,
Bathroom cleaning, house planning meetings,
Budgeting, “mock” drills

- **Content of the program**

Full functional assessment, pre-tests
post-tests, “my discharge guide”,
productivity/leisure plan, “my weekly
schedule”, budget plan, relapse
prevention plan, personal and
community resource list.

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 **Royal**
Mental Health - Care & Research
Santé mentale - Soins et recherche

Multi-Tiered Vocational placements

- Riverview – Various on-unit vocational incentive placements
- Pineview – Multi-tiered, 4 month, rotated, vocational placements
 - monitored, evaluations, random checks, quality assurance measures
 - when upper tiered positions become available, clients can apply
- On-unit → on-site → community → workforce

Multi-Tiered Vocational placements

Build in-house skills and branch out

- Car wash (hospital fleet) → Car wash (community)
- Grounds lawn maintenance → supportive employment (community)
- Greenhouse → Farmers Market
- EMC paper routes → EMC warehouse
- On-ward “housekeeping” placements → Community cleaners?
- Client chosen volunteer work → United way, OSPCA etc..
- Healthy Options Treats → WERC ?

Multi-Tiered Vocational placements

Resources

- 1 vocational counsellor
- 2 vocational assistants
- 2 occupational therapists
- Management and team support
- Union support
- Storage and equipment
- ROVA
- Community connections
- A clear, shared vision: to provide a culture of recovery, quality, and patient safety

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The  Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

Realigning the team

- new approaches = shifting priorities/no new positions or funding
- Multidisciplinary care vs. interdisciplinary care re-examined
- PSR driven vs. recovery and client centered
- Reviewing the work, positions, scope, and span of control
- Introduction of new clinical worker to the team and all new vacancies

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

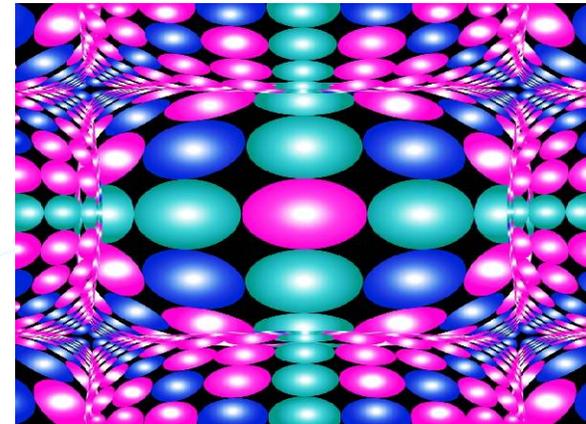
University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 **Royal**
Mental Health - Care & Research
Santé mentale - Soins et recherche

The FTU Kaleidoscope Program



“Kaleidoscope: a cylinder with mirrors containing loose, colored objects and bits of glass. As the viewer looks into one end, light entering the other creates a colorful pattern”

“that which is seen: forms shape. It is to look, to examine and therefore one becomes an observer of beautiful forms”

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
Royal

Mental Health - Care & Research
Santé mentale - Soins et recherche

The FTU Kaleidoscope Program Treatment Mall

- Library (movies, books, newspapers, magazines, computers, internet, crafts, games)
- School – one room school room
- Kitchen
- Group room
- Patient gym
- Snack Cart
- Secure yard

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

 The Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

The FTU Kaleidoscope Program Treatment Mall

A truly coordinated team effort

2 occupational therapists

2 program nurses

1 teacher

3 recreational therapists

1 dietician

1 vocational counsellor

2 vocational assistants

On ward nursing staff

And of course.....59 patients of the FTU

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 **Royal**
Mental Health - Care & Research
Santé mentale - Soins et recherche

The FTU Kaleidoscope Program Treatment Mall

- Focus group of clients interviewed
- Treatment team meetings
- Planning and coordination

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

 The Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche

The FTU Kaleidoscope Program Treatment Mall



Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

The Le
 **Royal**

Mental Health - Care & Research
Santé mentale - Soins et recherche

Questions/Comments

Thank you

Jason Rice - Jason.rice@theroyal.ca

Stephen Duffy- Steve.duffy@theroyal.ca

Royal Ottawa
Mental Health Centre
Centre de santé mentale
Royal Ottawa

University of Ottawa
Institute of Mental Health Research
Institut de recherche en santé mentale
de l'Université d'Ottawa

Royal Ottawa
Foundation for Mental Health
Fondation de santé mentale
Royal Ottawa

Brockville
Mental Health Centre
Centre de santé mentale
Brockville

 The Le
Royal
Mental Health - Care & Research
Santé mentale - Soins et recherche