

CMHA DURHAM'S TRANSITIONAL REHABILITATIVE HOUSING PROGRAM (TRHP) LINKS CLIENTS FROM LONG TERM HOSPITALIZATION TO SUCCESSFUL COMMUNITY LIVING

CMHA Durham's (CMHA D) TRHP program is now into a second successful year. Through intensive case management, partnerships with CMHA ACT and internal programs, Ontario Shores, Durham Mental Health Services, TRHP has successfully provided clients with opportunities to succeed in the community.

TRHP provides safe affordable housing and intensive supports to NCR clients for a period of 1 to 2 years. The level, and types, of services provided can be quickly customized to provide the best chance for success. TRHP transports to and attends all psychiatric meetings at Ontario Shores, assists in managing, delivering, and observing medications, groceries, meal preparation, and many other components of daily living. Once clients have shown willingness, and capability to succeed, TRHP coordinates a transition to other community programs such as CMHA ACT and/or Housing Case Management (HCM).

The program "kicked off", in February 2010, with a capacity of 6 allowing flexibility in supports. On occasion, TRHP has supported 7 clients. To date, 4 clients have graduated to other mental health programs (ACT, and Housing Case Management). 1 client was re-admitted and discharged after a period of only 19 days. This client has since graduated from TRHP and continues to live independently and successfully in the community.

The four TRHP graduates represent a total of 12,075 hospitalized days *before* entry into the program. Total hospitalization days diverted for all 13 TRHP clients equals 4,309, equating to a diversion of approximately \$4.3 million dollars (based on a local psychiatric hospital per diem). These figures include the time in TRHP program and the days for clients who have graduated successfully to the community. The value of a program like TRHP is that it frees up an otherwise occupied bed enabling patients, in need, access to a psychiatric bed.

TRHP/ACT work in partnership with Ontario Shores (OS) Forensic Outpatient Services (FOS) to monitor and maintain client stability in the community. Clients are consistently assessed by all partners involved. A monthly NCR meeting is held at CMHA D, CMHA ACT, HCM, and OS FOS. This streamlining meeting maintains the plan of care and continuity between partners as clients advance through the program.

Following long hospitalizations, clients often enter the community without a primary care provider; CMHA D's Nurse Practitioner Led Clinic is able to fill this need. Employment and education, popular goals for recovery for our clients, have been met through CMHA's Rehabilitation Service.

To date three clients have return to the community workplace, two clients are employed by CMHA Small Business Initiatives, two clients returned to school, and one client has been granted an early review board culminating in a conditional discharge.

TRHP thanks all of those that have made this program such a success!

CMHA DURHAM, HELPING PEOPLE MOVE FORWARD

