

Backgrounder - From Institution to Community: Care in the Community for People Living with Mental Illness

HISTORY

In the early 1970s, Lakehead Psychiatric provided care for over 1,100 inpatients and 100 outpatients living with mental illness. Today, through advances in medications and treatments, we serve 38 inpatients and over 1,000 outpatients.

The Health Services Restructuring Commission (1996) directed SJCG to:

- Accept governance and management of the Lakehead Psychiatric Hospital
- Operate and manage a 38-bed “longer-term mental health rehabilitation program” on the St. Joseph’s Hospital site
- Close the Lakehead Psychiatric Hospital

Expansion of community-based programs, supportive housing, and the newly-opened East Wing at St. Joseph’s Hospital have been pivotal in truly moving care for people living with mental illness from institution to community.

LAKEHEAD PSYCHIATRIC HOSPITAL

With the final moves completed, St. Joseph’s Care Group will no longer be a tenant of the Lakehead Psychiatric Hospital. The Lakehead Psychiatric Hospital site is owned and operated by Infrastructure Ontario.

ST. JOSEPH’S HEALTH CENTRE

St. Joseph’s Health Centre opened in 2007 to provide outpatient programs previously located at Lakehead Psychiatric Hospital.

The Health Centre expanded in 2018 occupying a space in Victoriaville Shopping Centre. The expansion, known as Health Centre South, provides additional space for outpatient programs and services such as Peer Connections, Employment Options, TeamWerks Co-operative, and Project ECHO.

MENTAL HEALTH SUPPORTIVE HOUSING

St. Joseph’s Care Group operates four high support and two medium support homes, supporting 53 clients to live successfully in the community.

ST. JOSEPH'S HOSPITAL EAST WING PROJECT HIGHLIGHTS

With a total budget of \$56 million dollars, the expansion of St. Joseph's Hospital provides:

- 38 private rooms for mental health rehabilitation as well as common living and dining spaces
- Home to other programs and services including Seniors' Outpatient Services, Dental Services, Library Services, Human Resources, Financial Services, Corporate Learning, Research Services, Collaborative Practice, Purchasing and Materials Distribution
- A new main entrance with more space to drop off and pick up clients
- A 16-space Accessible parking lot located adjacent to the Main Entrance
- A covered walkway from the Waterfront Parkade to the Main Entrance
- New spaces to eat and relax
- A living wall
- Safe outdoor spaces
- Contemplation Space (spiritual space)
- Additional meeting rooms

MENTAL HEALTH REHABILITATION PROGRAM

The Mental Health Rehabilitation Program space has been designed to meet the needs of our clients. Located within a mainstream hospital setting, it is similar to supportive living environments in the community. However, the level of care and support can be increased or decreased as a client needs change throughout the program. This enhanced environment aligns with the psychosocial rehabilitation model of care which is a best practice in mental health, and contributes to overall increased personal wellness and quality of life for clients.

Clients Served

- Serious Mental Illness
- Concurrent Disorders (mental illness and substance use disorder)
- Dual Diagnosis (mental illness and developmental disability)
- Acquired Brain Injury (and psychiatric disorder)
- Geriatric Psychiatry

What is Psychosocial Rehabilitation?

- Compassionate and respectful care is experienced in each and every client encounter
- Each client's cultural traditions, preferences, values, lifestyle and expressed needs are respected
- Supports people to live a full life (regardless of the setting), while learning to manage and live with ongoing symptoms and illness
- Conveys hope and respect through all stages of each person's journey
- Focuses on each person's strengths and capacity to learn and grow
- Supports clients to participate in and "lead" the establishment of treatment and life goals

What happens when clients are discharged from the program?

- Clients will be discharged into the most appropriate setting. This could mean discharge into supportive housing, long-term care or independent living with community supports.