



Maple Ridge Supportive Housing and Shelter Proposal
Answers to questions posed by Kelly Swift, Fred Armstrong and Tony Cotroneo
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Fraser Health's Mental Health and Substance Use model of care

Fraser Health provides a range of mental health and substance use services that extend across the life span and care continuums starting from prevention and health promotion to specialized, intensive and inpatient care. The services include inpatient and outpatient, community and residential services that are organized in seven client service streams:

- Child, Youth & Young Adult
- Adult
- Community Residential Emergency Short Stay and Treatment (CRESST)
- Older Adult
- Substance Use
- Tertiary (intensive and specialized services)
- Supported Housing and Residential Program

For more information about Fraser Health's Regional Mental Health and Substance Use Services model, please see the [Fraser Health Mental Health and Substance Use Continuum of Care](#).

What mental health and substance use services does Fraser Health provide in Maple Ridge?

For more information about services located in the Maple Ridge/Pitt Meadows Communities, please see the [Maple Ridge/Pitt Meadows Mental Health and Substance Use Services Fact Sheet](#).

Fraser Health Mental Health and Substance Use services for the homeless include:

Mental Health Services

- Fraser Health's Maple Ridge Mental Health Centre has a mental health clinician who provides outreach mental health services in collaboration with the Maple Ridge RCMP, and case managers who provide outreach mental health services to assigned clients who frequently use shelters or who are homeless.
- In partnership with the Ridge Meadows Division of Family Practice and the Salvation Army, a Fraser Health nurse practitioner provides primary care services to individuals who are homeless, have mental health challenges, and other chronic health conditions. Located at the Salvation Army shelter, the nurse practitioner provides services to clients who frequently use the shelter or who are homeless.

Substance Use Services

- Alouette Addictions Services, a Fraser Health contracted addictions outpatient service, provides outreach workers who connect with individuals who may be homeless with necessary addiction services such as detox, residential treatment and support recovery





beds. They also provide outreach services to First Nations communities in the Maple Ridge area.

- Riverstone Home and Mobile Detox Program expanded services to include Maple Ridge as of June 29, 2015.
- Concurrent disorder therapist who provides assessment and brief intervention, including assistance with referrals to appropriate mental health or substance use services, for individuals living with both a mental health and substance use condition.
- Access to Short Term Access to Recovery (STAR) beds located at the Maple Ridge Treatment Centre for patients referred by Ridge Meadows Hospital Inpatient Psychiatric Unit. Patients coming into hospital who might be homeless, meet the criteria regarding substance use and require a STAR bed have access to this resource.

Who is accessing our Mental Health and Substance Use services?

We offer mental health services at the Maple Ridge Mental Health Centre, at Ridge Meadows Hospital and through other specialty services across the region. More than 1,000 Maple Ridge residents are accessing mental health services right now – and the homeless are residents of Maple Ridge even if they don't have a home. We can support more if others want to use these resources.

Alouette Addictions Services, a Fraser Health contracted addictions outpatient service, provides outreach workers who connect with individuals who may be homeless with necessary addiction services such as detox, residential treatment and support recovery beds. In 2015-2016, Alouette Addictions Services admitted 253 individuals as clients; supported 445 individuals on a drop-in basis; and served 211 youth clients. They also host a school-based prevention program includes well-attended parent drug forums at elementary and secondary schools, and education sessions for teachers and youth.

Are there successful outcomes for those who engage with mental health and substance use services?

With proper treatment and support, people who experience mental illness and substance use disorders can recover and have productive and engaging lives. Successful outcomes can be defined in many different ways. Success can be an individual showing up for an appointment, finally seeing their child, or trying really hard and making through a week without using. You have to start small and work your way up. Our role is to to serve clients, help them navigate and support them as they continue their journeys.

Children and Youth Mental Health services

What types of mental health support are available for children and youth?

Mental health services for children and youth are provided by the Ministry of Children and Family Development (MCFD), Fraser Health, community-based pediatricians, physicians and child and family service organization, and schools.

MCFD provides specialized mental health assessment and treatment services for children under the age of 18 through their community Child and Youth Mental Health office. For more information about MCFD Child and Youth Mental Health





services, visit <http://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health>

Fraser Health provides crisis response and limited specialized mental health services for children under the age of 18 throughout hospitals and communities. For more information about Fraser Health Child and Youth Mental Health services, please visit <http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/child-youth-mental-health-services/>

Child and Youth Substance Use services

What types of substance use support are available for children and youth?

In addition to the services provided by Alouette Addictions Services, children and youth can access substance use services that include withdrawal management, residential services, intensive day treatment, outreach/outpatient services and a concurrent disorders program.

For more information about these services, please visit <http://www.fraserhealth.ca/health-info/mental-health-substance-use/child-and-youth/youth-substance-use-services/youth-substance-use-services>)

Harm reduction services

What is harm reduction?

Harm reduction refers to policies, programmes and practices that aim to reduce the health, social and economic consequences of substance/drug use without necessarily reducing the amount of drugs or substances the person uses.

How does harm reduction work?

Harm reduction saves lives. It improves quality of life by allowing people who use drugs to remain integrated in society. Alienation and marginalization of people who use drugs often compounds the reasons why they engage in unsafe drug use. It can also empower the user to move from a state of chaos to a state of control. As well, harm reduction facilitates an entry point into other healthcare supports for a vulnerable population who may not otherwise seek care.

For more information about harm reduction, visit <http://www.fraserhealth.ca/health-info/health-topics/harm-reduction/harm-reduction/what-is-harm-reduction->

