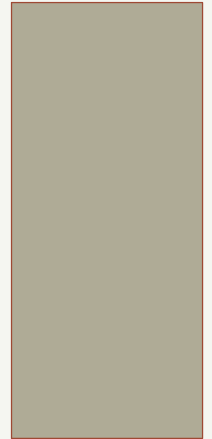




COWICHAN VALLEY INTEGRATED CARE TEAM (ICT)

MARLA JARDINE RPN



BACKGROUND

- ICT is not a new idea, but a new practice
- Began as pilot project
- 2011 Cowichan Valley and Victoria
- Collaborative care team including client, family physician, psychiatrist, full time nurse, part-time dedicated admin staff

INTEGRATED CARE TEAM

- By providing a consistent, comprehensive approach to support primary care physicians, clients with stable, serious, persistent mental illness (SPMI) can be successfully treated in the community by primary care.

INTEGRATED CARE TEAM

- Successful treatment in the community will:
 - ❖ decrease the number of acute care admissions,
 - ❖ reduce the average length of stay in hospital, and
 - ❖ increase the capacity of mental health case management services to support more complex clients with mental illness.



SOME STATS & DATA



- Total number followed by Cowichan Valley ICT to date:48
- Discharge vs "graduation"
- Discharged from Cowichan ICT:21
- Cowichan ICT to date, 8 graduates, 4 preparing.

PURPOSE OF ICT

- Support clients with stable, serious, persistent mental illness SPMI in transitioning from Secondary MH to Primary Health Care Services.
- Liaison , education and support provided to SPMI clients, (and their designated supports) who are ready to close their MH files.

ICT PROCESS

- Role of the team is to support & promote client autonomy, independence, wellness & recovery
 - Development of a WRAP plan
 - Liaison support of client, family, doctors during transition

"NEXT STEPS" GROUP TO DATE

- Began in May 2012
- Average attendance 8 clients
- Client driven
- ICT group participants are being given an opportunity to express themselves in a profoundly new paradigm when considering "leaving" Mental Health Services.





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WRAP

- Wellness Recovery Action Plan
- Developed by Mary Ellen Copeland (Australia)
- Unlike conventional care plans don't focus on history of illness, but on wellness

WRAP

- WRAP is introduced when client first interviewed for ICT
- Each client given choice to work with clinician 1:1 or group setting
- Each group member actively working on creating their individual WRAP
- Focused sessions are on learning & integrating 5 key recovery concepts of WRAP

KEY CONCEPTS OF WRAP

1. Hope
2. Personal responsibility
3. Education & research
4. Self-advocacy
5. Building strong support system

PROGRAM TO DATE

- Measuring tool used Scott Miller's ORS/SRS
 - ❖ Evaluates how effectively group meets client needs
- ORS completed prior to beginning group
- Score reported to group

INSTRUMENT ORS/SRS

- Client feedback instruments used to monitor the process & outcomes of mental health care
- Outcome Rating Scale
- Session Rating Scale
- Evaluates how effectively group meets client needs

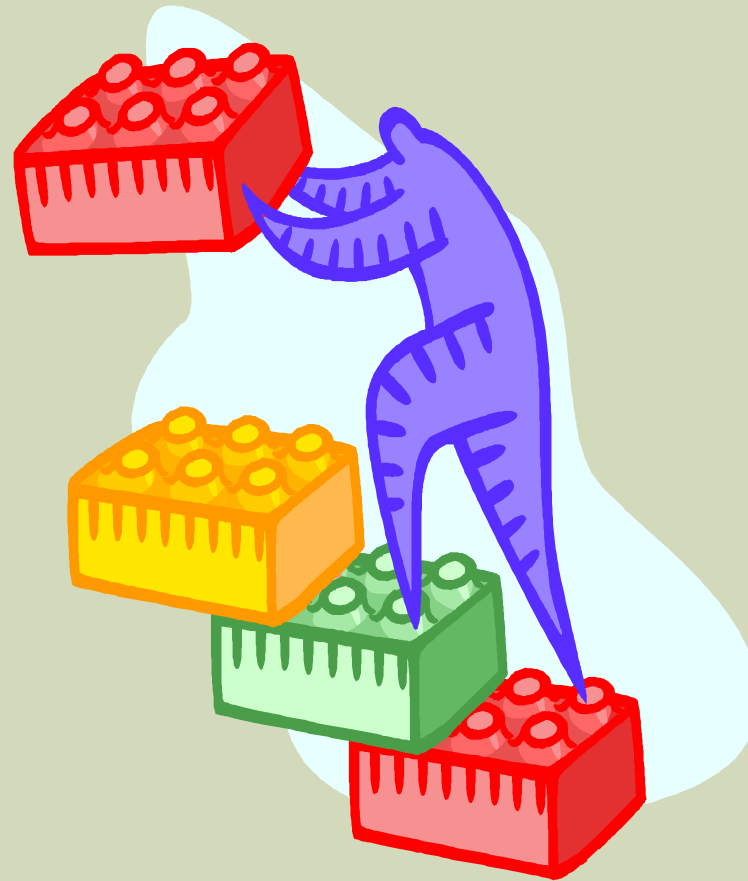
INSTRUMENT ORS/SRS

40										
SRS CUTOFF 35										
30										
ORS CUTOFF 25										
20										
15										
10										
5										
0										
SESSION NUMBER	1.	2	3	4	5	6	7	8	9	10

GROUP PROGRAM TO DATE

- Group chooses topic of day
- Near end of group clients complete SRS & anyone with score below 35 will be asked what's missing from session
- Facilitator incorporates feedback into next session

NEXT STEPS



PARTICIPANT COMMENTS

- “If we learn about ourselves, we can learn how to enter back into society then we can move fully away from mental health services”
- “ We are the experts on Mental Health. We should be teaching the GP's at Universities and Colleges”.
- “Next Steps group is like a think tank. A place where we can express our fears and challenges with the change”

PARTICIPANT COMMENTS

- "I want to be a part of the fabric of the family rather than a blemish"
- "Well, I have been hospital free for three years and I have come here ready and wanting to improve my self esteem and looking for employment"
- "In this group we are empowering ourselves and continue learning how to advocate for ourselves, isn't that what life's all about?"

GRADUATION TO PRIMARY CARE



GRADUATION KEY POINTS

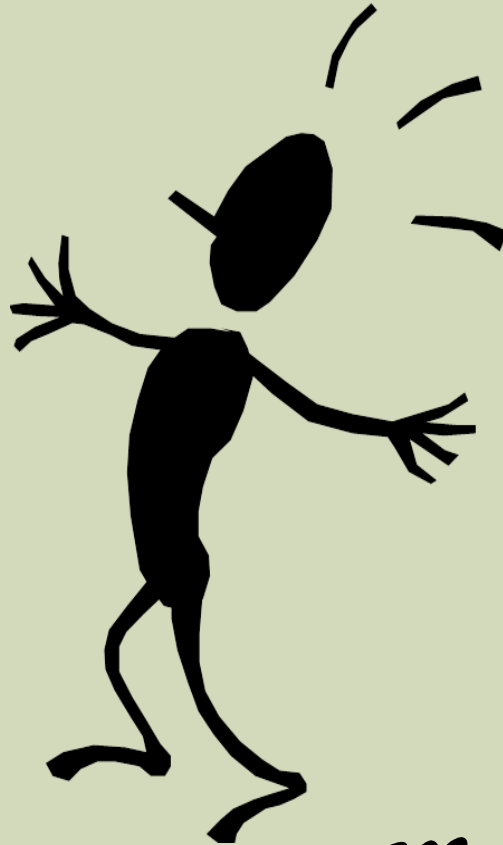
- Client expresses readiness to close MH service file
- Makes preparation to complete WRAP
- Copy of WRAP provided to GP
- Graduation ceremony in group
- Understanding between GP & client that at any time ICT services required, either can initiate same

QUESTIONS



Marla

THANKS FOR YOUR ATTENTION!



Marla