

In the face of an unprecedented increase in the number of people struggling with substance abuse in our area, Grey Bruce Health Services is addressing the addictions and mental health crisis through...

***Person Focused Care,
Recovery &
Empowerment***



Building a Wellness & Treatment Centre for Addiction Management & Recovery

**The time is now;
the need is urgent in our region**

70% *more people in GB area being hospitalized due to opioids (compared to 6 years ago)*

3X *the number of opioid-caused visits to our emergency departments*

160% *surge in demand at our Rapid Access Addiction Medicine Clinic*

100% *Our Withdrawal Management program is at full capacity*

80% *of our inpatient mental health beds are used by people struggling with substance use*

22% *of Grey Bruce residents report being regular heavy drinkers, with long-term risks*

Bold innovation required

Treating people whose needs are complex, who may have co-existing alcohol and drug problems, mental health issues, and also face unemployment or even homelessness requires a unique and innovative approach not currently available in the Grey-Bruce area.

In response, GBHS is planning to build a new wellness centre for adult mental health/addiction

support, creating a unique mental health facility in Canada that integrates both health care and social services.

GBHS projects that when fully operational, the facility will serve as many as 4,000 patients per year, a major expansion in numbers served, with support tailored to individual needs.

The impact of reducing substance use

For individuals treated at the new centre

- Fewer people and families experience tragic outcomes
- Reduced suffering and stigmatization
- More people engaged in employment, education and self-care activities
- Fewer people losing stable housing

For all of us in Grey Bruce

- Reduced healthcare costs (much less expensive than hospital beds)
- Reduced use of hospital emergency services
- Decreased use of social assistance
- Reduced involvement in justice system
- Creates a 'centre of excellence' program that can be replicated elsewhere



Designated treatment areas

When fully operational the facility will be able to serve 45 inpatients at a time. Services include:

24/7 Addiction treatment services

Medical detoxification
Relapse prevention and treatment

Longer-term stays

Transitional supportive living, people stay for various lengths of time according to their individualized treatment/support plans

Individuals in Crisis

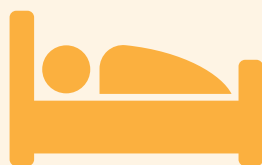
Delegated crisis beds



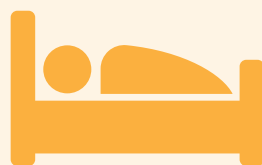
Medical Detox



Prevention & Treatment



Longer-term



Crisis



Best Use

Therapeutic facilities included

- Gym
- Multi-faith Healing Space
- Designated Indigenous beds
- Designated Transgender beds
- Kitchen and dining room (also a site for training life and employment skills)
- Computer Training Centre
- Office space to meet/serve drop-ins
- Vocational and teaching space

People and skills on site

- Trauma counselling
- Psychiatrist
- Nurse Practitioner for addiction medicine and primary care
- Case Management Services
- Peer Support Worker to provide support from a lived experience
- Crisis Support, 7 days/week
- Recreational Therapist
- Spiritual Care services

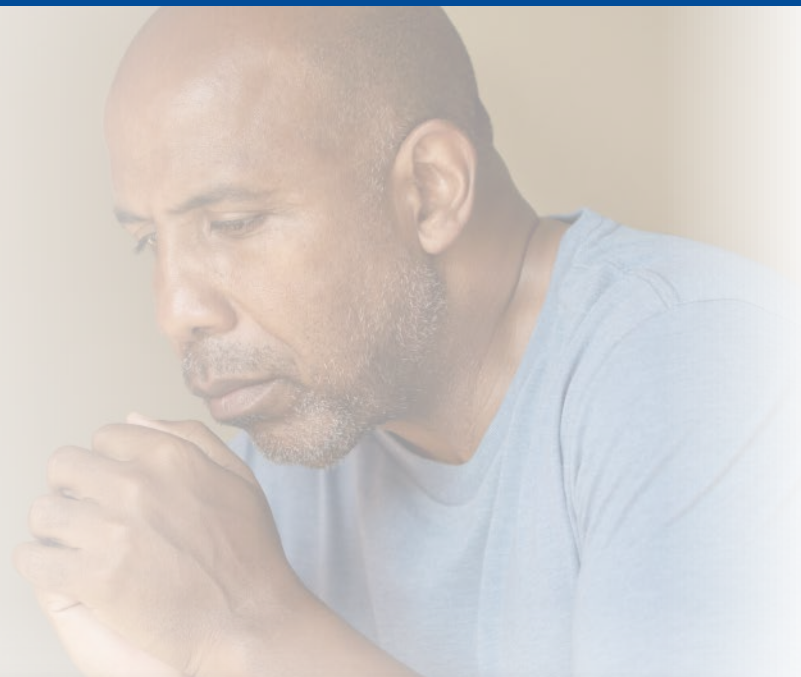
How people will be helped

Built on collaboration

The centre is a collaborative partnership between GBHS, community partners and Indigenous groups. Partnerships allow the centre to combine programming, transitional living units and support functions under one roof to serve as many as 4,000 clients each year.

Prioritize safety and support

The centre will provide a safe environment for people who need additional support after discharge from hospital and/or addiction services or who are referred by partners, or simply walk in seeking help. Priority access will be provided to Indigenous and transgendered individuals.



OUR RECOVERY AND EMPOWERMENT MODEL

Enhancing Quality of Life Outcomes

The principles of recovery make the individual the centre of the service rather than the illness. The new facility will be focused on enhancing quality of life outcomes such as housing, employment, education, healthcare, social life and meaningful social connections.



Invest in Varied and Well-developed Skills

The centre will be staffed by trained mental health nurses, social workers, peer workers, therapists, addictions and mental health counsellors, Nurse Practitioners, spiritual care practitioners and a psychiatrist on-site.

Individuals Are The Centre Of The Service

Implementing a person centered Recovery and Empowerment Model

Focus on the person and enhancing quality of life

- Individualized recovery-oriented treatment plans

Emphasize skill-building

- Fostering hope, self-efficiency and empowerment

Gain individual support through strong therapeutic alliances with the community

- Family, friends, and peers
- Connections in the community

Create a Therapeutic Community on site

- Blends therapy and recovery into everyday aspects of living
- Emphasizing "whole-self wellness"

Integrate the care

- Includes work, volunteer, recreational, therapeutic experiences, and life skills development
- Focused on providing a wraparound approach to treatment of mental illness and addiction and enhancing one's strengths and building hope for change

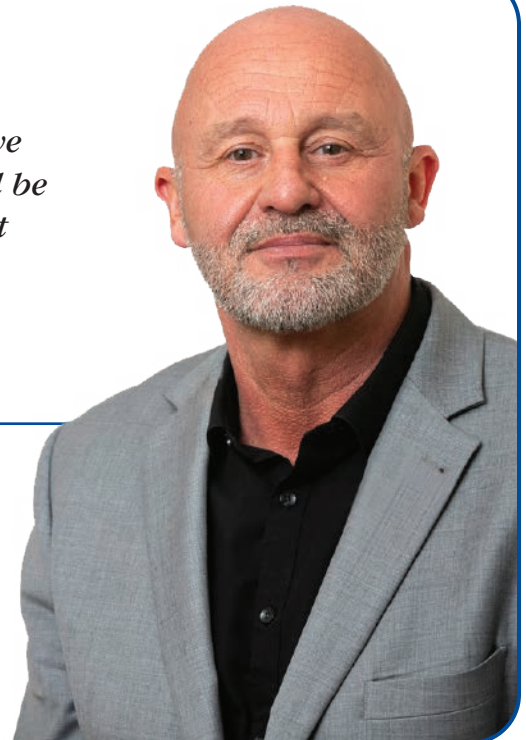
Offer step-by-step transitions

- People can receive support and services from the centre as outpatients or even as visitors.
- They also re-engage in the broader community in ways appropriate for each person.

Funding the vision

“Our region has seen a significant increase in opioid-related hospitalizations, and our Emergency Department visits have tripled in the past few years. This new treatment centre will be the largest of its kind in our region and will be able to treat people from across Grey Bruce.”

- Gary Sims,
President and CEO
of Grey Bruce Health Services.



- Total cost to purchase space, renovate and equip the new centre\$25 million
- To be paid from existing funds and revenue in GBHS\$10 million
- **Request to the Five Hospital Foundations in GBHS \$15 million**
- Operating costs for the services are largely accounted for from existing Withdrawal Management Services budgets. Additional operating funds have already been approved by the provincial Ministry of Health.

This new facility will save lives

“It will help the most vulnerable people get off the street and give them a safe roof over their head while they get medical treatment and therapy to get back on their feet.

Most of these individuals have co-existing alcohol and drug issues and mental health challenges, compounded by unemployment and homelessness. They require a unique and innovative approach to treatment.

Hospitals are not the best setting for this type of care, and that’s why we are opening a new, purpose-built treatment facility.”

- Naomi Vodden, GBHS Director of Mental Health and Addiction Services

The Five Foundations and health care funding



www.gbhs.on.ca

Grey Bruce Health Services (GBHS) operates six hospitals and an addictions treatment centre in Grey and Bruce counties.

GBHS is generously supported by five independent hospital Foundations:

- Bruce Peninsula Hospitals Foundation (Wiaraton & Lion’s Head Hospitals)
- Saugeen Memorial Hospital Foundation (Southampton Hospital)
- Meaford Hospital Foundation
- Owen Sound Regional Hospital Foundation
- Centre Grey Hospital Health Services Foundation (Markdale Hospital)

Each Foundation has its own volunteers, staff and Board of Directors. The Foundations work autonomously of each other but collaborate regularly and come together to work as one on regional needs (such as the MRI campaign) and as specific causes dictate.



www.bphfoundation.com

www.cghsfoundation.com

www.mhfoundation.ca

www.oshfoundation.ca

www.smhfoundation.ca