When the Metal Door Closes, What Next?
Our Model is Called

**Mental Health STEP**

*Supported Transition, Evaluation & Planning*

20. (Verwey, B., van Waarde, J.A., Bozdag, M.A., van Rooi, I., de Beurs, E, Zitman,
What were our participants struggling with?
How people felt about being discharged:

Isolated  
Alone  
Dismissed  
Lost  
Uncertain  
Empty  
Nervous  
Misunderstood  
Afraid  
Unsupported

6. (Cutcliffe, J., et. al., 2012, p. 21-29)  
7. (CAP Client Feedback Forms, 2013)
Home, Sweet Home
More Risks going home ..

- Short admission\textsuperscript{5}
- Recent discharge after little discharge planning\textsuperscript{6}
- Sudden transition
- Adverse events
- Older age
- Comorbid psychiatric disorders

A Need, A Strategy

• Lack of support transitioning home from hospital

• Reviewing resources
Centre for Adult Psychiatry (CAP)
Westman Crisis Services
(Mobile Crisis Unit & Crisis Stabilization Unit)
Mental Health STEP

Supported Transition, Evaluation & Planning

* for people discharged after a suicide attempt

• who live within 60 minutes of Brandon

• an expectation in follow-up planning
The Process

- Discharge planning begins on admission\textsuperscript{17}
- Early referral to Mental Health STEP
- Meet with Mobile Crisis Unit before discharge
- Home preparation
- Transportation
- Appointments\textsuperscript{9}

\textsuperscript{6} (Cutcliffe, J., et. al., 2012, p. 67) \textsuperscript{8} (Schroder, A., Larsson, B.W., & Ahstrom, G., 2007, p. 141-160). \textsuperscript{9} (Social Care Institute for Excellence Research Brief, 2010). \textsuperscript{17} (Steffen S, Kosters M, BeckerT, Puschner B., 2009, p.1-9)
Face to Face Home Visits
Follow-up for Participants

• The Mobile Crisis Team provides follow-up contact with the participants at:
  – 2 weeks
  – 6 weeks
  – 6 months
  – 12 months

Feedback Mechanisms

• **Surveys** to participants, caregivers, psychiatrists

• **Conversations**

  * **Formal interviews** with a population health expert – 1/3 of participants
Our participants told us:

“It’s a very cool program.”

“I’ve learned that I want a quality of life and they (STEP staff) are going to help me make that happen.”

“It makes me feel safer.”

“It felt like there was a plan for me.”

“Total strangers cared whether I killed myself or not”

“It’s a lot more support than just coming right home and getting into all the duties that I have (like I did before).”

“I can call MCU anytime and they’ll talk with me. I don’t have to keep things bottled up.”

“They set it up so that I only had to worry about one day at a time.”

“The last time I admitted, I was just thrown out of the hospital after drinking the charcoal…this time, I didn’t feel like my psych support has been cut off.”

“This is the best I’ve felt in 40 years.”
PARTNERS for Mental Health STEP

- Psychiatrists
- Population Health Analyst
- Family Doctors
- Nurses
- Community Mental Health Workers
- Wellness Workers
- Addiction Workers
- Brandon University Counsellors

FROM
- Brandon
- Rolling River Reserve
- Killarney
- Minnedosa
- Birdtail Reserve
- Neepawa
- Erikson
- Hamiota
- Swan Lake
- Souris
- Ebb and Flow Reserve
Feedback from Care Providers
registered psychiatric nurses, psychiatrists, support staff, mental health workers, etc.

• Partnerships

• Continuity of care

• Better clinical handoffs
OUTCOME

100% Participant Survival Rate
Questions?
Credits

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• Debb & Wally Geiler
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• Mike Combs
• Nancy McPherson
• Rebecca Anhalt
• Tom Vogt

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• Prairie Mountain Health
  – Center for Adult Psychiatry Staff
  – Crisis Services Staff
  – Numerous Partners

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References & Resources


Additional Slides

• Who participated – ethnicity, living arrangement, age, gender

  • Who participated – marital status, education, occupation

  • Ideas for the future

  • Recommendations for Practice
Who Participated in the Program?

Ethnicity:
- Caucasian
- Aboriginal
- Asian

Age:
- 18-24
- 25-34
- 35-44
- 45-54
- 55-64
- 65+

Primary Living Arrangements:
- Independent
- Immediate Family
- Extended Family
- With Friends
- Group Home (Supported Living)
- Other

Gender:
- Male
- Female
Who Participated in the Program?

Marital Status
- Never Married
- Separated
- Divorced
- Common Law
- Married

Education
- Less than Grade 12
- Grade 12/Equivalent
- Some University/College
- University/College/Degree/Diploma

Occupation
- Retired
- Student
- Full Time
- Unemployment
- Self-Employment
- Pension
- Disability
- Income Assistance
Ideas

• Tailor the follow-up for individual needs:
  – Alternatives to an actual visit
  – Choices about frequency
  – Consistency in caregivers
Recommendations for Practice

- Collaboration
- Education
- Planned discharges
- Length of hospitalization
- Flexible plans for follow-up