

First Responder Mental Health Specialty Pilot Program

Overview for Schedule 2

February 9, 2022

Agenda

Introduction – Julie Thurlow

Description of Program – Jessie Farran & Dr. Kimberly Watson

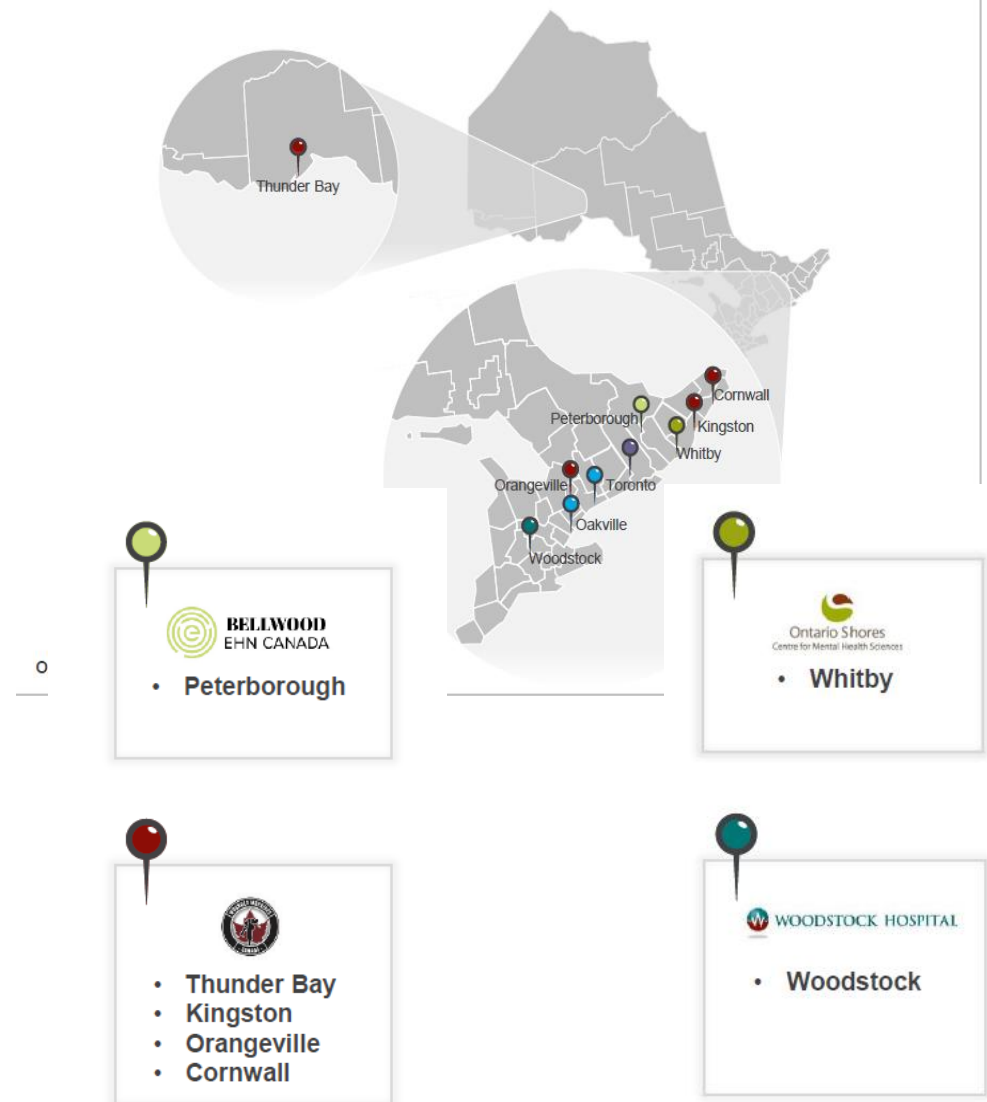
Questions – All

Background

- In April 2016, Ontario passed legislation supporting Ontario's First Responders Act, allowing for faster access to WSIB benefits, resources and timely treatment
- WSIB worked collaboratively with system partners to build a number of unique programs and services to ensure timely access to care, including a Community Mental Health Program, delivered by community psychologists, and four Specialty Programs, delivered through four Mental Health Hospital Partners
- In any given year, on average 1,200 First Responders with occupational stress injuries access mental health services within WSIB's health care continuum, including 70 who access residential facilities
- Although access has increased significantly across Ontario, stakeholders have advocated for the creation of a facility specifically designed to assess, treat and support First Responders suffering from PTSD.
- In Spring 2021, WSIB released a RFI to develop the First Responder Mental Health Pilot Specialty Program and Trillium Health Partner's Insight Health Solution Team was awarded the contract.

Overview of Pilot Program

- **Trillium Health Partners** has partnered with:
 - **Gateway Recovery Centre** with Bellwood Health Services
 - **Wounded Warriors** Canada
 - **Ontario Shores Centre** for Mental Health Sciences, and
 - **Woodstock Hospital**



12 | Trillium Health Partners

THP serves over 1.7 M patients annually, across its three hospitals sites and satellite facilities










Summary of Key Highlights of Pilot

- First Ontario based First Responder specific Comprehensive Mental Health Pilot Program with services ranging from prevention to care
- Designated Public Psychiatric Hospital oversight and accountability to ensure high quality and safe care delivery
- Increased system capacity ensuring timely access to care
- Evidence-based and experienced approach to care with partnerships having significant experience in trauma assessment and treatment
- Residential facility specific to this population and currently operating
- Two levels of outpatient programming to respond to specific needs of the injured/ill person and a trauma resiliency program
- Cultural competency training of ALL program clinicians and administrative staff
- Credibility among First Responders (i.e. International Association of Fire Fighters' recognition of Gateway and Wounded Warriors partnership)
- Opportunity for Wounded Warriors to provide cultural competency training for community providers and more broadly.





Gateway: First Responder Residential Care

First & Only State-of-the-Art Facility Exclusively for First Responders & Military Personnel - Gateway Bellwood / EHN



-  Builds on Bellwood's 30-year history of specialized programs for First Responders with Substance Use Disorder, Occupational Stress Injury and Post Traumatic Stress Disorder
-  Partnership with the International Association of Firefighters
-  Located in Peterborough, ON; 22,000 square-foot, 32 bed facility situated on 14 acres and borders an 18-hole golf course
-  Opened in May 2015 as CHRC (acquired May 2021 by Bellwood/EHN)
-  Building has gym, yoga, meditation, games, teaching, theatre, and dining rooms (dining room has attached lounge)
-  Offers a unique "Wellness Centre" with running, cycling tracks, and specialized outdoor programming
-  Offers 3 Inpatient Treatment Programs designed specifically to address addiction and mental health concerns of active Military Service members, Veterans and First Responders
 - › CORE Program (Addiction and Mental Health): 7-weeks
 - › Trauma and Psychological Injury Program (TPIP): 7-weeks
 - › Concurrent Trauma and Addiction Program (CTAP): 9-weeks

Criteria for Admittance

-  Moderate to severe substance use disorder with concurrent diagnosis
-  Unsuccessful outpatient treatment outcomes
-  Significant functional impairments e.g. impaired sleep/wake cycle, reduced participation in daily activities, unable to work, lack of routine and structure
-  Typically present with significant interpersonal challenges e.g. relationship breakdown, conflict with family members, and parenting challenges

Program Description

3 specialized Inpatient Treatment Programs designed to address Addiction and Mental Health disorders of active **Military Service Members, Veterans and First Responders**.
Programs are segregated from the general treatment community to support the "fellowship" that is important to this population

CORE Program (Addiction and Mental Health): 7-weeks

Trauma and Psychological Injury Program (TPIP): 7-weeks (coming Summer 2021)

Concurrent Trauma and Addiction Program (CTAP): 9-weeks

Evidence-Based Program Components:

- Medical Management
- Structure Psychological Interventions
- Concurrent Condition Treatment
- Vocational/Occupational Rehabilitation
- Aftercare and Reintegration into Community
- Additional Services: Online recovery tools via the Wagon App and a Family Program

Staffing Model



Wounded Warriors Partnership

Trauma Resiliency Program (TRP)

The TRP is a group-based clinically facilitated, multi-stay trauma therapy program for Veterans and First Responders. It helps participants acquire the necessary tools to overcome the effects of traumatic exposure.



Participants learn essential skills to enhance their abilities to deal effectively with post-traumatic stress responses, focusing on self-regulation, teamwork and transforming injury into plans for healing and recovery

I

3 days/3 nights
7 hours/day
12 people/group



II

4 days/4 nights
7 hours/day
6 people/group

CLINICIANS



1 Registered Psychologist



1 Master Level Clinician



ONTARIO LOCATIONS



Thunder Bay

Kingston

Orangeville

Cornwall

This is the most life changing program I have ever experienced. I was scared I wouldn't be able to return to policing, but the tools I learned on TRP got me back to work.

Ontario Shores Centre for Mental Health

ONTARIO SHORES



Years in Business: 102 years



of Locations and where: Main facility: 700 Gordon Street in Whitby. Community based clinics: Durham Community Clinic (Whitby Mall, 1615 Dundas St.); Peterborough Assertive Community Treatment Team; York Region Community Clinic in Newmarket; & Kawartha Lakes Community Clinic in Lindsay



of Employees: 1,300



Core Business:



› Ontario Shores is a public hospital and leading provider of a range of **generalized and specialized assessment and treatment services** to those living with **complex and serious mental illness**. **Exemplary patient care** is delivered in a **recovery-oriented practice**.



› Of the many services offered at Ontario Shores, the **Anxiety and Mood Disorders Service** & the **Traumatic Stress Clinic** provide evidence-based stepped psychotherapies (individuals, group, e-therapy) to service clients who are experiencing symptoms of Mood & Anxiety Disorders or PTSD. These are highly **manualized and grounded in strong research evidence** to ensure that interventions are effective in **reducing symptomology and supporting a client's recovery journey** through structured and time-limited treatments.



› Ontario Shores has a **long history of serving public safety personnel/first responders** at our organization, as well as through our proof-of-concept partnership program, called **First Responder Assist**, which was launched in partnership with Wounded Warriors Canada in May of 2020.



Services to be provided



We will provide outpatient services, including virtual and in-person assessment & treatment



Ontario Shores
Centre for Mental Health Sciences

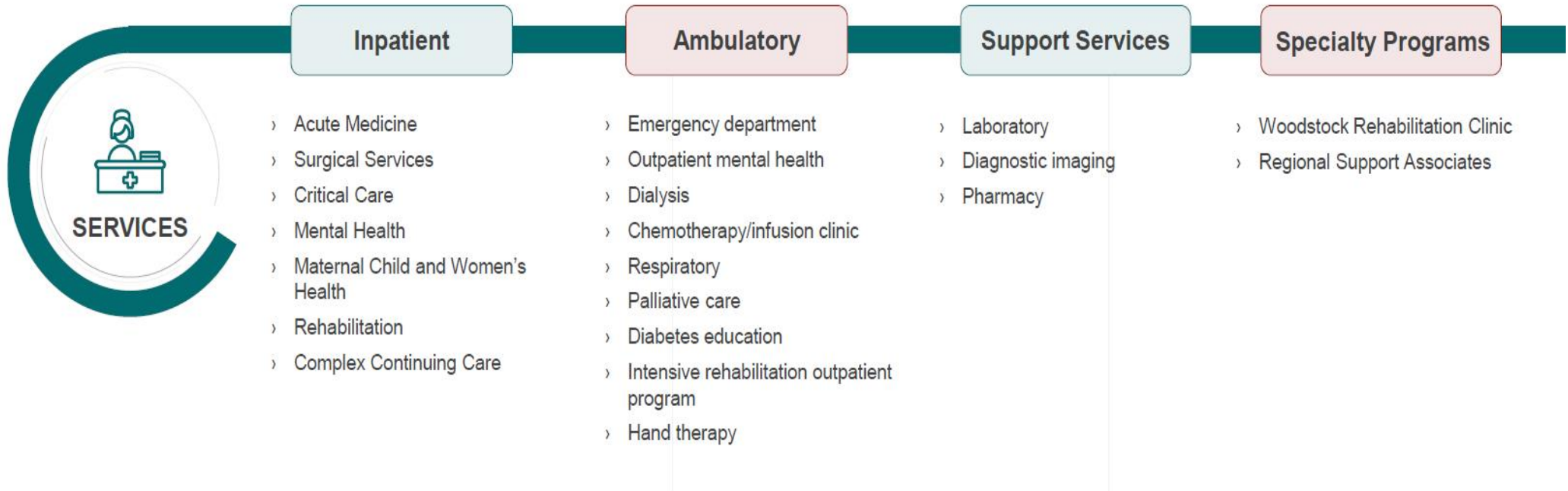


Role in this RFI: Provider of Mental Health Assessment and Outpatient Treatment Services

Woodstock Partnership

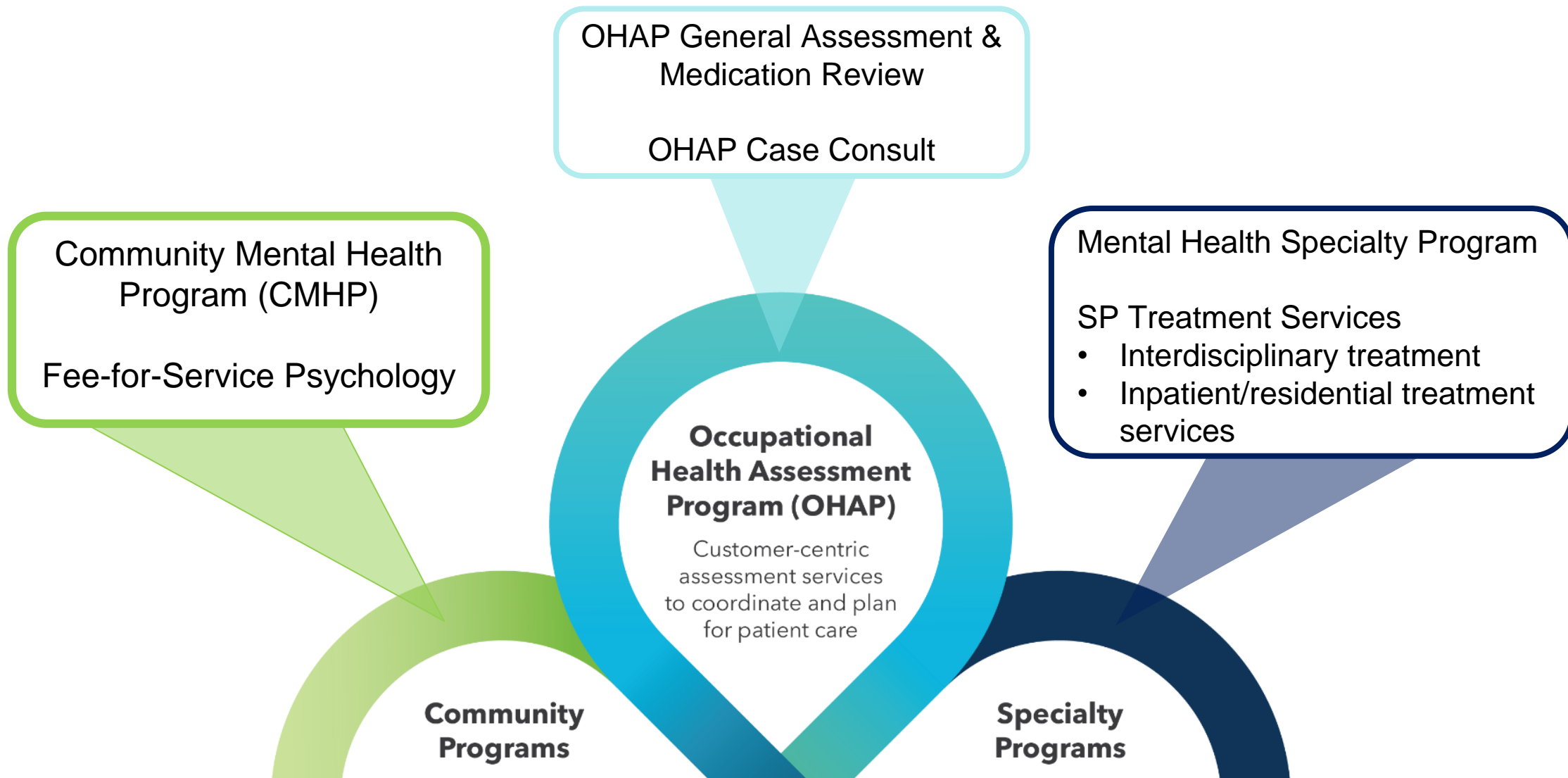


178 bed community hospital providing primary care to 55,000 people and offering specialized care to nearly 110,000 in Oxford County



Role in this RFI: Provider of Mental Health Assessment and Outpatient Treatment Services

Mental Health Continuum of Programs and Services that will facilitate **coordination** of care and drive **recovery** and **return to work outcomes**



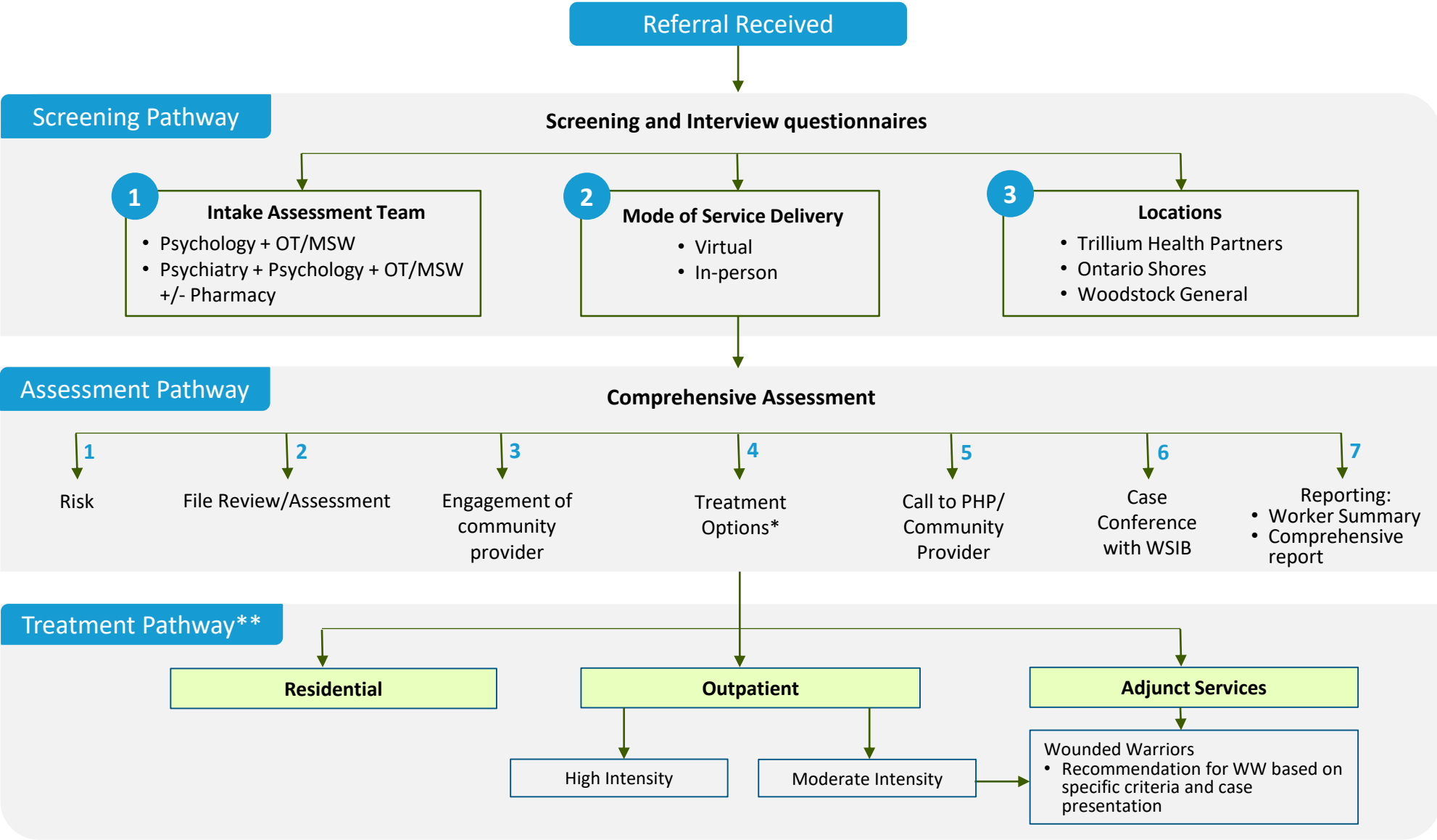
Mental Health Specialty Programs – Target Population

Injured Persons with mental health injuries that require specialized assessment and treatment services.

Complex cases

- Severe and/or worsening symptoms
- Minimal response to previous treatment interventions
- Issues with medication management
- Prior similar injury and/or co-morbidities

First Responder Specialty Program: Referral to Treatment Workflow



*stepped care decisions points

**acute care, where required, is available same day

Discussion

