

Pediatric Grand Rounds
Alberta Children's Hospital
April 5, 2023

INTRODUCING THE SUMMIT

Marian & Jim
Sinneave
Centre for Youth
Resilience

Dr. Jason Taggart, MD, FRCPC
Clinical Medical Director
Child and Adolescent Psychiatry

Pediatric Grand Rounds
Alberta Children's Hospital
April 5, 2023

Overview

1. Current State of Pediatric Mental Health
2. The Summit Centre
 1. Filling in Service Gaps
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 2. Ptarmigan Day Hospital
 3. Tallman Family Services – Intensive Community Treatment (ICTS)
3. Research Overview – Dr. Hindmarch
4. Question and Answer



Current State of Pediatric Mental Health

ON A
TYPICAL
DAY



3 - 8 kids

waiting to be admitted from
Emergency to a Mental Health bed



3 - 4 kids

occupy a bed that was not intended for
mental health patients



50+% of kids

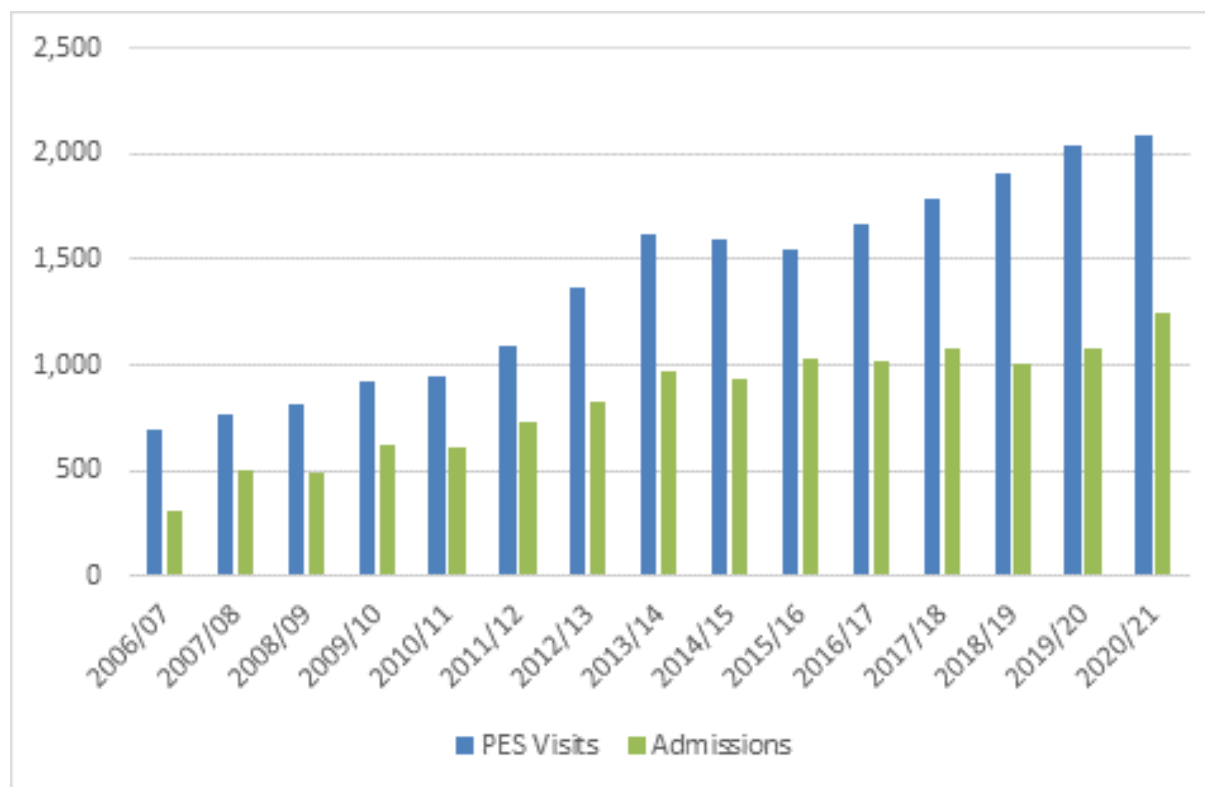
who need help from Day Treatment
Program can't get in due to lack of resources

Common presenting concerns:

A full spectrum across all ages:

- Mood and Anxiety Disorders
- ADHD and Disruptive Behaviour Disorders
- Substance Use Disorders
- Psychotic Disorders
- Eating Disorders
- Intellectual Disabilities and Developmental Disorders
- Somatic Disorders
- Gender Dysphoria

Emergency Department Presentations and Mental Health Hospital Admissions



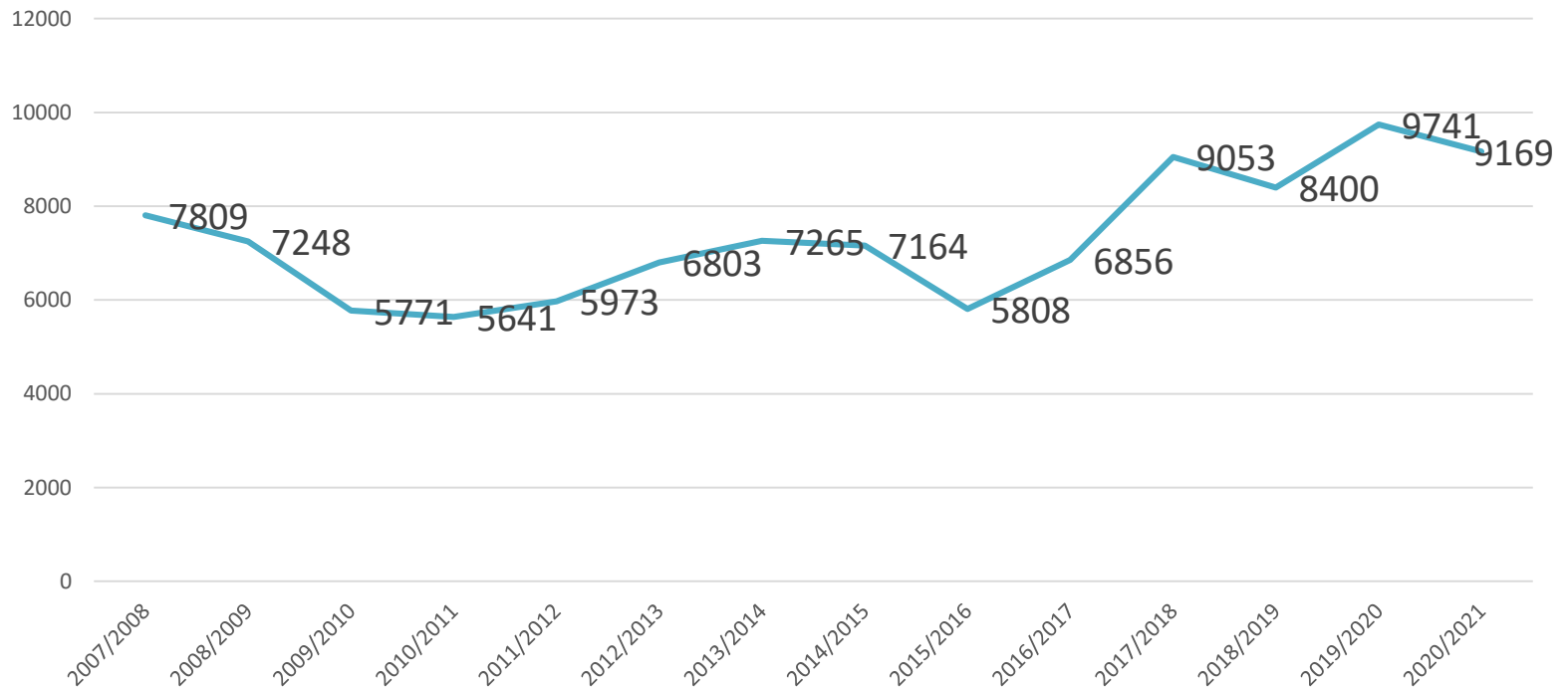
PES – Psychiatric Emergency Services

Admissions – Acute Care admission to a mental health bed

Calgary Zone data

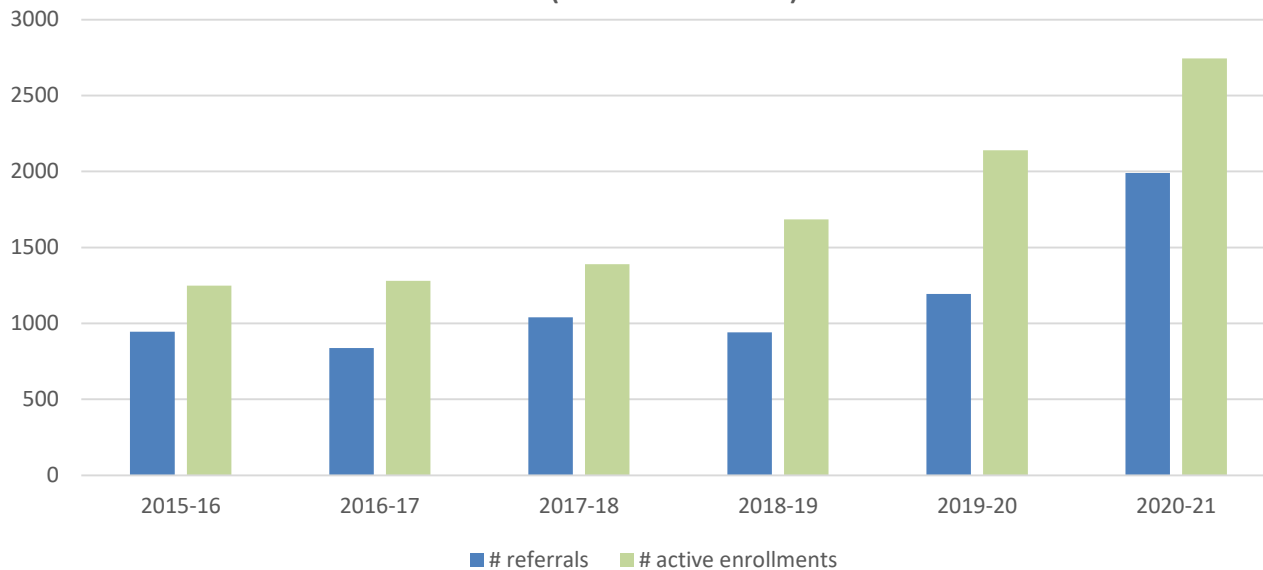
Access Mental Health

Access Mental Health call volume by fiscal year
(2007 to 2021)



Community Clinic Demand

Child/Adolescent Mental Health Community Clinics
(2015 to 2021)



Calgary Zone data

ED

Statistics:



3X

increases

- In the past 10 years the number of pediatric patients in ED/UC with suicide related injuries has risen **265%**, even though the population has only increased by 20%.
- ED visits requiring Psychiatric Emergency Services (PES) have steadily increased
 - October 2017 – 69 ED visits
 - October 2019 – 134 ED visits
 - **October 2021 – 275 ED visits**
- Increased wait time from decision to admit in ED to transfer to inpatient bed
 - November 2019 – ~10 hours
 - **November 2021 – ~33 hours**

PES – Psychiatric Emergency Services
ED – Emergency Department
UC – Urgent Care

Calgary Zone data

Factors contributing to service demand:

- **Increased awareness**
 - **Parents/Caregivers**
 - **Youth**
 - **Schools**
 - **Primary Care**
- **Decreased stigma**
- **Pandemic impacts**

The Summit Centre: Filling in Gaps

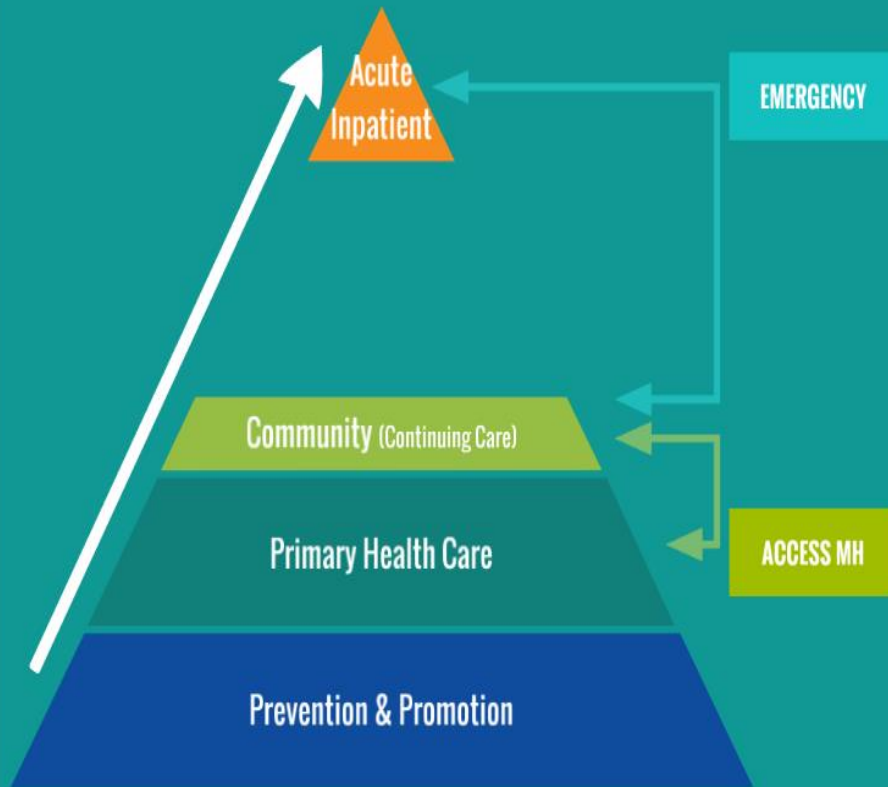
Build
them
UP

Core Services (current):

A full continuum of services:

- Prevention and Education Services
- Community Clinics
- Speciality Clinics (e.g. Somatic Disorders, Emerging Adults, Eating Disorders, Complex ADHD)
- Day Treatment Programs
- Urgent Ambulatory Psychiatric Clinics
- Outreach services
- Addiction Treatment (outpatient and live-in)
- Inpatient Units

CURRENT SYSTEM MODEL



The ASK – 2015

Alberta Children's Hospital Foundation

Tertiary level non-inpatient services to be centralized in one location, creating a hub that allows:


- a ***comprehensive continuum of intervention services*** to children and youth
- an extensive range of ***coordinated, integrated, and seamless services, that are easily accessible to families***
- timely, trauma-informed, family centred care that allows children and families to be provided with the ***least intrusive level of care*** required
- ***research on innovative and effective treatment*** for children with mental health disorders and their families
- ***world-class training and education*** for mental health professionals locally, provincially, nationally and internationally
- ***increased capacity in the community***, avoiding hospitalization, relieving pressures and overuse of Emergency Departments and inpatient beds
- ***seamless integration*** with existing Child and Adolescent Addiction and Mental Health traditional services and innovative projects
- ***improved efficiencies*** through sharing of staff and facilities

The Ask – 2015
(LOI- Alberta
Children’s Hospital
Foundation)

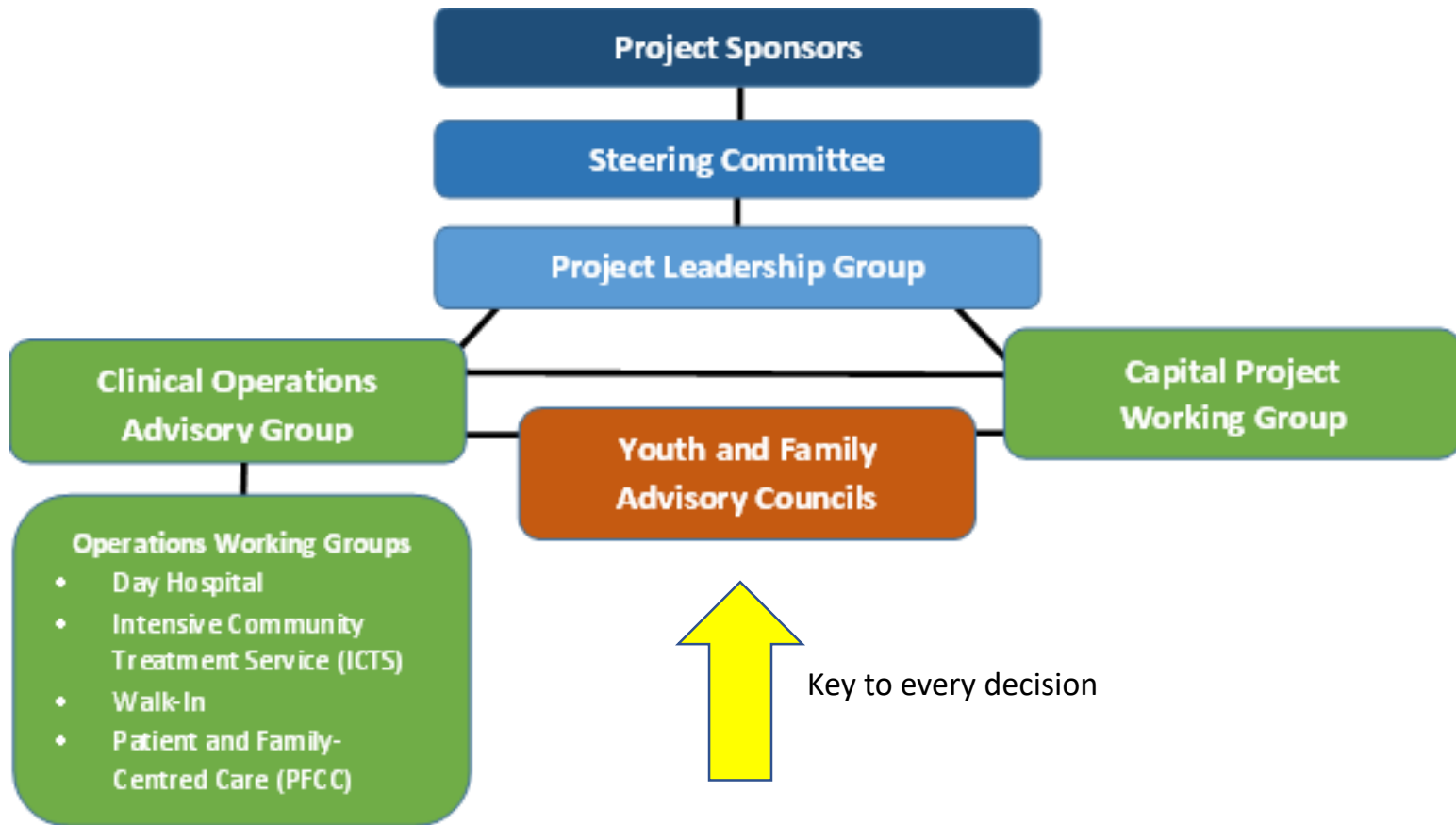
Tertiary level non-inpatient services will be centralized in one location, creating a hub that allows:

a ***comprehensive continuum of intervention services*** to children and youth
an extensive range of ***coordinated, integrated, and seamless services, that are easily accessible to families;***
timely, trauma-informed, family centred care that allows children and families to be provided with the ***least intrusive level of care*** required;
research on innovative and effective treatment for children with mental health disorders and their families
world-class training and education for mental health professionals locally, provincially, nationally and internationally
increased capacity in the community, avoiding hospitalization, relieving pressures and overuse of Emergency Departments and inpatient beds
seamless integration with existing Child and Adolescent Addiction and Mental Health traditional services and innovative projects
improved efficiencies through sharing of staff and facilities

Summit Identified Services



- Walk In
 - The Walk-In program will provide timely mental health and addiction services for children and adolescents and their families in a compassionate, convenient and purpose built environment.
- Intensive Community Treatment Services
 - ICTS will deliver a comprehensive range of step up outpatient Mental Health and addiction services designed to meet the needs of children, adolescents and their families using multidisciplinary teams.
- Day Hospital
 - Day Hospital will assist with positive and successful re-integration of children and adolescents from an inpatient Mental Health setting to school, home, and community by providing the appropriate level of step down care for the individual's needs.





The Dream

The Reality





The Reality





The Summit Centre: Program Overview

Owerko Family Walk-In Services

Patients will be seen on a **First Come, First Served** basis. The Walk-In therapy session may include just the child or adolescent, but in most cases the preferred option will be to have the whole family be a part of the session.

Patients and their families will receive:

- A one hour counselling session.
- Access to a one time psychiatric consultation as needed and based on availability.
- Discharge recommendations.
- Additional referrals where necessary.

Owerko Family Walk-In Services

Route of referral:

A traditional referral is **not needed** to access Walk-In Services, however, individuals and families may be directed to the Walk-in by their Family Physician, School, Emergency Department, or other Community Supports.

Owerko Family Walk-In Services

Hours of Operation:

Monday -Sunday 10am – 10pm

Closed on Statutory Holidays

Contact Info:

Reception: 587-534-7200

Tallman Family Services – Intensive Community Treatment (ICTS)

ICTS will serve children and youth aged 5-17, with escalating mental health diagnoses.

The intention is for intensive intervention to prevent a crisis condition, with the goal of stabilizing clients in a community setting to avoid an inpatient admission.

Tallman Family Services – Intensive Community Treatment (ICTS)

Scheduled intensive individual, family, and group therapy are provided for 1-4 hours daily for a period of approximately 4 weeks. Services include:

- Assessment
- Psychological, Ed-psych, and Occupational Therapy (OT) testing
- Individual and Family therapy
- Occupational therapy
- Psychiatric Consultation as needed
- Patient, parent and multi-family clinical groups

Tallman Family Services – Intensive
Community Treatment (ICTS)

Hours of Operation:

Monday to Friday: 8am-8pm

Saturday & Sunday: 9am – 5pm

Closed on Statutory Holidays

Contact Information:

Referral/Intake Line: 587-534-7221

Main Line: 587-534-7250

Ptarmigan Day Hospital

The Day Hospital Program provides mental health support and therapy for children and adolescents **aged 5-17**, and their families, who have *transitioned to the program from an inpatient unit* (or, in rare circumstances, from other services due to a recent inpatient admission).

Day Hospital patients are provided daily, scheduled treatment, with the primary goal of transitioning back to their home, community and school environments.

Ptarmigan Day Hospital

The program is short-term in nature, serving *up to 18 clients, over approximately 2 weeks* depending on the needs of the family.

The Service operates *12 hours per day, 7 days per week*, and patients will be “onsite” based upon their needs and their transition plan.

Ptarmigan Day Hospital

Services include:

- Individual, Group, and Family therapy
- Medication management
- Education support
- Outreach
- Music and Art therapy
- Recreational and Occupational therapy

Ptarmigan Day Hospital

Route of referral:

Referrals are accepted from ACH MHPCU, ACH Off Service Program, FMC 26, FMC 23, SHC 56A, CPU and exceptions may be granted to take from ED when the youth has had a *recent inpatient admission*.

Ptarmigan Day Hospital

Hours of Operation:

Monday to Friday: 8am-8pm

Saturday & Sunday: 9am – 5pm

Closed on Statutory Holidays

Contact Information:

Referral/Intake Line: 587-534-7310

Main Line: 587-534-7300



Research Overview: Dr. Hindmarch