



Make Each Life Better. Together.

Royal Victoria Regional Health Centre
Mental Health Services
Info & Updates

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This challenging time in history has highlighted the importance of ensuring exceptional patient care is always available in the moments that matter most. When you or your family, friends and neighbours require lifesaving services, RVH and our highly skilled team is always ready and equipped – and will continue to be, with the support of our generous community!

Inspiring care...

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Mental Health Services at Royal Victoria Regional Health Centre (RVH)

We are so grateful to the Rotary Club of Barrie - Kempenfelt for its ongoing support of patient care at RVH and we are honoured to have been chosen as one of the beneficiaries of its upcoming car lottery. Community support is vitally important to ensuring RVH can continue to provide exceptional patient care in the moments that matter most.

Access to mental healthcare close to home is crucial, at every stage of life. In any given year, one in five Canadians experience mental illness. RVH provides mental health services to adults as well as to children and youth as part of its Simcoe Muskoka Regional Child and Youth Mental Health Program. Both programs provide a mixture of inpatient and outpatient services with an integrated approach to ensure all patients are supported in their path to recovery.

Seventy per cent of mental illness has its onset in childhood and adolescence. RVH's Simcoe Muskoka Regional Child and Youth Mental Health Program focuses on providing better futures for young people in our community through early intervention. A proper support system to equip youth with the coping tools and strategies they need can also help offset a future mental health crisis in adulthood. Without services, their journey to recovery could take much longer.

Adult patients at RVH also receive specialized care from an interprofessional team with a focus on encouraging patients to take an active role in their care plan. With a primary focus on short-term stabilization, our team works closely with each patient to ensure they are connected to community supports upon discharge and that they remain fully supported in their path to recovery.

Donor generosity ensures RVH is able to continue providing the best possible care to all patients who require mental health services in our region and we are very grateful for your continued support.

RVH Simcoe Muskoka Regional Child and Youth Mental Health Program at a glance

- Before opening in December 2017, the North Simcoe Muskoka Local Health Integration Network (NSM LHIN) was the only LHIN in the province without designated mental health inpatient beds for children and youth.
- Many children and youth had to seek mental health support in local Emergency Departments, or in adult mental health inpatient units, and families often had to travel long distances to seek specialized care for their children.
- The RVH Simcoe Muskoka Child and Youth Mental Health inpatient unit is an eight-bed unit that provides care to children and youth up to age 18, focusing on assessment for mental health-related concerns and crisis stabilization.
- Our interprofessional care is provided by a team that has grown to include two Paediatric Psychiatrists, Clinical Psychologists, Social Workers, Registered Nurses, Child and Youth Workers, and a Recreational Therapist.
- RVH cares for over 300 young patients annually on our Child and Youth Mental Health inpatient unit, and the average length of stay is 3.9 days (and then they can access the outpatient program). In addition, RVH helps over 1,100 young people in its outpatient program each year.
- Included under the umbrella of that program is the Child and Youth Mental Health Day Program; the focus of this school program is to help students with academics while providing concurrent mental health-focused treatment.

- Children and youth from 50 separate municipalities across Ontario have received mental health support at RVH.

Adult Mental Health Services at RVH

- RVH's Adult Mental Health Program is provided through a mixture of inpatient and outpatient services and also includes addiction and crisis services, such as RVH's withdrawal management service which provides immediate access to a safe and supportive environment with 24-hour monitoring and support during the withdrawal process. Additionally, RAAM addiction clinics offer walk in service and a non-judgmental, safe place for individuals to begin the journey of recovery. Since opening in May of 2018, RAAM has provided service to 1877 individuals.
- The Adult Inpatient Mental Health Program provides acute assessment and treatment (initiation, stabilization and monitoring) for individuals experiencing an acute mental health crisis that cannot be safely provided with outpatient support.
- The Adult Outpatient Medication Clinic supports patients on their transition from the acute inpatient unit to outpatient program support. It offers medication initiation, administration, and management with the supervised support of the outpatient psychiatry program.
- The Adult Outpatient Day Program is a six to eight week structured mental health program offering psychoeducational and therapeutic group counselling as well as individual and family support.
- RVH is committed to providing mental health crisis assessments and immediate intervention to individuals at any age, presenting to the Emergency Department with a mental health concern or in crisis. This includes providing mental health and risk assessments, clinical impressions, health teaching, supportive counselling, collaborating with the interprofessional emergency department care team and psychiatry, as well as referrals to resources within the RVH or the community for additional support as required.
- Annually, RVH completes over 2,000 crisis assessments and has over 1000 total inpatient visits and more than 10,000 total outpatient visits in its Adult Mental Health Program.

The Future of Mental Health Services at RVH

- The COVID-19 pandemic has changed the way we care for patients and thus we have made considerable changes to our programs. One such change included expanding telemedicine offerings when appropriate. Being able to continue adjusting care models as necessary will be a key priority in order for us to support and care for our patients during this extraordinary time and beyond.
- A virtual and in-person hybrid model for groups and counselling will continue improving access to care in the future.
- As we continue to care for inpatients with added precautions, we will focus on maintaining existing areas in which we provide mental health services to ensure they remain safe and up to date.
- RVH is dedicated to continuing to evolve our mental health services, and plans to address the needs of our growing community in our longer term Master Plan.