

St. Michael's / Cota FOCUS Team



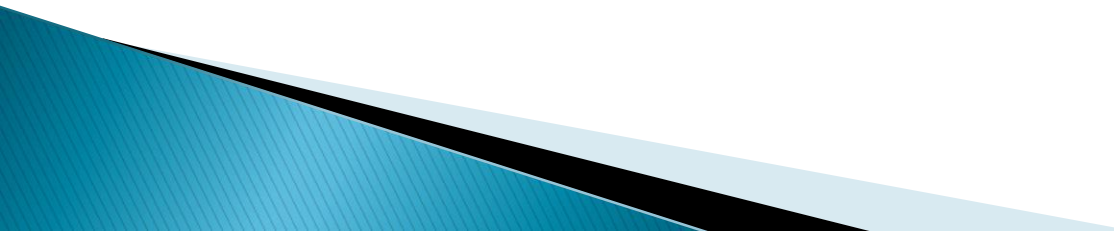
St. Michael's

Inspired Care.
Inspiring Science.



- ▶ A program of the Mid East Health Link
- ▶ Funded by the Toronto Central LHIN

FOCUS Model

- ▶ Recovery-oriented case management model; based on the ACT model but is more flexible and able to serve a broader range of clients with serious mental illness
 - ▶ Model is based on elements of the Flexible Assertive Community Treatment (FACT) Model employed in the Netherlands and the U.K
 - ▶ A multidisciplinary case management team with partly a team/shared care approach and partly an individual approach
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FOCUS Model

- ▶ Integrated multidisciplinary approach to service delivery involving the flexibility to deploy 2 levels of support:
 - assertive community treatment (ACT)
 - intensive case management (ICM)
- ▶ Clients can “step up” or “step down” to the level of care they need while remaining with the same team

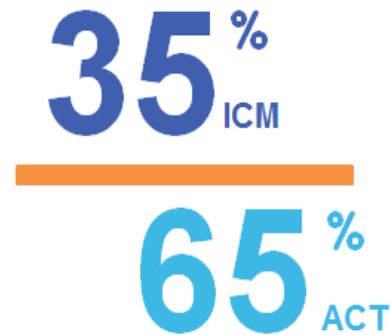


Ratio of Act vs ICM Clients

FACT Model



FOCUS Model



Service Model Assumptions

- Focus on delivering services to **complex** clients based on the TCLHIN Complex Population Description
- Model ensures availability of a continuum of integrated case management and ACT Services using new and existing resources of SMH ACT and Cota
- Service coordination with METHL partners will be based on collaborative relationships that benefit the target population
- Service capacity for FOCUS is a minimum of 100 new complex clients
- FOCUS will participate and lead the development of a Collaborative Care Plan

Service Model Principles

1. Integrated Multidisciplinary Team

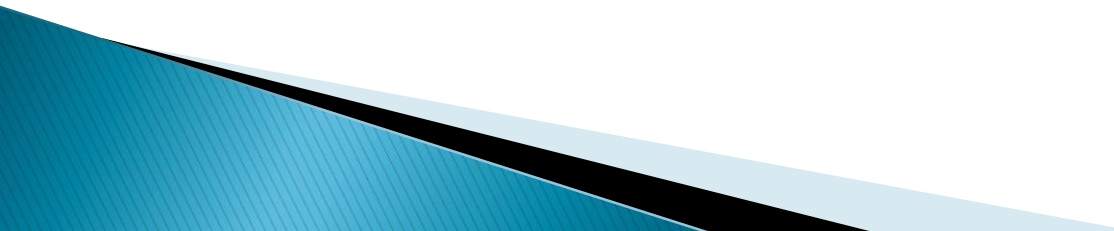
- Provides holistic services addressing medical, psychological, social physical and spiritual needs
- Recovery oriented principles, evidence based, trauma informed, concurrent disorder and anti-racism/anti oppression capable lens

2) Service Coordination and Partnerships

- Ease of access and coordination of with primary care, income support, peer support, addictions treatment, housing, employment/education, crisis and acute care supports

Service Model Principles

3) Timely Access

- Coordinated access channels of Access Point, SMH, CATCH-Homeless
 - Use tested eligibility criteria and screening processes – At Home / Chez Soi
 - Use validated tools to assess right level of care – LOCUS/Transitional Readiness Scale
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FOCUS Team Eligibility Criteria

The FOCUS team has been developed to support people who:

1. Are experiencing current **serious mental health** problems that significantly impair their ability to function and live well within the community. Typically, challenges with functioning would be demonstrated by significant difficulty in being able to consistently perform the range of activities of daily living required for successful personal functioning in the community (e.g., caring for personal affairs; obtaining medical, legal, and housing services; recognizing and avoiding common dangers or hazards, meeting nutritional needs; maintaining personal hygiene; maintaining employment or carrying out the homemaker role).

And

2. Are 18 – 65 years old (in exceptional cases an older adult may be considered)

And

3. Are not currently served by an assertive community treatment (ACT) team.

And

4. Are residing in the Mid-East Toronto Health Link (METHL), or, are using acute care services at St. Michael's Hospital (SMH) and living within the SMH catchment area

And

5. Have experienced two or more psychiatric hospitalizations in the past two years, or, recurrent use of the emergency department (> 5 visits in the past 12 months) for mental health problems.

And

6. Exhibit a minimum of **two** of the following *(see below):

- Significant challenges in being able to consistently maintain a safe living situation (e.g., repeated evictions or loss of housing).
- An acute and/or chronic medical illness which requires intensive support (e.g. chronically bedridden, homebound, terminal illness, severe mobility limitations, unstable medical condition) and difficulty effectively utilizing traditional office-based out-patient services.
- A coexisting substance use disorder of greater than 6 months duration
- Criminal justice involvement in the context of mental health and addictions problems in the past year

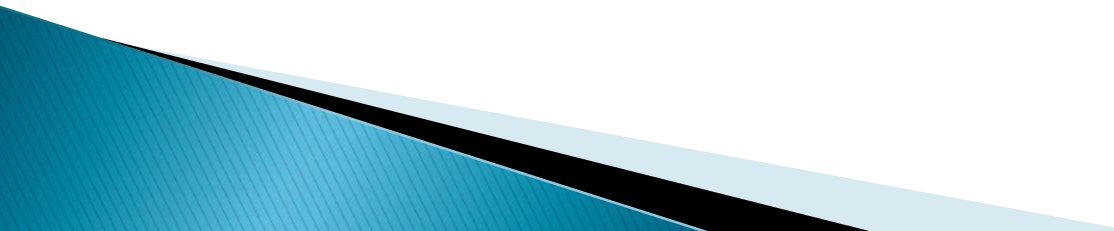
And

7. Have been assessed as being able to be safely supported by the FOCUS team, within the limitations of the resources available. Please note that the FOCUS team is not able to safely support individuals who have been assessed as requiring an admission to a medically monitored/supervised institutional or residential setting.

* Individuals who require ACT level of services but do not meet minimum of 2 criteria in #6 may still be considered for the FOCUS Team

FOCUS Team

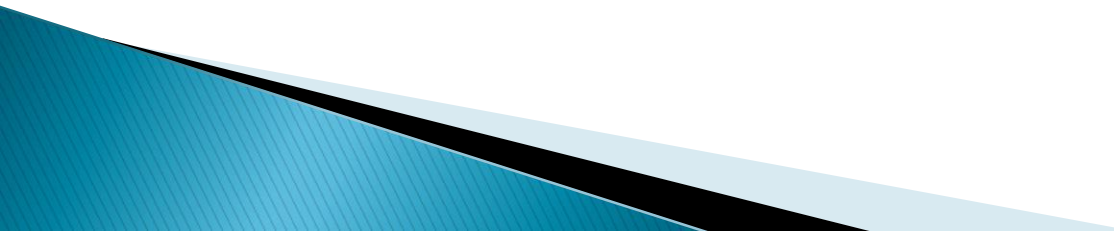
The FOCUS Team is multidisciplinary in nature with expertise in the following areas:

- Psychiatry (3)
 - Psychology (1)
 - MHA Nursing (4)
 - Social Work (2)
 - Occupational Therapy (2)
 - Vocational Rehabilitation (2)
 - MH Case Management (4)
 - Addictions Specialist (2)
 - Peer Support (2)
 - Personal Support (1)
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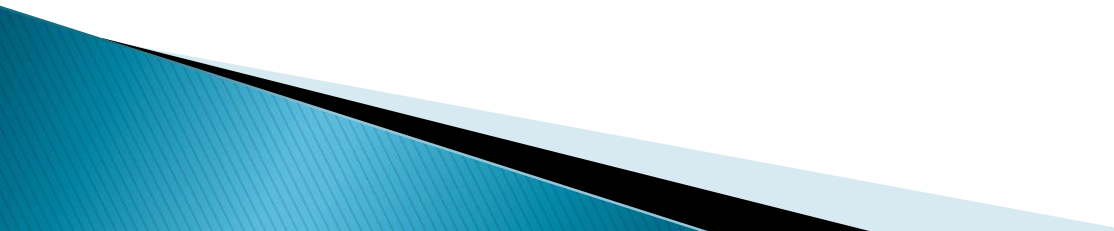
Services

- ▶ Evidenced based treatment, focused on recovery
 - ▶ Psychiatric care
 - ▶ Addiction treatment
 - ▶ Metabolic monitoring
 - ▶ Psychosocial rehabilitation
 - ▶ Intensive care in clients' environments
 - ▶ 24/7 accessibility
 - ▶ Crisis intervention, risk assessment, crisis plan
 - ▶ Family support
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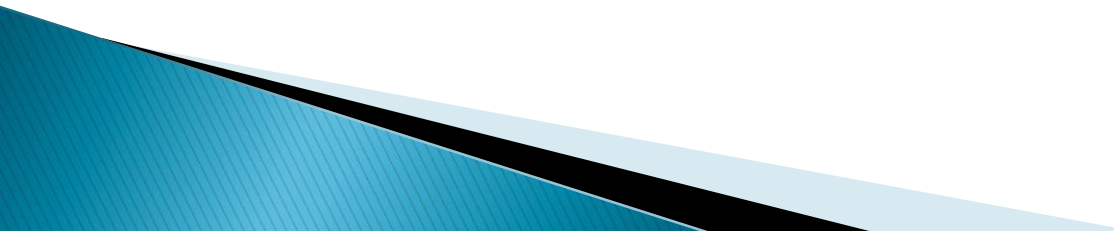
Services

- ▶ Assistance with ADLs
 - ▶ Peer support
 - ▶ Community integration
 - ▶ Support regarding housing , education and work
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Evaluation

- ▶ Implementation evaluation is being conducted
 - ▶ Outcome data is being collected on a number of metrics using validated evaluation tools (HoNos, GAINS SPS, Mental Well Being)
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Some Key Ingredients

- ▶ FACT Board
 - ▶ Daily team meetings
 - ▶ Weekly Recovery Planning Meetings
 - ▶ Training in evidenced based therapeutic interventions
 - ▶ Best Practice Days
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Questions?