

ADVERTISEMENT

Mental HEALTH CARE

Outpatient care set to grow

As plans move forward for the new Mental Health and Substance Use Wellness Centre at Royal Columbian Hospital, one exciting feature of this first phase of hospital redevelopment is the growth in mental health outpatient clinics. This will allow Royal Columbian to serve almost four times more outpatients by 2020, including children, new moms and seniors.

A number of clinics will be added at, or expanded in time for, the 2019 opening of the new Mental Health and Substance Use Wellness Centre, including:

- **A new Neuropsychiatry Clinic** to treat adults whose mental health has been affected by a neurological disease or injury such as stroke, multiple sclerosis or brain injury.

- **A new Mood Disorder Clinic** for people dealing with anxiety, major depression or bipolar disorder.

- **A new Metabolic Monitoring Clinic** for mental health patients experiencing metabolic problems such as weight gain, diabetes and hyperlipidemia, often in response to medications.

- **An expanded Reproductive Psychiatry Clinic** to help women and families dealing with mental health issues related to pregnancy or the recent birth of a child.

- **An expanded Child and Youth Psychiatry Clinic** for kids diagnosed with depression, bipolar disorder, anxiety, or attention deficit hyperactivity disorder.

- **An expanded Psychiatric Older Adult Clinic** that helps seniors with mental health and memory challenges.

- **An expanded Addiction Medicine Clinic** for people with addiction challenges.

- **An expanded Psychiatric Urgent Referral Clinic** for people in acute crisis but who don't need to be hospitalized.

- **An expanded Dialectical Behaviour Therapy Clinic** for people with borderline personality disorder or who self-harm.

- **A Group Therapy Clinic** that addresses common conditions such as anxiety or depression in a group setting.

- **A Neuropsychology Clinic** to assess and diagnose people with brain injuries or other physical disorders.

- **A Psychosis Treatment Optimization Program** to help patients with psychotic disorders, such as schizophrenia, who don't respond well to traditional treatments.

The new Mental Health and Substance Use Wellness Centre will be designed for flexibility so that it can evolve in response to population needs and changes.



Psychiatrist Dr. Janel Casey reviews care plans with a patient at Royal Columbian Hospital.



FINDING THE LIGHT BEYOND MENTAL ILLNESS

Janice Kirkrod receives regular follow-up care at Royal Columbian Hospital following a depression that started in her 40s.

If Janice Kirkrod wrote a book, she knows what she would call it: *There's Light at the End of the Tunnel*. Over the last three decades, the 75-year old Surrey resident has felt the darkness as well as the light, as she battled a depression that often left her in tears and with little energy to do much.

Janice remembers struggling for a while in her mid-40s, frustrated that the medications she was being prescribed were not helping her.

"I was horribly depressed," she remembers. "I've been through quite a few medical things in my life, like cancer. But depression is the worst thing you have to go through. It's just simply dreadful."

At its worst, Janice felt like she wasn't living, wasn't taking care of herself properly and needed others to look after the children. Chores like dinner were an ordeal.

"I would go put a pot on the stove to boil the water for potatoes, and then go lie on the couch. Then I would get back up again, put the

potatoes in, put the lid on, then go back, lie on the couch."

During a bad episode one night, she was taken to her local hospital, where she was admitted. It was there she first met psychiatrist Dr. Hem Phaterpekar, who eventually suggested an alternative to medications – ECT, or electroconvulsive therapy.

"Instead of using medications to change neurochemistry in your brain," explains Dr. Phaterpekar, "we are using a current to produce a seizure, which then produces chemistry changes in the brain, which then improves the patients' depression significantly."

Janice believes people have the wrong impression of ECT. "They don't zap you with a whole bunch of electricity, like they did that poor guy in the movie *One Flew Over the Cuckoo's Nest*," she says. "I'm not saying those ECT treatments are a picnic. It's something you have to go through in order to get better. You'll try anything, you

 Depression is the worst thing you have to go through. It's just simply dreadful.

JANICE KIRKROD

kinson's or other medical conditions can respond very well with ECT treatment. ECT is also being used for schizoaffective disorders or patients with schizophrenia who are refractory to all kinds of medications."

Janice had several ECT treatments and says they helped her. A few years later though, her depression returned and she underwent another course of ECT treatments. Since then, she has managed with medications and bi-monthly visits with Dr. Phaterpekar at Royal Columbian Hospital.

These days, Janice says she's feeling good. "I am very happy. I like to read, and I like to listen to music, and I like my life right now."

She has been Dr. Phaterpekar's patient for close to two decades now and feels grateful for the care she has received. "I don't know what would have happened to me if I hadn't had those ECT treatments," she concludes. "I really don't."

Our appeal in support of mental health care

Royal Columbian Hospital Foundation is seeking your support to transform mental health and substance use care at Royal Columbian Hospital. The province has approved Fraser Health's plans for a new facility that will offer four times as much space and two and a half times as many psychiatric beds.

The new Mental Health and Substance Use Wellness Centre will build on Royal Columbian Hospital's present role of providing the highest level of care to the most seriously ill and injured patients from across the province. It is the only hospital in all of BC with cardiac care, trauma, neurosciences, high-risk maternity, a neonatal intensive care unit and mental health care all on one campus.

The new 75-bed facility will include an Older Adult Psychiatric Unit – a first for Fraser Health that will allow seniors from throughout the region to receive specialized care according to their unique



needs.

In addition to inpatient and outpatient care, the new centre will help train the next generation of health care providers. As a UBC teaching hospital, Royal Columbian Hospital educates more than 1,500 physician trainees each year. We also provide practicum-based education to over 1,450 students

from 39 different nursing and allied health care programs each year. The new centre will also encourage research, which will also help attract top talent and allow people to be served by some of the best and brightest.

Construction at Royal Columbian Hospital is scheduled to begin later this year and finish in 2019.

The Foundation is working with donors to raise \$9.1 million towards the total budget of \$258.9 million for this first phase of hospital redevelopment. Donate at rchfoundation.com/mentalhealth or by phoning 604.520.4438.

THESE STORIES WERE PROVIDED BY ROYAL COLUMBIAN FOUNDATION FOR COMMERCIAL PURPOSES. POSTMEDIA HAS NO INVOLVEMENT IN THE CREATION OF THIS CONTENT.

LOOK DIFFERENTLY AT MENTAL HEALTH
DONATE NOW AND SUPPORT ROYAL COLUMBIAN HOSPITAL

 Royal Columbian Hospital FOUNDATION

www.rchfoundation.com/mentalhealth
604.520.4438



New Mental Health and Substance Use Wellness Centre. Potential concept only.