

Phase 2 Supportive Housing

The Mental Health Program at Rouge Valley Health System (RVHS) will proudly open its Phase 2 Supportive Housing in the summer of 2007, giving its patients proper community accommodations in Scarborough.

Phase 2 will offer seriously mentally ill people proper accommodations and care, getting many of them off the streets or out of sub-standard housing.

The new supportive housing project, which hasn't yet been named, is in addition to RVHS' Phase 1 Housing called Gatesview, in Scarborough, accommodating six patients.

This supportive housing, to start construction in the summer of 2006, at the corner of Ellesmere and Neilson in Scarborough, will replace the use of apartments in Scarborough, which had been used to house some RVHS mental health patients. Phase 2 increases RVHS' accommodation capacity from 14 to 30 units.

Our new supportive housing will offer one-stop shopping for our patients: housing for 30 people; clinical support; psycho-social care; rehabilitation; residential counselling and more.

PATIENTS OF PHASE 2 SUPPORTIVE HOUSING

Phase 2 Supportive Housing will accommodate patients with chronic and serious mental illness, who are at risk of becoming homeless.

Patients living there will receive several services including:

- Clinical care for major depression, bipolar (no criminal cases);
- Rehabilitation counselling;
- Residential counselling, including training in life skills (ie. banking, cooking ...)

UNIQUE FUNDING

It involves an exciting partnership between the Federal Government for Sustaining Community Partnership Initiatives (SCPI) –II funding, the City of Toronto for the land and the rent subsidy, and the MOHLTC for the original operating funds for this project.

This tri-level government partnership is what makes this project both innovative and immensely viable. This unique project structuring optimizes the amount of supportive housing available for the seriously mentally ill. Thanks to federal government's SCPI and lobbying by the RVHS Mental Health Community Advisory Board, Rouge Valley is able to proceed with the initiative.

Total cost of the project is \$4.738 million.

The 2.8 acre parcel of land has been leased from the City of Toronto at the nominal cost of \$2 for 50 years less a day (to avoid tax payments which kick in at 50 years.)

Construction is scheduled to start in the summer of 2006, with completion projected for the summer of 2007.



Rouge Valley Mental Health staff welcome the development across the street from Rouge Valley Centenary.

TOWNHOUSE STYLE

It will be an ordinary town house complex with an enclosed, protected area to make a safe environment for our patients.

Located at the southeast corner of Ellesmere and Neilson Road adjacent Seven Oaks Long Term Care Facility, RVHS' Phase 2 Supportive Housing initiative will offer:

- 30 units of stacked townhouses, in two rows of 14 and 16 units each;
- 30,000 square feet – including 18,000 for housing, 3,500 for common areas including TV room, lounge, office, dining room, and 7,500 for an adjoining clinic;
- High support housing for the seriously mentally ill (major depression, bipolar – no criminal cases);



- Fenced in property for the safety of the patients;
- 2.8 acres of land.

MENTAL HEALTH AT ROUGE VALLEY

The RVHS Mental Health Program offers a complete range of services to meet the unique needs of those experiencing mental health problems.

Clients can be referred to one of our psychiatrists by their family physician or through the Emergency Department. Together the psychiatrist, clients and perhaps a family member or significant other (with client permission) will discuss the resources available and choose the most helpful and least intrusive option for care. Services are available at both hospitals of the Rouge Valley Health System.

OTHER ROUGE VALLEY COMMUNITY MENTAL HEALTH SITES

Gatesview House

Our Gatesview House offers permanent supportive housing for the seriously mentally ill, who would often otherwise be homeless.

Located on a quiet, residential street, Gatesview House looks like any other family home and has been accepted into the neighbourhood because Rouge Valley's staff has kept the community informed and involved in its development.

The house accommodates six adults – each with his/her own room while sharing common areas including the kitchen and living room. While turnover of patients is not frequent people do make progress, become more independent and move on. One of the options they can move on to is called Phase Two Supportive Housing, offering 11 apartments in the community.

Patients are referred to Gatesview by a physician, caseworker or from hostels.

Gatesview and Phase Two have proven successful in reducing site stays because of the professional daily-living support they receive in this mental health service.

Community Progress

Rouge Valley's Community Progress offers a long-term day program to adult outpatients with serious mental illness.

The five-day-a-week program is located in Scarborough offering adults support in daily life skills, socializing and leisure. Community Progress clients are referred by a psychiatrist at our Centenary hospital site.

Community Progress offers clients:

- Education about their illness;
- Rehabilitation counselling;
- Social and recreational activity;
- Work activity;

- Groups on self-esteem, health and wellness;
- And more.

Shoniker Clinic

Rouge Valley's Shoniker Clinic offers outpatient mental health treatment for children up to the age of 18 living in the Scarborough, Pickering and Ajax communities.

It only accepts patients who have been referred by a physician.

The clinic is located on the lower level of the Shoniker Building on Ellesmere Road near the Centenary hospital site. It registers approximately 7,500 office visits a year and sees children experiencing:

- Emotional problems;
- Behavioural difficulties;
- Family conflict;
- Problems at school or community;
- Psychosis;
- Depression;
- Anxiety;
- Attention deficit disorder;
- Trauma-related problems;
- Neuropsychiatric disorders.

Following an individualized assessment, there are several treatments available including:

- Family therapy;
- Individual counselling;
- Parent Education, to help them help their children;
- Group therapy;
- Medication.

DEVELOPMENTAL SCREENING CLINIC AT SHONIKER

We also have a Developmental Screening Clinic for children, up to age five, who may have developmental challenges. Professionals in medicine, psychology, social work, speech-language pathology and occupational therapy conduct assessments.

Included among Shoniker Clinic professionals are:

- Psychologists;
- Psychiatrists;
- Social Workers;
- Child and Youth Workers;
- Speech-Language Pathologists;
- Occupational Therapists;
- Paediatric Neurologists.

The Shoniker Clinic has an excellent reputation and has been serving children and families in the community for more than 30 years.



ROUGE VALLEY HEALTH SYSTEM

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