

Royal Columbian Hospital Redevelopment



ROYAL COLUMBIAN
Hospital Foundation



MENTAL HEALTH AND SUBSTANCE USE WELLNESS CENTRE



Coming to Royal Columbian Hospital in winter 2019

A new beautiful, therapeutic place for mental health care

A new state of the art 75-bed Mental Health and Substance Use Wellness Centre is coming to Royal Columbian, Fraser Health's regional centre of excellence for acute mental health. With more space and 2½ times more beds than the current aging Sherbrooke Centre, the hospital will be able to treat 800 more inpatients each year by 2020 and more outpatients to support the growing demand for acute mental health services.

The new building will have three floors of inpatient units including 45 beds for acute mental health care, a 10-bed Psychiatric High Acuity Unit, and Fraser Health's first Older Adult Psychiatric Unit with 20 beds — plus, more outpatient clinics. A cafe, lobby, clinical research and education space, and an underground parkade will also be part of the facility.

The new contemporary facility is inspired by the Fraser River and will use patient-centred design that has had input from our psychiatrists, clinicians, patients and their families to create an inviting, spacious, and therapeutic sanctuary where patients can feel safe, respected, and free to express their feelings. Lots of windows and natural light, views of the river, wood finishings, nature and First Nations motifs, and 'green' building features will create a beautiful, calming place for patients. The Older Adult Psychiatric Unit will also include elder-friendly lighting, hallways, furniture, and equipment appropriate for frail seniors.

Each inpatient will have their own private room, with ensuite bathroom and shower, that has some of the comforts of home to make it feel like a personal retreat.

Every unit will have a variety of spaces to allow for all levels of socialization from alone time or private conversations to small gatherings or group therapy. Exercise rooms and covered outdoor patios will be new features. All this will offer patients a greater range of therapeutic activities, more autonomy during their hospital stay, and more opportunities to engage with each other, staff, therapists and psychiatrists to promote, well-being, engagement in therapy, and recovery.



The new centre will be located at the hospital's east side

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More outpatient services

More mental health services will be offered through twelve outpatient clinics on the main floor, many of which will be new or expanded:

- **A new Neuropsychiatry Clinic** for people whose mental health is impacted by a neurological disease or injury such as a stroke 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, often in response to medications.
- **An expanded Reproductive Psychiatry Clinic** to help 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** for seniors with mental health and memory challenges.
- **An expanded Addictions Medicine and Substance Use Clinic** for people with addiction challenges.
- **An expanded Psychiatric Urgent Referral Clinic** for people in crisis who don't need to be hospitalized.
- **An expanded Dialectical Behaviour Therapy Clinic** for people with borderline personality disorder or who self-harm.
- **An expanded Group Therapy Clinic** will address common conditions, such as depression and anxiety, in a group setting.
- **A Neuropsychology Clinic** for people who require specialized cognitive testing and assessment.
- **A Psychosis Treatment Optimization Program** to help patients with psychotic disorders, such as schizophrenia.

Live video capabilities will also help transform care. Psychiatrists and therapists will be able to do video consults with patients staying at a community site, like a residential care home, or with the care team there, to discuss discharge plans or on-going care. This can mean fewer hospital and Emergency visits and a more seamless transition into community care for patients. Community-based care teams will also be able to use live video to check-in with their clients who've been admitted to our Mental Health and Substance Use Wellness Centre.

More teaching and research

Royal Columbian is Fraser Health's education centre for UBC's Psychiatry Residency Program and our new facility will have more space for psychiatric research and for teaching medical students, psychiatry residents, psychologists, and other health professionals.



The visitor entrance will be on the west side, off Keary St.



A lobby and cafe will greet visitors on the main floor



Patients will have home-like private rooms with bathrooms



Covered outdoor patios will have views of the river