

Integrated Mood and Anxiety Program FY 2016

Program Overview

The Integrated Mood and Anxiety Program (IMAP) is an elective group-based program comprised of a comprehensive orientation and assessment period followed by an intensive treatment program. This therapeutic program specializes in the treatment of mood and anxiety disorders. The program offers a full range of biological and psychotherapeutic treatments. Group work, as the primary approach, provides a supportive environment through which recovery can occur. Therapeutic groups explore themes of loss and grief, self-esteem, communication, balance between self-care, leisure and productivity, anger, relationships, and anxiety management. Family work and discharge planning are an integral part of the program.

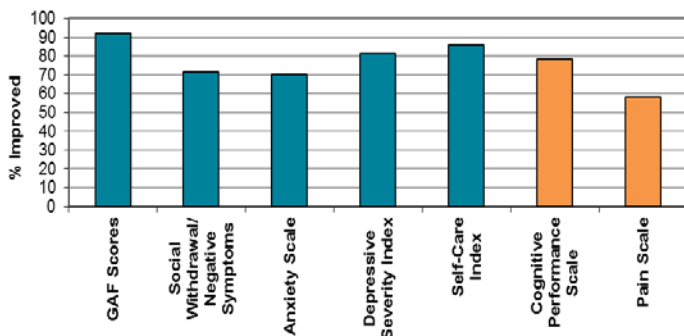
Program Trends and Patient Characteristics

- 266 patients were discharged from IMAP in 2016. They were between 18 and 78 years of age (average age 42 years) and 44% were male.
- Individuals come to IMAP as voluntary patients.
- About 63% of IMAP patients have had prior admissions to an inpatient mental health treatment setting at some point in their lifetime.
- The most common conditions are mood disorders and anxiety disorders. Some have concurrent substance-related disorders.

Clinically Observed Outcomes

The Resident Assessment Instrument-Mental Health (RAI-MH) is a comprehensive, standardized instrument evaluating symptoms and functioning, socio-demographics, behaviours, prior experiences, and interventions. The outcomes below reflect the percentage of patients whose difficulty with certain symptoms or functioning improved from admission to discharge.

% of 2016 IMAP Patients Who Improved in Clinically Observed Outcome Domains

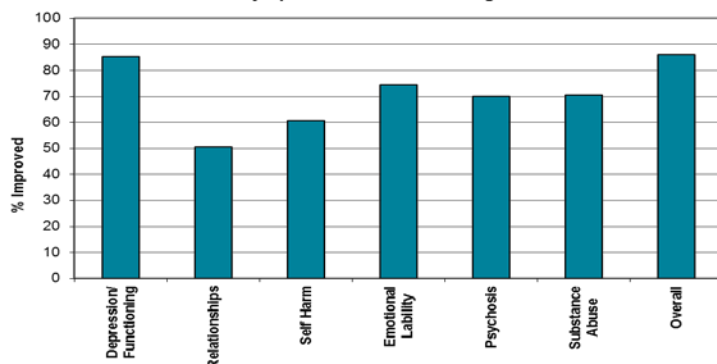


The graph above illustrates that IMAP patients displayed positive rates of improvement (77% on average) for all outcome indicators.

Self-Reported Outcomes

The Behaviour and Symptom Identification Scale (BASIS-24) is a self-reported, objective measure of symptoms and functioning that assesses outcomes of psychiatric care from the patient's perspective. Below are results of improvement from admission to discharge for the subscales most relevant to IMAP.

% of 2016 IMAP Patients Who Improved in Self-Reported Symptoms and Functioning



The graph above illustrates that IMAP patients displayed positive rates of improvement (greater than 50%) for all outcome indicators.

Patient Perceptions of Care

Overall Rating of Care at IMAP:

- IMAP is consistently rated high among patients completing the program.
- Patients, on average, rate the overall quality of care as 7 out of 10 (10 best care).
- 83% of patients said they would recommend IMAP and Homewood to others in need of treatment.
- 97% of patients felt they were helped by the care they received.

What patients have said about the program...

"Thank you for helping me on my journey to wellness. I am grateful for the tools."

"Food, nurses, facilitators, doctor, gym, yoga, grounds all fabulous."

"In general staff including all the nurses, OT's, social workers, and doctors were very kind, attentive and helpful during my stay in IMAP."

"Thank you to all of the nurses for making me feel so cared for and not being judged."

