

Program for Traumatic Stress Recovery FY 2016

Program Overview

Childhood abuse. Workplace accidents. Military trauma. Violence and crime. Sudden loss or destruction. Healing from such traumatic events requires courage, strength, and perseverance. Survivors of trauma must learn to cope with painful memories, a sense of isolation, and feelings of shame, guilt, and fear. Many also experience symptoms of depression or anxiety. Homewood Health Centre's Program for Traumatic Stress Recovery (PTSR) is one of the few in-patient programs of its kind in Canada. This intensive program helps participants create safety physically, emotionally, and in their relationships, as well as to examine unhelpful coping patterns that allow past trauma to be replayed in present life. In addition to formal group therapies, the program creates a sense of community, where trauma survivor helps trauma survivor through the healing process.

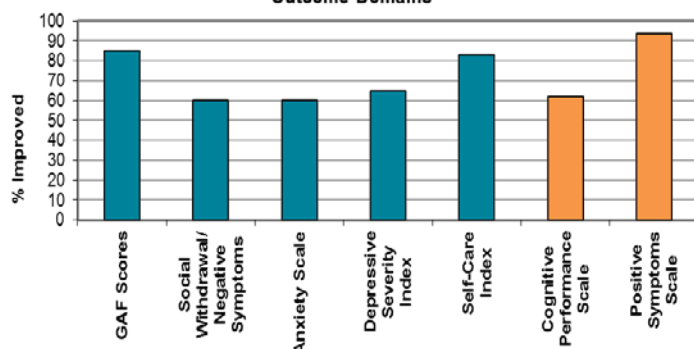
Program Trends and Patient Characteristics

- 193 patients were discharged from PTSR in 2016. They were between 20 and 64 years of age (average age 44.5 years) and 50% were male.
- Individuals come to PTSR as voluntary patients.
- About 69% of PTSR patients have had prior admissions to an inpatient mental health treatment setting at some point in their lifetime.
- The most common conditions are anxiety disorders and mood 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 PTSR Patients Who Improved in Clinically Observed Outcome Domains

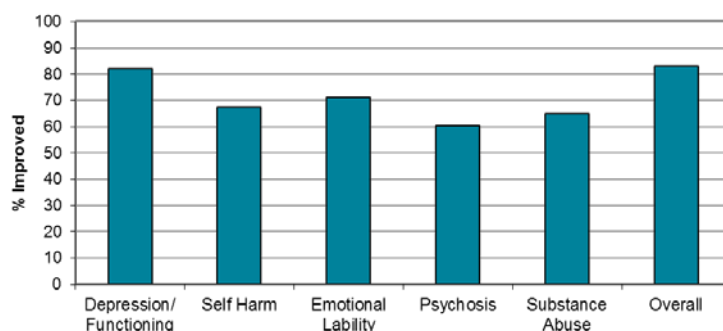


The graph above illustrates that PTSR patients displayed positive rates of improvement (73% on average) for all outcome indicators.

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 PTSR.

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



The graph above illustrates that PTSR patients displayed positive rates of improvement (greater than 58%) for all outcome indicators.

Patient Perceptions of Care

Overall Rating of Care at PTSR:

- PTSR is consistently rated high among patients completing the program.
- Patients, on average, rate the overall quality of care as 8 out of 10 (10 best care).
- 87% of patients said they would recommend PTSR 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...

"I have had nothing but positive experiences with the PTSR staff, program and Homewood itself. Thank you so very much for all of your help."

"This program changed my life for the better."

"Top notch lifesaving work on the PTSR floor!"

"Best decision I ever made to help myself. This program was better than I imagined it would be. So grateful for this program and the people running it."