

Addiction Medicine Services FY 2016

Program Overview

Homewood Health Centre has treated patients for addiction since we first opened our doors in 1883. The services we offer are part of a continuum of care encompassing: prevention and health promotion; in-patient treatment; and aftercare; as well as programs for families.

The Addiction Medicine Service (AMS) is a fully integrated system of care that incorporates mental health, occupational groups, and life stages issues. Our in-patient services are for adults who suffer from chemical addictions including specialized tracks for health care professionals and those suffering from concurrent psychiatric disorders (if psychiatrically stable).

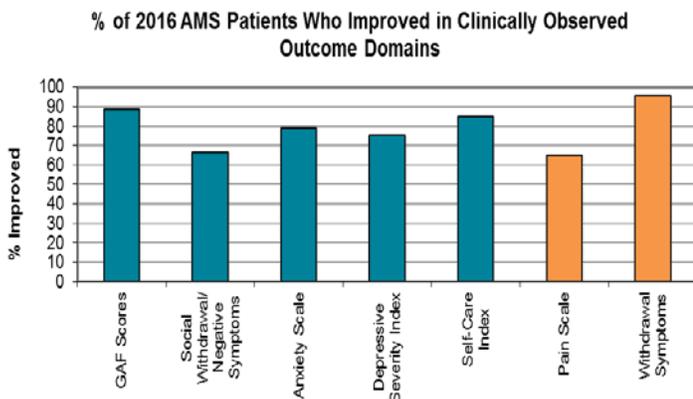
AMS is founded on two underlying principles: abstinence and lifestyle change. Both factors are equally important for successful recovery from addiction.

Program Trends and Patient Characteristics

- 804 patients were discharged from AMS in 2016. They were between 19 and 73 years of age (average age 41 years) and 66% were male.
- Individuals come to AMS as voluntary patients.
- Individuals seek treatment due to problems with addiction/dependency, while some may also have specific psychiatric symptoms: the two most common concurrent psychiatric disorders are mood disorders and anxiety disorders.
- 48% of AMS patients have had prior admissions to an inpatient mental health treatment setting at some point in their lifetime.

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.



The graph above illustrates that AMS patients displayed positive rates of improvement (79% on average) for all outcome indicators.

Substance Use:

94.3% of patients experience an improvement of withdrawal symptoms.

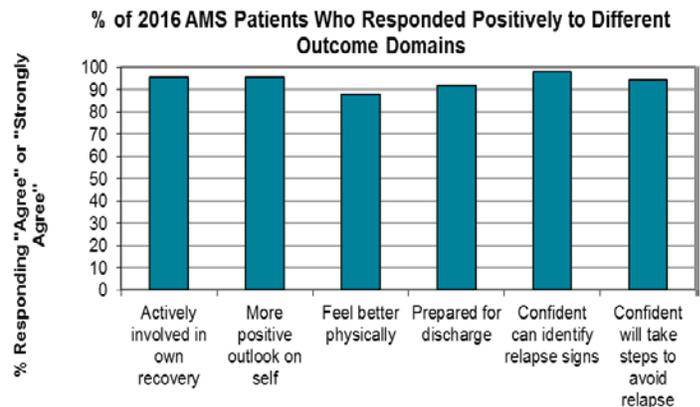
Substance Used	Frequency of Use	
	Admission	Discharge
Alcohol	68.1%	6.8%
Cannabis	21.3%	5.9%
Cocaine/Crack	12.5%	3.8%
Opiates	9.8%	3.8%
Stimulants	4.1%	1.9%

*Frequency of use: 14 days prior to admission & discharge for Alcohol; 7 days prior to admission & discharge for substances

The above chart illustrates a visible shift in the reduction of substance use while in program.

Patient Short-Term Outcomes

AMS patients are asked to rate the degree to which they feel they have achieved several short-term outcomes at the time of discharge. The following graph displays the percentages of those who had above average responses for six outcome domains.



The graph above illustrates that AMS patients displayed positive rates of achievement (greater than 88%) for all six short-term outcomes.

Patient Ratings of Treatment

Patient ratings of *how well treatment met their needs*, *learned new skills*, and *would recommend the program* are considered key indicators of service quality.

- 93% of patients felt treatment met their main addictions needs.
- 80% of patients felt they learned skills and techniques to improve their own mental health
- 98% of patients would recommend Homewood to others who needed similar treatment.

What patients have said about the program...

"I have learned the necessary tools to leave Homewood and continue my recovery."

"Being at Homewood has changed me 100%. I feel like a new man, I should have come here 30 years ago. Everyone here is kind, caring, compassionate nurses, excellent doctors. The staff are all excellent. The food is great. The gym is excellent. The chapel and library are convenient. I have nothing but positive feedback."