DEVELOPMENT OF AN INTEGRATED MULTIDISCIPLINARY INPATIENT TREATMENT PROGRAM FOR PATIENTS WITH SEVERE CONCURRENT DISORDERS: THE BURNABY CENTRE FOR MENTAL HEALTH AND ADDICTION

Research Objectives:
The Burnaby Centre for Mental Health and Addiction (BCMHA) is a long-term inpatient recovery and treatment centre for concurrent disorders patients. The concept of concurrent disorders, also known as, “dual disorders” is defined as the co-occurring need for treatment of a substance use disorder and a nonsubstance use mental health disorder. The objective of the project is to describe the changes seen in the population treated at the centre and the resulting adaptations to service provision.

Methods:
A cross-sectional assessment of substance use, mental health, health care service utilization history, and quality of life was carried out at BCMHA. Data was collected from January 2018 to March 2020 through a self-administered survey on an electronic tablet.

Results:
There were 235 (31.1% female) participants. The mean age was 36.0 years and 25.2% identified as Aboriginal. The most frequently used substances are crystal methamphetamine (63.7%), alcohol (59.4%), cannabis (53.3%), heroin (48.2%), and crack or powder cocaine (46.7%). 26.9% reported using fentanyl. 61.7% reported having at least one overdose in their lifetime.

Conclusions:
There are obvious gaps in the way concurrent disorder patients are managed in Canada. Utilizing an integrated model of care, such as is done at BCMHA is what is found to provide the best outcomes and therefore recommended. There have been major changes to the intake procedure at BCMHA, which have resultantly changed the observed population demographics. The most popular substances used have changed, with the largest increase being in crystal meth, whilst fentanyl has started to replace heroin as the primary opioid.