


Summary of Evidence-Based Practices and Promising Program Models: Community-Based Intensive Day or Evening Core Service Category



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Definition of community-based intensive day or evening treatment services

Definition (***Substance Use, Mental Health, and Concurrent Disorders***): Day/Evening treatment for substance use challenges, sometimes referred to as “partial hospitalization” or “day hospital”, is an intensive type of non-bed-based services for individuals whose substance use-related needs are more complex than can be managed through standard outpatient services, but yet do not require an inpatient stay.

A structured, scheduled program of treatment and support activities is provided for a certain number of days and/or evenings per week and a certain number of hours per day/evening (e.g., 3-4 hours per day) while the client resides at home or in another setting such as a multi-functional bed-based service. There is considerable variability in total number of hours of service per week. The distinguishing feature, however, is that there is no live-in component, although arrangements may be made with other services for accommodation while the person participates in the day/evening treatment services and supports.

- As with Community Counselling Services, and depending on organizational size and community context, many hospital-based mental health services deliver Day/Evening treatment off-site from the hospital, perhaps in collaboration with community mental health and/or substance use service, and, therefore, these services are also included in this category. These day or evening programs may be specialized in concurrent disorders.
- Services and supports include a range of individual or group options, including counselling, psycho-educational, relapse prevention, stress management, skills development programs.
- As noted, these services may be delivered by a hospital or community-based organization and, therefore, offer varying levels of, or access to, medical and psychiatric supports.
- Often these day/evening treatment services are population or diagnosis-specific – e.g., Substance Use, Geriatric population, PTSD, Mood Disorders, Borderline Personality Disorder, Eating Disorders).

Methods

- ***Literature Review***: The following search terms were used to search relevant articles between 2012-2022: “Substance use day treatment”, “substance use evening treatment”, “partial hospitalization”, “substance use partial hospitalization”, “non-bed-based services for substance use”, “intensive day treatment for substance use”, “addiction intensive day treatment”, “addiction day treatment program”. The databases searched included: Medline and PubMed. The searches were limited to English language articles. The literature search was supplemented with Google searches to identify relevant grey literature.
- Scope of this search was not intended to be exhaustive, rather a *snapshot of innovative models* to provide guidance for implementation
- Key stakeholders, including selected advisory committee members were also consulted to get their input on resources and supports needed for implementation, including potential barriers and practical information to consider for implementation.

Example models

- ***Addictions Day Treatment Program, (substance use specific), in Nova Scotia***
 - A two-week group program offered by the Nova Scotia Health Authority in both Central and Eastern Zones for individuals that require a more intensive and daily treatment option than offered through community counselling services.
 - Individuals may benefit from this type of program if they recently left an inpatient treatment program (i.e., detox) or need more help making changes to their substance use and/or gambling after trying other community-based treatment methods.
 - A variety of topics and skills are explored such as: relapse prevention, refusal skills, how the brain is impacted by addiction, self-care strategies and healthy leisure options, mindfulness and coping with anxiety.
- ***Intensive Day Treatment (co-occurring disorders), in Moncton, New Brunswick***
 - Four-to-six-week community-based service is offered to individuals 19 years or older living in the Greater Moncton region (Albert, Westmorland and Kent counties) and in First Nation communities (Elsipogtog, Fort Folly, Bouctouche and Indian Island)
 - Services are primarily offered in a group format; services address both substance use and mental health needs and challenges. It provides participants with a variety of coping skills, all designed to reduce the chance of relapse and to improve the quality of life.
 - The program was developed based upon principles of effective service delivery and meeting the individual treatment needs of each person. It is an open-ended service with admissions on a weekly basis to increase access and reduce barriers. Participants are provided with up to 20 hours of group and individual services per week.
- ***North Bay Regional Health Centre Day/evening treatment program (co-occurring disorders), in Ontario***
 - Four to sixteen weekday/evening treatment program for individuals with concurrent disorders.
 - Services are primarily offered in a group format; however, have an individualized treatment component that contains individual counselling sessions where appropriate.
 - The program offers strong linkages to community and hospital withdrawal management services, Rapid Access Addiction Medicine (RAAM), and community case management
- ***Royal Ottawa Hospital Concurrent Disorders program (co-occurring disorders), in Ontario***
 - The Concurrent Disorders Unit Day Program is an intensive day treatment service for patients with moderate to severe, complex, and active substance (drug or alcohol) use and mental health disorders.
 - The service offers stabilization, assessment, diagnostic clarification, and treatment for concurrent disorders (mental health and substance use and operates Monday to Friday from 9 a.m. to 3 p.m.
 - **Virtual Concurrent Disorders Unit (VCDU)** was launched in August 2020 to increase access to intensive day treatment for people with severe and complex mental health and substance use disorders living in Eastern Ontario. It was adapted from the existing day program. Through partnership with substance use and mental health agencies in the region, treatment is provided virtually by a multidisciplinary team who offer a comprehensive integrated program including stabilization, assessment, individual/group

treatment, and collaborative care with rural community partners. This program is the first of its kind in Ontario.

- The VCDU model provides the ability for individuals (including youth 16-25) to virtually access specialty clinicians and care at The Royal, while they are physically located in rural locations (closer to where patients live). It ensures dedicated care pathways created in collaboration with partners to ensure access to care, collaborative care and client flow, and provides access to specialty care for individuals who don't have access to technology through satellite sites in partnership locations.
 - Multidisciplinary team involves: 1) based at The Royal's SUCD Program: Addiction Medicine Physicians, Clinical Psychologists, Nurse Practitioners, Social Workers, Recreation Therapist, Nurses, consulting Psychiatrist, Clinical Dietician, and 2) based at Rural Partner Community Sites: Social workers/counsellors
 - Evaluation found high levels of client satisfaction, high level of partner satisfaction, increased geographic reach, and reduced mental health and substance use symptomatology, as well as increased coping skills and managing distress.
- ***Prime Time (mental health specific), in Brandon, Manitoba***
 - Maximum 20 clients a day for a 5-day program
 - Community Mental Health Workers provide mental health case management for older people at risk for relapse of their psychiatric illness.
 - There is a focus on symptom monitoring and follow-up; daily living skill preservation and teaching; leisure and social support; and group interventions
- ***Day Treatment Program (Mental health specific), in St. Clare's Mercy Hospital Eastern Health, Newfoundland and Labrador***
 - Provincial eight-week, holistic group therapy program for adults who have been diagnosed with a major psychiatric illness.
 - Each of the eight weeks in the program is assigned a theme for the week. These eight themes are: self-esteem, finding a balance, reducing and managing stress, support systems, recovery and relapse prevention, motivation, emotions, and self-awareness.
 - Participants must be: adults (18 years of age or older); diagnosed with a major psychiatric illness such as: depressive, bipolar, anxiety and other related disorders; currently followed by a psychiatrist who is willing to consult with the team, as needed, while the client is attending the program; stable in terms of illness symptomatology, such as: not actively suicidal, not abusing substances and not experiencing symptoms of psychosis; able to commit to an eight-week program; able to work in a group setting and follow instructions; and able to establish goals and be motivated to work towards these goals.
- ***DEWY or Day, Evening, Weekend for Youth program (substance use specific), in British Columbia***
 - The program's main focus is to enhance an individual's motivation toward healthier decision-making. This program is generally for youth who have previously accessed

services through an outpatient setting and are assessed as requiring a more intensive approach.

- Program features include: group format, with support from a peer leader; programming offered in the home community; prepare youth to attend a residential program, or help youth returning from a residential program to make the most of practicing what they have learned into their home community; recreation activities to address wellness and connection to community.
- Eligibility for youth include: ages 13-18; assessed as needing intensive services by a Fraser Health-funded youth substance use counsellor or youth concurrent disorder therapist; in stable housing; and worried about relapsing and/or wanting to change substance use impacts in their life.
- ***Adult Day, Evening, Weekend (DEW) treatment program offered at Chilliwack General Hospital, Mental Health and Substance Use Wellness Centre – Royal Columbian Hospital and Creekside Withdrawal Management Centre (Substance use specific), in British Columbia***
 - The DEW Program is for adults 19 years and older. The services include: supportive counselling, substance use information, assessment, referral to other services, and harm reduction.
- ***Pine – Intensive Treatment Day Program, Mental Wellness and Substance Use Services, in the Yukon***
 - The Pine Treatment Day Program is a gender-specific, 5-week harm-reduction program for clients who are looking for therapeutic support during the day (9:30am to 2:30pm) but have the option and willingness to return to their respective home environments outside of programming hours. The program includes daily therapeutic experiential activities, group counselling and therapeutic workshops, as well as community-based programming and community outings. Lunch is provided and clients are free to leave the building between noon and 1pm. In addition, clients are connected with an individual counsellor that they can meet with weekly for the duration of the program, and for an additional year following program completion. Aside from illness and exceptional circumstances, full attendance is a requirement of the program.
 - Criteria – Participants must be 18 years old. This program is designed to address substance use challenges, however individuals who are seeking emotional regulation skills can attend. A stable home environment is desirable but not required. Designed to provide treatment flexibility for individuals who are unable to attend bed-based program due to other commitments such as childcare.
- ***Whitehorse Correctional Centre Day Program (substance specific), in Yukon***
 - The WCC Day Treatment Program is designed to support clients who currently reside in the Whitehorse Correctional Centre. It runs in the mornings (9:00am to 12:00pm) Monday to Thursday for 5 weeks. The program includes therapeutic “check-ins,” psychoeducational workshops and interactive activities. Themes focused on each week include awareness, emotions, relationships, community connections and relapse prevention.
 - Criteria –Participants must be 18 years old and currently incarcerated in Whitehorse Correctional Centre. This program is designed to address substance use challenges, however individuals who are seeking emotional regulation skills can attend.

- **Rural Community-based Day Treatment Program Pilot Project: Taste of Treatment, in Yukon**
 - Taste of Treatment in Watson Lake is a collaboration between the Watson Lake and Whitehorse Intensive Treatment teams, as well as Liard First Nation, to offer 3 days of intensive treatment programming. This program ran from 9am to 3pm. It included therapeutic “check-ins,” psychoeducational workshops, interactive activities, a sacred fire, and a traditional lunch, provided by Liard First Nation.
 - Criteria –Participants must be 18 years old. This program is for any adult interested in accessing treatment for substance use or mental health concerns, and who is interested in learning new skills to support their recovery.

Resources and supports needed for implementation and sustainability (as identified by stakeholders)

- Connection to a broader continuum of care, with an element of step-up, or step-down to treatment pathways.
- Program has been co-designed by service providers, researchers, community partners and clients/people with lived or living experience.
- Multidisciplinary teams that include addiction medicine, psychiatry, etc.
- Supports for clients, e.g., transportation, childcare, supportive housing options.

Potential barriers for implementation (as identified by stakeholders)

- Working in a silo
- Recruitment and retention of staff
- Rigid admission criteria
- Public and system planner’s belief that bed-based services are needed the most.

Practical information to consider for implementation (as identified by stakeholders)

- Fidelity scale to evaluate the program.
- Natural attrition occurs when delivering a closed group. It is important, therefore, that a sufficient number of clients begin the program to ensure that the group maintains enough membership to function.
- Virtual, intensive day treatment may be an effective treatment option for individuals with severe and complex concurrent disorders. It is important to continue adjusting the programming with regular feedback from clients and staff. Building community partnerships can reduce barriers to care by offering clients care closer to home.