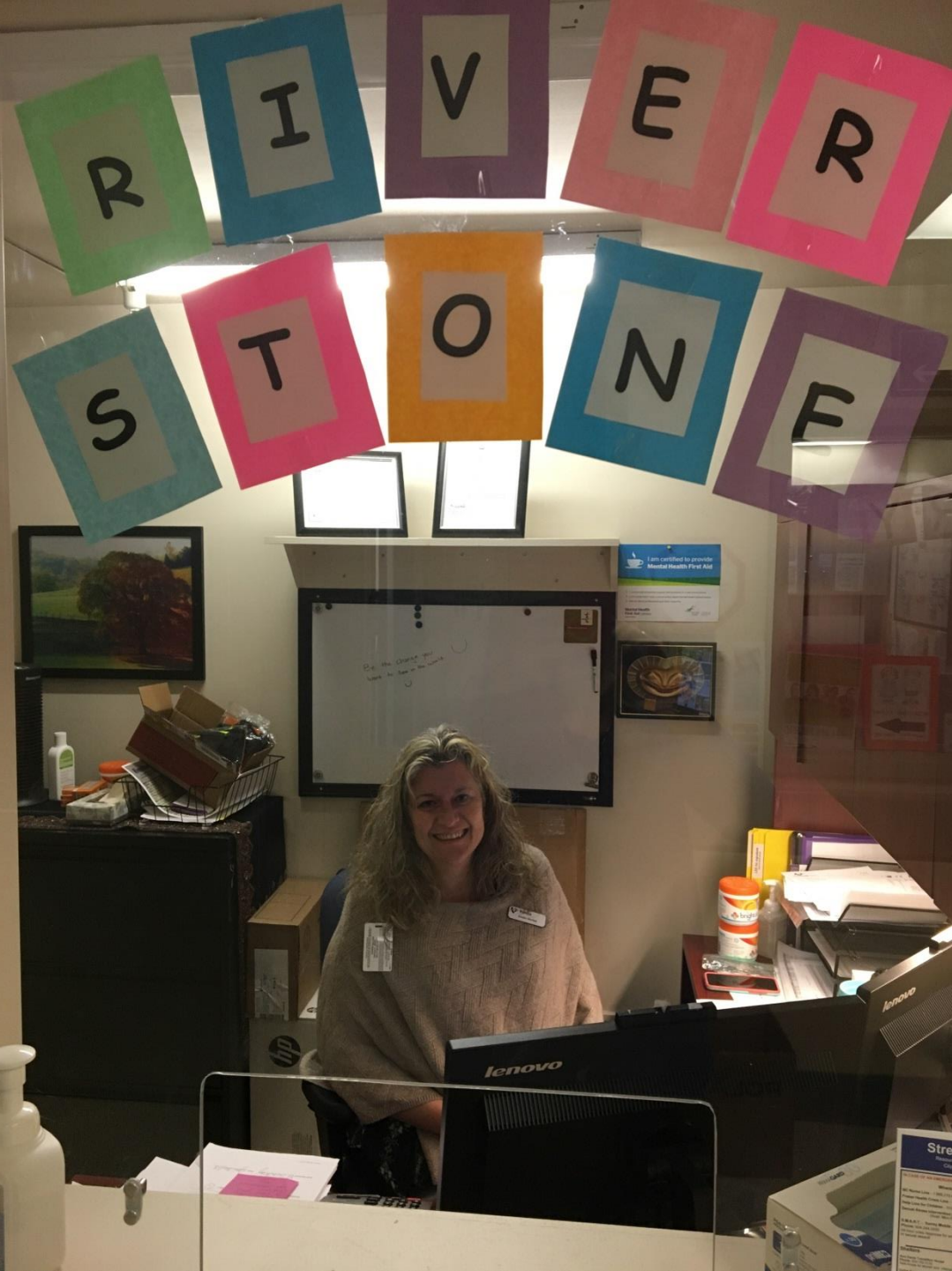


# **Riverstone Home/Mobile Detox/Daytox Program First Nations Outreach Team**

FNHA Mental Health & Wellness Summit  
Lee Erikson, RN/RPN, BSN, MA  
MHSU Manager  
Feb. 7, 2018



# Riverstone Home/Mobile Detox/Daytox Program

- Operating since mid 2010
- Located at Chilliwack General Hospital
- Delivers mobile detox services to clients living in east Fraser Valley communities including Mission, Abbotsford, Agassiz-Harrison, Chilliwack, Hope, Boston Bar



# Home/Mobile Detox Model

- Delivery of detox services in person's home community
- Harm reduction approach involving family and community
- Sites vary, e.g. home, family member's home, or S.T.A.R. beds if individuals do not have safe homes or a full time caregiver to provide support and monitoring during acute detox

# S.T.A.R. beds

- Short Transitional Access to Recovery beds
- Agreements in place with provincially licensed community based facilities to undergo acute detoxification (5-8 day average)
- Eligible to stay for an additional up-to-30 days stabilization period
- Opportunity to arrange for residential treatment and other post-detox care while waiting in a safe and drug free environment

# Program Admission

- Self referrals, ER depts, family physicians, mental health centres, inpatient units
- Creekside Medical detox in Surrey if withdrawal too severe for Riverstone home/mobile program





# Transportation

- Important aspect of providing services
- Outreach staff can transport clients to intake appointments with addiction physicians in Chilliwack, Mission, Abbotsford, and Seabird Island clinic locations
- Agreement in place with Community Driver agency



CHILLIWACK GENERAL HOSPITAL  
1972 ADDITION  
OPENED FEBRUARY 27th 1972  
BY HON. W. KENNETH GIBMAN  
COUNCIL OF DELEGATION AND CONFIRMATION  
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E. J. BURNETT	ADMINISTRATOR
PROPERTY	P. J. ERICH ASSOCIATES
CONTRACTOR	SONNEN CONSTRUCTION COMPANY
	PHOTO BY WILSON-COOPER PHOTOGRAPHY

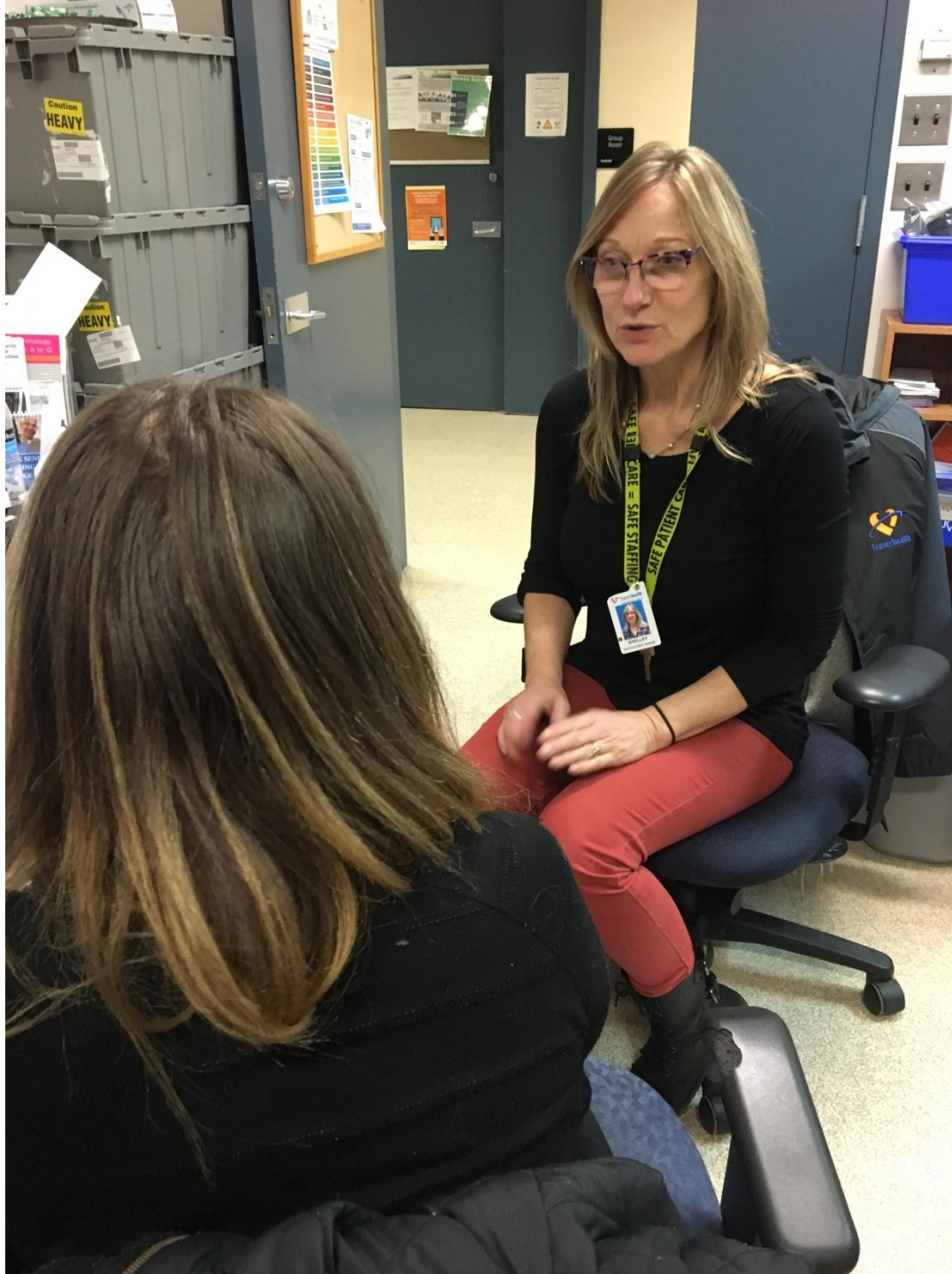
# Medical Monitoring

- Ongoing assessment and monitoring of physical and psychosocial condition is critical in home/mobile detox model
- Physician oversight is imperative to determine if client is safe to detox in a home in community, and for prescription of medications, methadone, or suboxone

# How it works

- An RN/RPN accompanied by a Health Care Assistant visit each client daily during primary detox period (5-8 days)
- Assess physical condition and presence of withdrawal symptoms; administer medications
- Support wellness practices and comfort measures; assist with aftercare and referrals
- Educate support person in the home who stays with client between Riverstone visits





# Outcomes/Benefits

- Average 400 clients admitted per year
- 22-25% are Aboriginal people mainly off reserve
- Family and partners can be involved in the process
- Services more private and better fit for each unique client
- Less stigma and labelling
- Improved access to MHSU services

# First Nations Outreach Model

- Expansion of Riverstone to more specifically serve the FN communities from Mission/Abbotsford, Chilliwack, to Agassiz, Hope, both sides of the Fraser River up to Boston Bar.
- FNHA-funded dedicated FN Outreach Team added to Riverstone May 2015
- consists of one RN/RPN accompanied by a Clinical Counsellor/SW seven days per week







# Community Engagement

- Invitations to meet and listen to family members, elders and community leaders in the communities
- Attending ceremonies and events in communities
- Providing health talks about addiction, detox, relapse prevention, harm reduction, Take Home Naloxone
- Learning history and culture of each community, and asking questions about how Riverstone can adapt to support members ready to detox



RIVERSTONE HOME AND MOBILE DETOX

- DOES NOT REQUIRE ADMISSION TO INTENSIVE WITHDRAWAL MANAGEMENT
- PROVIDES SAFE SHORT TERM SUPPORT FOR CLIENTS AND FAMILIES THROUGH HOME AND MOBILE DETOX
- REGULAR VISITS AS NEEDED FROM THE DETOX TEAM
- OTHER SUPPORTIVE SERVICES AS NEEDED
- COMMUNITY RESOURCES

**FOR SELF REFERRAL**

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FAX: 604 703 6973

fraserhealth Better People. Better Health.

Memorandum  
Community





# FN Home/Mobile Detox opportunities

- There has been an increase in numbers of clients of Aboriginal heritage referring to Riverstone from many of these FN communities
- In the last 6-9 months there have been several clients able to detox in their home community in addition to using the S.T.A.R. bed option at Kinghaven or Firth agencies.

# After Care Connections

- Partnering with community leaders, health care providers, families within the FN Communities
- allows the Riverstone team to reach out and help with post-detox planning and follow up support

# Stories about Connections

Aligning with the different cultural perspectives of healing and wellness....



# Questions?