



BC PEDIATRIC SOCIETY NEWSLETTER THE PRESCRIPTION PAD

Building Bridges from Hospital to Community BC Children’s Hospital Home-Based Hospital Mental Health Service

Hospital-based child/youth mental health care in BC has typically included either full hospitalization with access to a multidisciplinary team or outpatient appointments. This approach can create service gaps for patients who do not require onsite inpatient stay yet need more intensive follow-up than traditional outpatient care. With the advent of COVID-19, an updated service delivery model was needed to ensure continued access to quality care.

A mental health inpatient service redesign is currently underway in the Child, Adolescent, and Eating Disorders programs at BC Children’s Hospital and will leverage virtual health technologies to:

- Individualize patient pathways incorporating virtual and in-person components to care
- Provide multidisciplinary goals-oriented assessment and treatment using a Shared Care approach to care planning
- Provide access to sub-specialized consultation and inpatient services for patients and families across the province

Launch of this service began in October 2020 with the first patient cohorts being served in the Healthy Minds Centre Child and Adolescent units and the first patients being admitted to the Eating Disorders Inpatient Service (EDIS) program in mid-December.

Feedback received from patient families, community providers, and clinicians demonstrates the promise of this innovative approach to patient care, with one community provider stating “This was a true experience of professional collaboration”. Patient family feedback underscores the benefits of accessible home-based mental health care including reduced stress associated with a hospital visit.

BCCH clinician feedback indicates both an appreciation of the flexibility offered through the virtual program and observations of marked engagement improvements in pre-virtual and post-discharge services.

It is anticipated this virtual health care service will be fully implemented by April / May 2021 in the Child and Adolescent Units and in July 2021 for Eating Disorder (EDIS) programs

Continued implementation of this service to its optimal potential means working in continued partnership with patients and clinicians as well as community and government partners.

Referral information and FAQs for the Home Based Mental Health Service is available on the [Psychiatry Referral section of the BCCH website](#).

For additional information, please contact:

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