Inpatient Mental Health: What Helps People Transition Into Communities

Jennifer Marie Anderson, BScN
Professional Practice, Centre for Addiction and Mental Health, Toronto, ON, Canada

Purpose:

The purpose of this study is to explore the transition experience of people between the ages of 18-65 who transitioned into the community from an inpatient mental health unit. This study will reveal the rural transition experience and hopefully offer new knowledge surrounding the accessibility of inpatient services and outpatient care. This study will seek to understand the patient's perspective of present discharge models from a qualitative perspective.

In particular, in adults with mental illness at Can-Voice, what helps/hinders the transition from inpatient mental health care to re-integration within communities?

Methods:

The sample will consist of participants who have experienced a transition from inpatient mental health care at Can-Voice in London, Ontario, Canada to communities and are able to express what helped, didn't help and suggest what would be helpful to aid in the successful transition of future patients. Participants will be recruited by a convenience sample, utilizing the snowball sampling technique. This method will allow early participants to refer other participants whom they feel may be interested in participating in the study. Unstructured interviews will be utilized stemming from the objectives of the study.

Demographic information will also be collected, including; age, socio-economic status, place of birth, length of stay within Canada, source of income, whether or not the individual has a fixed address, financial sources, and gender to gain a diverse understanding of the phenomenon.

Inclusion criteria: 18-65 years, admitted as an inpatient to a hospital for at least 14 days, can read and speak in English, able to give informed consent.

Exclusion criteria: individuals who are actively psychotic, imminently verbalizing suicidal ideation or unable to give informed consent

Results:

Pending completion of project.

Conclusion:

The researcher hopes the study will reveal effective strategies to support individuals within inpatient mental health care to successfully re-integrate into communities. The researcher intends to use this data to share with other professionals; namely nurses, physicians, psychiatrists, social workers and other key stakeholders. Because of stigma and discrimination, individuals with mental illness do not often have the opportunity to express their opinions and concerns. The researcher will empower individuals to share their experience, by disseminating the strategies that the individuals transitioning identify as important to the successful re-integration into communities. The researcher will then advocate for micro, meso and macro surrounding policies that will promote the improved experience of individuals who are re-integrating into communities. The researchers anticipates that the knowledge gained will also assist in the
implementation of programs and training among nurses, social workers, and recreational therapists that may assist with the re-integration from inpatient mental health care to communities. The investigator hopes to gather data in this study that will contribute to an improved understanding of what is helpful during transition from the mental health system to communities as identified by the individuals and utilize this data in the development of a model that would support with the successful re-integration into communities.

Title:
Inpatient Mental Health: What Helps People Transition Into Communities

Keywords:
Discharge Planning, Inpatient Mental Health Care and Transition

References:


Abstract Summary:
The study will consist of participants who have experienced a transition from inpatient mental health care at Can-Voice in London, Ontario, Canada to communities and are able to express what helped, didn’t help and suggest what would be helpful to aid in the successful transition of future patients.

Content Outline:
I. Introduction
II. Purpose of the Evaluation
III. Review of the Literature

IV. Theoretical Perspective

V. Method

VI. Conclusion

First Primary Presenting Author

**Primary Presenting Author**

Jennifer Marie Anderson, BScN  
Centre for Addiction and Mental Health  
Professional Practice  
Senior Manager of Operations and Practice - After Hours  
Toronto ON  
Canada

**Author Summary**: Jennifer Anderson, RN, B.Sc.N graduated her Bachelor of Science in Nursing with Honours at York University in 2013. She completed her Mental Health Nursing Certificate at Mohawk College in December 2017. She is presently enrolled within the M.Sc. Nursing program in the thesis stream at York University. Her areas of research interest include mental health, trauma, homelessness and the impact of custody on mental health.