

Willow Pavilion

VANCOUVER COASTAL HEALTH

805 West 12th Avenue, Vancouver, BC



Willow Pavilion is a six-storey 79-bed regional tertiary (specialized) mental health facility located at 805 West 12th Avenue, Vancouver, BC, on the Vancouver General Hospital site.

Programs and services at Willow Pavilion are focused on supporting people with complex, serious mental illness in their recovery. These conditions are often highly debilitating and can affect all aspects of daily life potentially leading to isolation, the development of associated health problems and, in some cases, homelessness.

The programs and services at Willow Pavilion are suited to people in need of longer term and more intensive treatment and psychosocial rehabilitation. Programs and services at Willow Pavilion are part of VCH's regional plan and are based on the recovery philosophy which includes autonomy, empowerment, building hope and living from a position of wellness.

Programs and services include:

- Adult Tertiary Mental Health Assessment and Treatment
- Adult Tertiary Mental Health Rehabilitation
- Adult Intensive Tertiary Mental Health Rehabilitation
- Older Adult Assessment and Treatment
- Neurostimulation Program

All client rooms at Willow Pavilion are private. There are lounges and dining room areas on each floor that can also be used for activities during the day. Willow Pavilion is located close to many public services and recreation facilities and has its own coffee kiosk—the Willow Bean Café—that will be staffed primarily by individuals living with mental illnesses. There is also space available for clients and families which includes art, multipurpose and exercise rooms.



ADULT TERTIARY MENTAL HEALTH ASSESSMENT AND TREATMENT

This 29-bed program provides in-depth, interdisciplinary assessment and treatment for people experiencing acute psychiatric symptoms who require a secure, specialized treatment environment.

Stays within this program vary from between six weeks to three months, depending on individual needs. Individuals transition from the Adult Assessment and Treatment Program to either a Tertiary Mental Health Rehabilitation Program or to community and residential mental health services available within VCH.

The Adult Assessment and Treatment support team includes clinicians such as nurses, physicians (general practitioners and psychiatrists), rehabilitation workers,

social workers, peer support facilitators, a music therapist, psychology services, recreational therapists, occupational therapists and a physiotherapist.

ADULT TERTIARY MENTAL HEALTH REHABILITATION

The 20-bed Adult Rehabilitation Program provides a range of holistic, wellness and recovery-based services for adults with serious mental illness. Services help clients increase their independence and quality of life.

The treatment team has specialized training in psychosocial rehabilitation. Their goal is to help clients gain the skills and abilities they need to return to their home community with supports in place. In addition to the support team are a psychologist, pharmacist, nutritionist and recreational therapist.

Clients can expect to receive the support required to work toward their wellness goals. These are developed individually in collaboration with their care team. The length of stay ranges from six to 24 months, and there will be some people that may benefit from a longer stay.

ADULT INTENSIVE TERTIARY MENTAL HEALTH REHABILITATION

The 10-bed Adult Intensive Tertiary Mental Health Program will provide holistic, wellness and recovery-based psychosocial rehabilitation. The program offers a specialized, secure treatment environment for individuals experiencing acute symptoms of mental illness.

Individuals in this program may later integrate into secondary residential services. Goals for each person are developed in collaboration with the treatment team. The length of stay within this program varies from between six to 24 months, depending on individual needs.

OLDER ADULT ASSESSMENT AND TREATMENT

This 20-bed program provides in-depth, interdisciplinary assessment and treatment for older adults experiencing acute psychiatric symptoms and complex behaviours who require a secure, specialized treatment environment.

Program goals for individuals and their families are grouped in four broad areas: mental health, physical wellness, living life to the fullest, and transitions in life and care. Stays within this program are generally three months based on individual needs.

NEUROSTIMULATION PROGRAM

This program encompasses two main treatments.

Transcranial Magnetic Stimulation (rTMS) is intended for mild to moderately depressed individuals. rTMS involves placing a magnetic coil on a person's head over a brain region thought to be related to the mental illness being treated. The client is fully conscious during the 30 minute treatment. In general, rTMS is administered daily for up to 20 days.

Electroconvulsive therapy (ECT) is an effective psychiatric treatment in which a controlled seizure is induced to an anesthetized patient in order to achieve therapeutic benefits. ECT is often recommended to treat severe depression and other psychiatric conditions when immediate relief of symptoms is needed or when other treatments have not worked. Individuals generally receive an average of nine treatments, administered three times a week.

SERVICES AND AMENITIES NEARBY

The services of West Broadway are just two blocks north of Willow Pavilion and include convenience stores, grocery stores, banks, coffee shops, post office and a wide selection of retail and dining.

City Square Mall, just two blocks east on West 12th Avenue at Cambie, has a variety of amenities including a post office, grocery stores and coffee shops.

There are a number of neighbourhood parks near Willow Pavilion. There is a small park across the street from Willow Pavilion that is maintained by VCH. There are two Vancouver Parks Board parks just south of Willow Pavilion.

Douglas Park and Community Centre is at West 22nd and Willow Street (about a 10-minute walk directly south of Willow Pavilion) and **Queen Elizabeth II Park** and the **Bloedel Conservatory** are at Cambie and West 29th (about a 20-minute walk south-east). **Hillcrest Community Centre** is at 4575 Clancy Loranger Way, near Queen Elizabeth II Park. It has an indoor/outdoor swimming pool, indoor ice rink, library and community centre. The historic **Nat Bailey Stadium** is nearby and hosts the minor league, Canadians baseball team.

VanDusen Botanical Garden is located at 5251 Oak Street at West 37th Avenue (north-west corner) and is just a short bus ride from Willow Pavilion. It has ample walking trails, beautiful scenery and water features. There is an entrance fee.

The Firehall Library is at 1455 West 10th Avenue just a short walk, west of Willow Pavilion. **Granville Island**, a popular recreational space and shopping area, is about a 30-minute walk from Willow Pavilion, heading north-west along the False Creek Seawall.

HOW TO GET TO WILLOW PAVILION

By Car

You can reach Willow Pavilion at 805 West 12th Avenue by driving westbound along West 12th Avenue. There are VGH parkades at the corner of 12th Avenue and Laurel Street and in the Gordon and Leslie Diamond Health Care Centre at the corner of 12th Avenue and Oak Street. There are other parkades, street parking meters and other parking lots within two or three blocks of the hospital.

Public Transport

Translink's free Trip Planning service can help you to plan your trip to Willow Pavilion from virtually any Lower Mainland location: <http://tripplanning.translink.bc.ca/>