



SNAPSHOT



Residential Treatment of Adult Substance Use Disorders

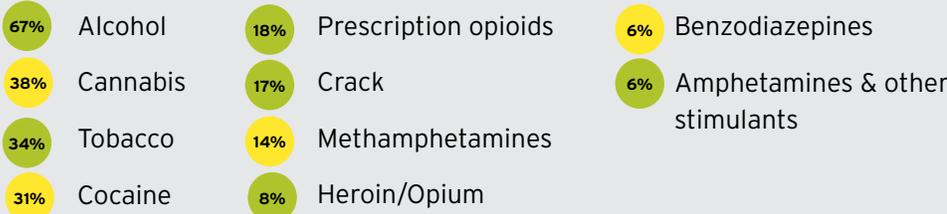
Substance use disorders are a growing problem in Ontario, having a destructive impact on individuals, their families and communities. Despite the best efforts and commitment of those working within the system, many Ontarians are falling through the cracks and ending up in emergency departments or worse. As the population grows and the complexity of need increases, we know that there are too many Ontarians who are not getting the addictions and mental health care they need.

Since 2013, Addictions and Mental Health Ontario (AMHO) has worked to develop a collective voice for Ontarians struggling with addiction, as well as the devoted service providers who support their clients through their recovery. This voice includes all dedicated Ontarians who have supported and advocated for residential treatment as an essential part of the addictions and mental health continuum of care.

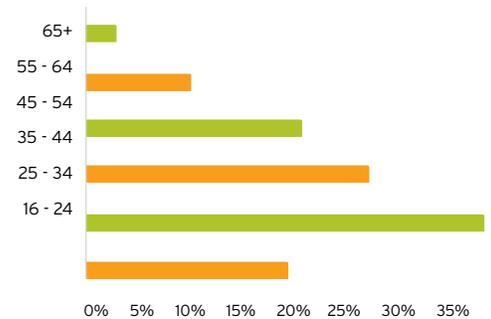
AMHO recommends that residential treatment services be organized and funded as part of a tiered model of care. The implementation of all the recommendations in this Snapshot would deliver value to the healthcare system by raising the capacity of the residential treatment system and ensuring that this critical system resource was put to its most effective use. This Snapshot is based off of the *Residential Treatment of Adult Substance Use Disorders* position paper. Read the full paper at amho.ca/snapshots or by [clicking here](#).

CURRENT CLIENT PROFILE

TOP 10 PRESENTING PROBLEM SUBSTANCE



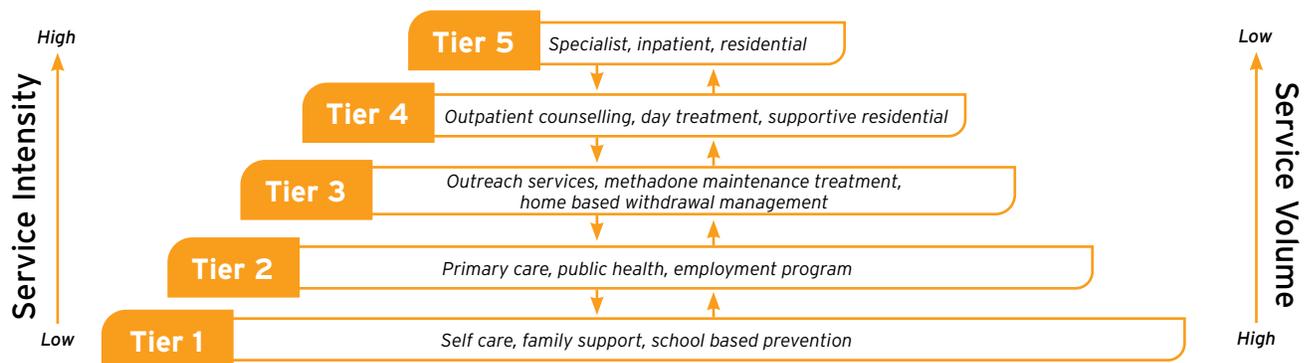
AGE



RESIDENTIAL TREATMENT AS PART OF A TIERED CONTINUUM

Adult Residential Treatment is an essential part of a tiered continuum of addictions and mental health care. It is a highly intensive and specialized acute service intended for a relatively small and specific segment of the population with chronic and highly complex substance use and associated problems.

Adult residential addiction treatment facilities provide intensive time-limited treatment in a structured, substance-free, in-house environment. Residential treatment programs provide daily programming that supports participants to examine and work on issues related to their substance use. Treatment may include counselling, psycho-social education, and life-skills training. Some programs may be targeted at a particular gender and/or specialized population and some also provide medical, nursing or psychiatric support.



VALUE OF RESIDENTIAL TREATMENT

Residential treatment has the greatest positive impact on individuals who cannot be treated successfully in other addictions and mental health care settings; and after appropriately informed, addiction-specific clinical assessment and program matching, residential treatment may be the best chance these individuals have to move forward on their recovery journey.

Residential treatment is cost-effective when compared to the costs of other public services that may be involved in supporting and treating individuals who do not receive timely and appropriate specialized treatment for their substance use disorders.

- Emergency department visits, costing an average of **\$388.01** per visit
- Hospital inpatient services, costing between **\$696-\$2195** per day
- Shelter beds, costing between **\$75-\$105** per day
- Criminal incarceration, costing an average of **\$213** per day

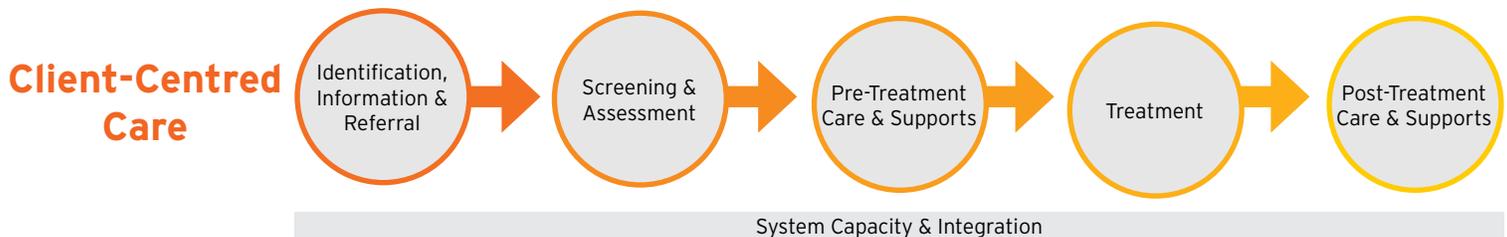
FUTURE STATE OF ADULT RESIDENTIAL TREATMENT

The following represents a future vision for Ontario's adult residential treatment; it reflects what providers, clients, and partners want the system to be known and recognized for in the future.

Residential treatment services are an essential and integrated part of the addictions and mental health continuum of care in Ontario. The system is data-driven, outcomes-focused, and collaborative in the delivery of high quality and client-centred care to individuals with highly acute, chronic, and complex concurrent needs.

RECOMMENDATIONS

Achieving this vision will require effort and focus on a number of key areas. The final paper outlines both current state findings and future state recommendations according to the following framework.



Implementing the future state recommendations will require the collaborative effort of AMHO, residential treatment providers, partners in the addictions and mental health sector and the broader health system as well as the Government of Ontario. The position paper outlines 7 recommendations:

- 1 Provincial Resource
- 2 Care and Treatment Standards
- 3 Assessment
- 4 Accreditation
- 5 Outcome Measure and Administrative Standards
- 6 Integration
- 7 Funding

CONCLUSION

For many individuals, especially those with highly acute, chronic, and complex concurrent needs, residential treatment is the most effective and efficient treatment method to support them on their recovery journey. There is much to do to make sure that this essential component of the care continuum has the standards, capacity and connections to meet the needs of Ontarians. AMHO and Ontario's public residential treatment providers are ready to lead and champion the change to ensure that we have a system that works for the people who need it most.

